



Participant's Guide



BIKE FOR RESEARCH

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01 - Presentation of the Challenge

On 5 and 6 June 2025, from the CRCHUM's Agora Courtois, get on your stationary bikes and ride the longest distance in 24 consecutive hours as a team! Come and take part in a unifying event and give your all to achieve your goals. The aim of the event is to raise a minimum of \$50,000 for health research at the CRCHUM.

02 - Teams

For this edition of the CRCHUM 24H Challenge, 12 teams made up of members of the CRCHUM, CHUM and Fondation du CHUM communities, as well as their families and friends, will be competing to try and cover the greatest distance in 24 hours.

a. How to register

Registering is easy! Whether you're an individual or a group, all you must do is fill in the following form by clicking on this link :

[Registration Form](#)

You have two options for registering:

- **Already have a team?** If so, you'll need at least 6 members (and a maximum of 12) to create your team, and you'll need to appoint a captain. This person will be our contact for your team.
- **Don't have a team yet?** No problem! You can register, and we'll assign you a team! If you know a friend you'd like to register with, in pairs for example, you can let us know when you register, so we can make sure you're together.

b. Sharing time slots

Each team will have a stationary bike assigned and available for 24 hours. Throughout the event, it is the responsibility of each team to divide these 24 hours between its members. It is not mandatory for each team member to ride the same number of hours.

To make things easier for you, we've created a time allocation chart that will serve as your schedule during the Challenge.



Team Name :

[illegible]

c. Team donations

We ask each registered team to raise **a minimum of \$1000** for research.

There are several ways to raise money:

- Ask family and friends to cheer you on
- Organize bake sales in the agora
- Sales of homemade items
- Plan a car wash day
- Apply to businesses for sponsorships
- Organize a draw and sell tickets

There's only one way to deposit funds, whether as a team or as an independent participant : [visit the Fondation du CHUM website](#)

03 - Event logistic

a. Programme

Throughout the event there will be a snack table offering coffee and snacks to all participants.

For your comfort, a rest area will be set up in the Agora Courtois. There will also be meeting rooms available so that participants can get some sleep before cycling between 8 p.m. and 6 a.m. Please note that people from outside the CHUM, CRHUM and Fondation du CHUM community will not have access to these rooms.

b. Calculating kilometers

Use the template on page 5 to help us calculate the kilometres covered by each member of your team.

For each new participant, enter your name and the number of kilometres you have covered. They will be totalled every hour of the CRCHUM Challenge.

All the score sheets will be collected at the end of the event and the totals will be recounted the week after the CRCHUM Challenge.

04 - Frequently asked questions

a. Is it possible to rest on site overnight?

Yes, it is possible for participants to rest overnight if they are cycling for their team. Between 8 p.m. and 6 a.m., several meeting rooms have been reserved and will be allocated to teams so that their members can rest. Please note that people from outside the CHUM, CRHUM and Fondation du CHUM community will not have access to these rooms.

b. What means of transportation are available at night?

For people who don't want to stay at the CRCHUM overnight, but still want to pedal during the night shift, there's the STM night bus or taxis.

c. Can a member from outside the CRCHUM take part?

Yes, the CRCHUM 24-hour Challenge is open to family and friends of the CRCHUM, CHUM and Fondation du CHUM communities.

d. Are there any prizes to be won?

There will be prizes to be won throughout the CRCHUM 24h Challenge. The team that covers the greatest distance in 24 hours will also win special prizes.

e. Does my participation in the CRCHUM Challenge count as hours worked?

If you want to pedal for research and still count as hours worked, you'll need to ask your manager prior to your participation.

f. How are the hours divided between each team member?

It's not mandatory for each team member to work the same number of hours (e.g. member 1 can cycle for 3 hours, member 2 for 1 hour and member 3 for 5 hours). To make things easier for you, we've created this time allocation chart, which will be your reference schedule during the CRCHUM Challenge (see page 5).

g. Will meals be provided?

Light snacks and beverages will be available for participants throughout the event. Please note, however, we cannot offer full meals so please bring your own lunches.

h. Is there anything to bring?

All participants will have free access to food and water throughout the event, but we recommend that you bring your own water bottle and lunch if you need to eat a full meal. It's best to wear sports clothing, so you'll be more comfortable on the bike. If you're worried about getting hot, you can also get together as a team and buy a mini stationary bike fan to attach to your bike's handlebars.

i. Will I be able to watch my shows and listen to my music?

Each participant is free to listen to his or her favorite shows or music while pedaling. All bikes are equipped with a dock for a tablet and/or phone.