



George McDougall  
Cancer Bike-A-Thon 2025

**Ride of the Mustang**  
**Rules and Regulations - Here's the Deal!**



This is our **fifteenth annual** Bike-A-Thon fundraiser. To be part of this event, we expect great things from our George McDougall Students! Below is what we need from you:

1. This is a Bike-A-Thon fundraiser for cancer research. There must be a team member biking at ALL times. Failure to keep pedalling will mean your team will give up privilege of biking. Those with cancer can't quit, so you can't either.
2. Your team **must** have 6-12 members. Please sign up for time slots that you are capable of fulfilling.
3. Each team is responsible for providing a bike with a wind trainer or a stationary bike to ride for the Bike-A-Thon event.
4. The entry fee for each person is \$25.00, which will go toward a t-shirt, food, and entertainment. This must be paid by Tuesday March 11, and can be paid on school cash.
5. **All registration fees and donations are non-refundable.**
6. In addition to the \$25.00/participant entry fee, each team must raise a minimum of \$500.00 in pledges in order to participate in the Bike-A-Thon. The top portion of the pledge forms must be filled in. If people are paying by cheque, please have them made payable to George McDougall High School.
7. The teams with the most money raised by March 25 will get first choice of spots.
8. Failure to get the fees handed in by March 11, will result in your team not participating in Bike-A-Thon. This is on a first come first serve basis, only 65 teams will be allowed to ride.
9. All donations of \$20 or more will be eligible for a tax receipt (**there must be an address filled in on the sponsor sheet**). Final pledge money must be submitted to the main office by April 15.
10. Awards will be given out for best theme & most money raised by individual and team (top three in each.)
11. All teams must meet in the main gym at 11:30 am on April 15 to be part of the opening ceremony.

12. There are some considerations you must make when signing up for your shifts:
  - a. Team members with spares should make their best effort to sign up for their shifts during those times.
  - b. If you are missing class due to a Bike-A-Thon shift, you must indicate that on your ride schedule. You must have your teacher give you consent to miss that class and sign your schedule.
  - c. All teams must have a copy of their ride schedule submitted by April 8 to Ms. Ahluwalia
  - d. Your ride schedule must be visible at your station at all times.
13. All team members must wear a biker wristband throughout the event. If you do not have your wrist band on, you will not gain access to the main gym. No new wristbands will be given out during the ride. You can only exchange for a broken wristband.
14. All team members are responsible for dressing appropriately. Team themes and outfits are encouraged. Prizes will be awarded! Administration will not allow any inappropriate clothing or props.
15. School doors will be locked at 10:00 pm and will not reopen until 5:50 am.
16. It is a responsibility of all team members to keep their designated area clean and orderly. Administration may remove teams from the Bike-A-Thon if the designated area continues to be messy. **Fire exits must be kept open.**
17. We are a green Bike-A-Thon. Please recycle!
18. **By 9:00am on Thursday only bikes may remain in the gym.**
19. Teams must wear their Bike-A-Thon shirts during the final hours on Thursday, April 17.
20. Teams are responsible for take down and clean up of their site before closing ceremonies on Thursday.
21. Many invited guests, family, friends, and media attend this event. It is very important that we do a fantastic job representing our school and community.
22. Registration forms and fees must be handed in as a team.
23. Pledge forms and money need to be handed in to the main office. **Each student's pledge form and money needs to be in a separate baggie. ALL MONEY MUST BE ON A PLEDGE FORM.**