



BE PART OF GREATER NEW HAVEN'S 4TH ANNUAL TRIKE RACE

Teams of adults riding child-size tricycles will compete in a fun-filled relay race to help families struggling with food insecurity.

When and where is the Trike Race?

The race will take place on Wednesday, May 13 at 4:30pm (registration begins at 3:30pm) inside the Moore Fieldhouse at Southern CT State University, 125 Wintergreen Ave, New Haven, CT 06515.

Who can participate?

Anyone 18 years or older with an adventurous spirit and willingness to ride a tricycle to support the community. Teams are required to have 5 people. Accommodations will be made to include teammates of all abilities. Please let the event coordinator know in advance. Event Coordinator: Tiaria Perrill, tperrill@uwgnh.org

How do teams register?

The fundraising minimum for the whole team is \$200. To participate, teams must create an online team page and make an initial \$30 donation to secure their spot by April 6. Team members can invite colleagues, friends, family, etc. to your online team page for donations, which will go towards your team's fundraising minimum (and beyond if you'd like a head start at the race). **The final fundraising minimum must be met by April 15. Spots are limited.**

Where do we get the tricycle and are there guidelines?

Each team is required to bring their own tricycle that meets the needs of their riders and the race guidelines. Tricycles need to be non-motorized and the diameter of the front wheel cannot exceed 16" (including the tire). Tricycles are available at local big box stores, online retailers,

Can adults really ride child-size tricycles?

Absolutely! Riders can use the pedals or use their feet to propel while seated. This is where creativity is key! Once registered, teams will receive helpful tips from previous riders.

What's the distance of the relay?

Each rider will ride approximately 60 feet.

How can my team get a head start?

Teams that raise \$500+ by April 29 and /or \$1,000+ by May 6 will receive a "head start advantage" in the first heat (if the team meets both deadlines they will receive a double head start. The team who raises the MOST by RACE DAY May 13, 4pm will receive a generous head start.

What can we expect on race day?

FUN!! This indoor event brings the community together for a great cause. The opening ceremonies will excite and inspire riders and fans. Depending on the number of teams, there will be multiple heats, with winners advancing to a final heat. We encourage teams and fans to bring signs, wear corporate logo attire or costumes and even bring your mascot!

Is this a public event open to the community?

Yes! There is no entrance fee, and we encourage teams to bring their family, friends and coworkers.

How should we train for the event?

If you are only asking this question now, it may be too late for prime conditioning (not really). We encourage teams to practice ahead of time and stretch on race day.

What impact will this have for the community?

Hunger is on the rise in our community, especially for families. With family budgets stretched to the limit by rising grocery costs, help is needed now more than ever. Funds raised will support United Way of Greater New Haven's initiatives that help get groceries and meals to families that need it most.

What is at stake?

The coveted Trike Trophy and some very important bragging rights. All riders will receive a T-shirt to commemorate the event. In addition, there will be awards for the team with the most "creativity" and for the team with the most fans.

Who can I contact if I have questions?

Tiaria Perril, Special Events Coordinator, tperrill@uwgnh.org, 203-691-4213