



GNFK 2026 BIKE-A-THON

Important Information and Guidelines for the 100 KM Bikeride

Ride Day: Sunday, September 20th, 2026
Start & Finish: Sukh Sagar Gurdwara Sahib
Address: [347 Wood Street, New Westminster](#)

EMERGENCY CONTACT

Surinder Sahdra
778-889-1887

IMPORTANT NOTE of CHANGE – NO STOP AT RYALL PARK THIS YEAR

All riders will start from Sukh Sagar Gurdwara Sahib with their respective groups and finish back at the Gurdwara Sahib.

100 KM RIDERS

- Check-in: 7:00 AM
- Breakfast provided at check-in
- Ride Start: 8:00 AM

PIT STOP 1 – 14 KM

Westminster Hwy & Knight Street

No stopping — grab and go.

Water and snacks will be available.

ETA: 8:45 AM

PIT STOP 2 – 30 KM

Tomekichi Elementary School, 5100 Brunswick Drive, Richmond
(Railway Avenue & Brunswick Drive)

Washrooms available.

Water, Gatorade, fruit and bagels will be provided.

ETA: 9:30–10:00 AM

PIT STOP 3 – 50 KM

Iona Beach

This will be the turnaround point for 100 KM riders.

Washrooms available.

Lunch, water, tea and snacks will be provided.

ETA: 11:00–11:30 AM

PIT STOP 4 – RETURN ROUTE

Gurdwara Sahib [No. 5 Road, 8600 No. 5 Road](#), Richmond

Washrooms available.

Pakorras, water, juice and tea will be provided.

ETA: 12:15 PM –12:30 PM

FINISH LINE

Sukh Sagar Gurdwara Sahib

[347 Wood Street, New Westminster](#)

Expected arrival: 1:00 PM –2:00 PM

A welcoming ceremony and lunch will follow at the Gurdwara Sahib

ROUTE MAPS

100 KM Route

MapMyRide

<https://www.mapmyride.com/routes/view/6703887185>

Garmin Connect

<https://connect.garmin.com/app/course/515213005>

Strava

<https://www.strava.com/routes/3535084860837955992>

MORNING PARKING

Parking is available at Queensborough Landing Mall.

Please park on the opposite side of Walmart, closest to the bridge. It is a short walk from the parking area to the Start Line. Please refer to the parking map provided.

BIKE MECHANIC

A bike mechanic will be available at the Start Line for minor repairs.

Please arrive with your bike properly tuned, tires inflated, and at least one spare tube.

RIDE CAPTAINS

Ride captains will be positioned throughout both routes and will be wearing orange T-shirts. Please approach a ride captain if you need assistance.

FIRST AID & VOLUNTEERS

First-aid support will be available during the ride. GNFK first-aid volunteers will be wearing red T-shirts.

EMERGENCY CONTACT

Surinder Sahdra

[778-889-1887](tel:778-889-1887)

IMPORTANT – VEHICLE SUPPORT

No vehicle support will be available after 2:00 PM.

Please have your own transportation plan in case of bike trouble or if you are unable to complete the ride.

Please ride safely and responsibly, follow the directions of ride captains and volunteers, and enjoy the day.

RIDER GUIDELINES

Thank you for joining the GNFK Bike-A-Thon in support of Guru Nanak Free Kitchen (GNFK). Proceeds will help operate our new building and continue feeding people in Vancouver's Downtown Eastside.

Our rides are organized in the spirit of seva, community and service. Although we plan carefully, outdoor cycling involves changing weather, route closures, traffic and varying rider abilities.

GNFK is committed to creating an inclusive, welcoming and supportive community. Please follow these guidelines to help make the ride safe and enjoyable for everyone.

PARTICIPATING IN OUR RIDES

1. RIDE AT YOUR OWN RISK

Cycling involves inherent risks. By participating, you accept responsibility for your own safety and participation, agree to the applicable event waiver, and release the organizers from related claims.

2. CHOOSE A RIDE YOU ARE PREPARED TO COMPLETE

Physical preparation:

Participate only if you have completed some form of cycling training in the past few weeks.

If you have not trained or are unsure of your ability to complete the distance, please contact us to discuss your options.

Technical preparation:

You must have basic cycling skills and be able to safely return to the start/finish location independently if necessary.

3. ARRIVE ON TIME

Please arrive early, complete check-in and be ready to ride by the announced start time. We will do our best to stay on schedule.

4. GPS & NAVIGATION

MapMyRide links containing both routes will be shared with riders before Ride Day.

Before Ride Day, please download the appropriate app and load your route onto your personal navigation device.

Some portions of the route may be marked with GNFK signs, but every rider is responsible for having the correct route loaded and available on their device.

Individual navigation and technical support on Ride Day will be limited.

5. LIMITED SWEEP SUPPORT

Sweep support is reserved for exceptional or emergency situations.

We cannot provide vehicle assistance to every rider who falls behind or is unable to maintain the planned pace.

If you are unable to continue with your group or complete the ride, you may need to arrange your own transportation.

WHAT TO BRING

1. Your Chardi Kala — a positive attitude
2. A properly maintained bicycle — all types are welcome
3. Two water bottles — electrolyte drinks will be provided at designated pit stops
4. A cell phone — please do not use it while riding
5. Sunscreen
6. A light jacket — weather conditions can change
7. Money or a payment method for unexpected needs
8. At least one spare tube appropriate for your bicycle, if possible

MOST IMPORTANTLY...

Bring your Chardi Kala, positive energy and spirit of seva.

We are not just riding bikes — we are riding together to support a cause that helps feed people in need.

Please look out for one another, respect other road users, follow traffic laws and ride within your abilities.

We look forward to an amazing Ride Day with all of you!

RIDE AND WALK IN SEVA!!

Thank you for being part of GNFK and helping us serve our community.

The GNFK Bike & Walk-a-Thon Team

