

FAQs: Frequently Asked Questions

CYCLE THE WAVE RIDERS

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REGISTRATION & FUNDRAISING QUESTIONS

DO I NEED TO FUNDRAISE TO PARTICIPATE IN THE EVENT?

No, fundraising is not required. But please consider this: All money raised supports The WAVE Foundation's work to increase awareness about the societal impact of sexual assault and domestic violence. Fundraising is easy, and most people are happy to give to such an important cause. We offer [Fundraising Tips](#) and [Incentives](#) for individuals and teams.

WHY SHOULD I REGISTER EARLY?

Registration prices increase closer to the event. [SIGN UP TODAY](#) for the lowest price possible. Take advantage of [training programs](#), receive email updates about pre-event activities and special contests. Only the first 750 registered participants receive WAVE gift bags which includes our signature [WAVE water bottle](#).

CAN I FORM A TEAM AFTER I SIGN UP?

Yes. Log into your Participant Page. Click on Team > Create Team. Follow the easy steps to complete your team registration and invite members to join - Team members can ride different routes or walk! Your Team's fundraising dollars help support [Discover Your Power](#), our youth education and empowerment program.

WHAT DO I GET FOR MY REGISTRATION FEE?

Your [registration](#) fee entitles you to participate in a number of pre-event activities including WAVE hosted [training rides](#). On event day enjoy themed rest stops, a complimentary lunch, 10-minute massage and other treats. The first 750 registered participants receive a WAVE gift bag and signature [WAVE water bottle](#).

IF I DECIDE TO FUNDRAISE, WHAT DOES MY FUNDRAISING & REGISTRATION DOLLARS SUPPORT?

Fundraising dollars and profits from the event go to The WAVE Foundation and help us expand [Discover Your Power](#), our youth education program committed to empowering young people through training in relationship violence education, sexual assault awareness and self-defense. The more money we raise means we can train more instructors and offer more classes!

Statistics for the first year of the program below. We continue to expand and grow, thanks to you!

- Total number of students served: 2200
- Total programs delivered: 73
- Males served: 850
- Females served: 1350
- LGBTQ-specific workshops: 3
- Schools served: 20 [11 High Schools, 4 Middle Schools, 4 Colleges, 1 Elementary School]

HOW DO I GET STARTED WITH MY FUNDRAISING?

Your Personal Fundraising Page is easy to set up once you're registered. Follow the step by step prompts.

Add a personal message why you're supporting The WAVE and images to motivate others to join you.

We even created a template email to get you started that includes a link to our [2017 Video about WAVE Weekend](#).

Don't forget to associate your account with your Facebook page. Just click on the  link during registration.

I'M A PROCRASTINATOR. CAN I REGISTER ON EVENT DAY?

Yes. As a friendly reminder, registration prices are higher on event day.

I'D LOVE TO PARTICIPATE BUT CAN'T AFFORD THE REGISTRATION FEE.

Scholarships are available for those needing assistance. Print and [complete this form](#) and follow the instructions to submit the application.

DO BOTH RIDERS ON A TANDEM BIKE NEED TO REGISTER?

Good question! Yes, riders on tandems or other multi-rider bikes are counted as separate riders. All riders must register, pay the registration fee and sign a waiver.

I THOUGHT I COULD PARTICIPATE, BUT NOW I CAN'T. CAN I GET A REFUND OR TRANSFER MY REGISTRATION TO A FRIEND?

Sorry, no refunds. Registration fees are non-transferable and non-refundable. What we will do is add your fee to our fundraising dollars or [scholarship fund](#) so please know you are making a real difference in your community.

GENERAL EVENT QUESTIONS

WHAT DOES WAVE STAND FOR?

WAVE stands for Women Against Violence Everywhere. *We are Against Violence Everywhere. Because it can happen to anyone.* The WAVE Weekend (Cycle & Walk the WAVE) is the signature annual event produced by [The WAVE Foundation](#). Registration and fundraising dollars support The WAVE Foundation's work to raise awareness about the societal impact of sexual assault and domestic violence.

WHAT IS WALK THE WAVE?

In 2016 we launched Walk the WAVE, a 4.05 mile scenic out-and-back from Bellevue College to [Spirtridge Park](#). This event is for women only, like our ride, however, children of both sexes aged 11 & under may participate with a complimentary registration. For more information, [click here](#)

WHAT IS THE WAVE WEEKEND EVENT SCHEDULE?

Saturday, September 15 - Bellevue College, Building L

8:00am-1:00pm - Packet Pick Up for all participants, merchandise sales, basic bike fit evaluation, meet WAVE Staff & Ambassadors, explore offerings from selected sponsors and vendors.

Sunday, September 16 - Bellevue College

6:30am-4:00pm	<i>Check-In/Registration open for 70-Mile Riders**</i>
6:30am-3:00pm	Complimentary Starbucks Coffee & Tea available
7:00am	70-Mile Mighty Sisters Depart
7:30am	<i>Check-In/Registration open for 46-Mile Riders</i>
8:00am	46-Mile Fierce Sisters Depart <i>Check-In/Registration open for 29-Mile Riders</i>
9:00am	29 Mile Strong Sisters Depart <i>Check-In/Registration open for 12-Mile Riders</i>
9:45am	<i>Check In/Registration open for Walk the WAVE Participants</i>
10:00am	12-Mile Brave Sisters Depart
10:30am	WAVE Walk Sisters Depart
11:00am-4:00pm	Finish Line Festival is open
11:30am-3:30pm	Complimentary lunch served
11:30am-4:00pm	Spa open (last appointments scheduled for 3:45pm)
11:30am-4:30pm	Wine & Beer Garden is open. Last call at 3:30pm
3:00pm	Food lines close (unofficial festival closure)
3:30pm	Wine & Beer Garden Last Call
3:45pm	Final Spa Appointment
4:00pm	Festival is closed

WHAT'S SO SPECIAL ABOUT THE FINISH LINE FESTIVAL?

Our Finish Line Festival is a first-class experience, centered on celebrating personal cycle or walk accomplishments – and coming together as a community – to raise awareness about the impact sexual assault and domestic violence has on our society.

There will be a complimentary lunch with dessert, no-host wine & beer garden, a variety of vendors, a photo booth and massage spa. Be sure to allow enough time to get back for the festival. *Participants riding the 70-mile route must be at Les Schwab Rest Stop no later than 10:30am to get back in time to enjoy lunch.* Food Lines Close at 3:00pm!

Check the [Event Day-Routes-Support](#) page for more information. Read the [Rest Stop Timing](#) Guidelines so you don't miss out.

SOUNDS LIKE FUN! ARE THERE HOTELS NEAR THE START/FINISH LINE?

The [Silver Cloud Bellevue Eastgate Hotel](#) is a 4-star hotel and just a 5-minute drive or short ride or walk to the start line. The [Days Inn Bellevue](#) is in the same area with cheaper rates. There are no special WAVE rates for hotels.

SHOOT! I CAN'T PARTICIPATE THIS YEAR. CAN I STILL BE INVOLVED?

Yes! If you're in town, you may be interested in volunteering. Email [Sherry](#) or [click here](#) to sign up.

Or become one of our [fundraisers](#) or donors and [donate](#). There are many ways to support us beyond WAVE Weekend and we'd love to get you involved.

I KNOW SOMEONE WHO WOULD LIKE TO SPONSOR THE WAVE WEEKEND. WHO SHOULD THEY CONTACT?

- Food related sponsors should contact Event & Operations Manager, Peter Verbrugge, at peter@thewavefoundation.org
- Other inquiries? Contact Development Manager Sherry Fadely, at sherry@thewavefoundation.org
- Or call the WAVE Office at 425-284-9901

STILL HAVE A QUESTION?

- For registration, team and fundraising questions, email WAVE Registrar Marci Imbriaco at marci@thewavefoundation.org
- For logistics or other questions about the event, contact Event Manager, Peter Verbrugge at peter@thewavefoundation.org or call 425-284-9901
- To volunteer, contact Outreach Manager Sherry Fadely at sherry@thewavefoundation.org

RIDE & ROUTE QUESTIONS

I WANT TO SIGN UP, BUT NOT SURE WHICH ROUTE TO RIDE. WHAT SHOULD I DO?

Make your best guess when registering; you can change your route later. We have a route for everyone from beginner to expert. Visit our [Routes page](#) for detailed info. Every route has a few hills so be sure to sign up for our free [Training Rides](#) and/or a [Ride Clinic with LiveAliveFit!](#) *Riders doing the 70-mile route must be at the Les Schwab Rest Stop no later than 10:30am to get back to the Finish Line Festival.*

CAN MY MALE FRIENDS AND FAMILY MEMBERS PARTICIPATE?

What makes our event unique is that it is For Women Only. The men in our lives volunteer at the event and as road support, assisting riders with flats, etc. Invite your male friends and loved ones to [volunteer](#) or become your [fundraising partner](#). Please get them involved!

We also support two other coed organized rides: [Pedal Against Trafficking Humans P.A.T.H. Ride](#), and the City of Bellevue's family-friendly [Lake to Lake Ride](#).

WHEN DO I GET MY PARTICIPANT PACKET AND BIB NUMBER?

Early Packet Pick-up is available on Saturday, the day before the event, 8:00am-1:00pm at Packet Pick Up, [Bellevue College Campus](#), Building L, and on event day morning. Route Experts and WAVE staff will be on site and available to answer questions both days.

CAN I RENT A BIKE TO USE AT THE EVENT?

We do not provide rentals, but [Woodinville Bicycle](#) has a small fleet of road bikes. [Montlake Bicycles \(Seattle\)](#) also provides quality rentals. Both companies are [Women Friendly Bikes Shops](#) and WAVE supporters.

HOW WILL I NAVIGATE THE RIDE COURSE?

Ride routes are marked with color coordinated [Danielle Henry](#) arrows on the pavement, pointing right, left, straight or wrong way. Markers are on the paved road near the right shoulder, typically 100 feet before a turn followed by a 2nd marker approximately 20 feet before the turn, and a 3rd marker approximately 10 feet after the turn. Sandwich board signs will be posted at critical areas. Course volunteers will be stationed at strategic points to help guide you. While we do not expect any major changes, the [2018 routes](#) are being adjusted currently and will be posted later in the season. Maps with a cue sheet on the opposite side of the page are available at Packet Pick Up.

IS THE COURSE HILLY?

All of the routes have some elevation gain due to the natural topography of the area. The 12-mile route has a few hills [772' gain] with a rest stop in a residential area. The 29-mile route has rolling hills [1080' gain] through quiet streets of Bellevue, Redmond & Issaquah. The 46-mile route has a few more rolling hills [2230' gain] without the challenging climbs of the 70-mile route which has all that plus some significant hills [3914' gain]. Visit our [Routes page](#) for detailed info. Sign up for our free [Training Rides](#) and/or take a [Ride Clinic with LiveAliveFit!](#)

WHAT IF I GET A FLAT OR HAVE OTHER MECHANICAL PROBLEMS?

SAG (Support and Gear) wagons and Guys on Bikes (Lakemont Cycling Club men's division) will be on the course to assist. Call **EVENT DAY SUPPORT - #206-375-0736** to request a SAG vehicle or other assistance. SAG wagons can be identified by WAVE signage. The Guys wear Blue bibs.

Riders wearing Pink bibs are Ride Hostesses and WAVE Ambassadors; they can also assist with minor issues. Bike mechanics from our [Women Friendly Bike Shop](#) partners will be at rest stops. Be sure to thank these amazing volunteers for their help! And remember to carry a spare tube that fits your bike tires, so others can help you more easily.

WHAT IF I CAN'T RIDE THE ENTIRE DISTANCE?

Call **EVENT DAY SUPPORT - #206-375-0736** to arrange for transportation back to the Finish Line Festival. If you leave the ride route or if someone else picks you up, please call Event Day Support and provide your bib number so we know you are off the course, safe and accounted for! Remember to bring your fully charged cell phone! **IN CASE OF EMERGENCY, ALL 9-1-1**

WILL THERE BE REFRESHMENTS AT THE REST STOPS?

Each rest stop has a signature specialty with plenty of food, water, our special "Pretty Potties" and our enthusiastic WAVE volunteers ready to cheer you on! *If you have special dietary needs, plan accordingly and bring what you need to stay fueled and fit!* The [Routes-Support page](#) will continue to be updated with more details as we get closer to the event.

I LIKE TO LISTEN TO MUSIC WHEN I RIDE. CAN I BRING MY IPOD AND WEAR MY EAR PHONES?

No. Headphones, radios or other types of personal music devices with earbuds are not permitted on ride routes. The waiver you sign at registration strictly prohibits use of them. **Ride SMART!**

CAN I USE A BIKE TRAILER OR HANDLEBAR BIKE SEAT?

Unfortunately, no. With the amount of climbing and descending on sometimes narrow shoulders, our courses are not suitable for a bike trailer or handlebar seats.

CAN I BRING MY PET?

Pets are NOT allowed to accompany participants on the ride or walk routes.

Pets on the grounds of Bellevue College (i.e., at Packet Pick Up and the Finish Line Festival) shall be in the physical control of their owner in accordance with the City of Bellevue "leash law" ordinance, chapter 8.04.

Animals, except for service animals, are prohibited from entering buildings operated by Bellevue College.

TEAM QUESTIONS

HOW MANY PEOPLE DO WE NEED TO SIGN UP AS A TEAM?

Two (2) participants constitute a team; but the more people the better! Whether you're all riders, walkers, or a combo, your Team is coming together for a common cause: to have fun on event day and support The WAVE Foundation's work.

HOW DO I START A TEAM?

Simply [Sign Up](#) to start a team. Follow the prompt to Create a Team during Step 2 of your registration process. In Step 4 you can also register your friends and family. If you want to create a team after you're already registered as an individual, log in to your Participant Center and adjust your status there.

I HEARD THERE ARE CUSTOM TEAM SHIRTS. IS THAT TRUE?

Yes! Teams that fundraise and have a total of \$5,000 or more credited to their team account by August 15th have the opportunity to create a custom WAVE [participant tee shirt](#) for all team members --- emblazoned with your VIP Team Name and in your choice of color! Visit our [Fundraising Incentives page](#) for more details.

CAN TEAM MEMBERS RIDE DIFFERENT ROUTES?

Absolutely! Members within a team can ride any route they choose or walk. Members can also [register](#) and join your team to fundraise only or volunteer.

I SIGNED UP AS AN INDIVIDUAL, BUT NOW WANT TO JOIN A TEAM. CAN I?

Yes. Log in to your Participant Center and adjust your status by clicking on Team. You can join an existing team or create a new one.

CAN I FORM A TEAM AFTER I SIGN UP?

Yes. Log into your Participant Page. Click on Team > Create Team. Follow the easy steps to complete your team registration and invite members to join - Team members can ride different routes or walk! Your Team's fundraising dollars help support [Discover Your Power](#), our youth education and empowerment program.

CAN DONATIONS BE MADE TO MY TEAM?

You bet. Send your supporters an email from your Participant Center, directing them to your participant page and inviting them to donate. Or send them to your Facebook account; donations made via Facebook will go directly to your Participant Account.

DOES MY GIFT TO A TEAM COUNT TOWARD AN INDIVIDUAL TEAM MEMBER?

No. Team donations benefit the overall Team. To have your donation go towards a specific individual, search for the participant's name on the donation page. Visit that person's page and donate specifically to her.

DO ALL TEAM MEMBERS HAVE TO DO THE SAME ROUTE?

No! Teams can consist of riders from a variety of routes and walkers. You can even have a Fundraiser or Volunteer on your team.

CAN WE FUNDRAISE AS A TEAM, OR DOES EVERYONE NEED TO DO HIS/HER OWN FUNDRAISING?

Your Team can choose to fundraise as a team to work together toward a common goal and support The WAVE Foundation's work and earn [Team Incentives](#). In order for team members to earn [Individual Incentives](#), it would be up to the Team Captain to allocate out team fundraising dollars appropriately on or before September 14, 2018. This is a Team Captain decision, not a responsibility of The WAVE.

NEED MORE HELP OR STILL HAVE A QUESTION?

We're happy to help ~

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- For logistics or other questions about the event, contact Event Manager, Peter Verbrugge at peter@thewavefoundation.org or call 425-284-9901
- To volunteer, contact Outreach Manager Sherry Fadely at sherry@thewavefoundation.org