

## An Invitation to Parent Volunteers!

On behalf of the Westgate Board, we are thrilled that the Westgate Cyclathon is back this year! This iconic Westgate event has been in existence since the 70s. It has had many reiterations and we are pleased to present to you the:

**Westgate Cyclathon 2023**  
**Saturday, September 23th 2023**  
**Birds Hill Park**  
**8:00am - 4:00pm**  
(RAIN DATE October 7th, 2023)

**The success of Cyclathon relies heavily on volunteers to make sure all the students and riders/walkers have a great day. Signing up to help only takes a few clicks, [just click this link to sign up!](#)**

There are a few different positions we need to be filled:

**Checkpoint** - Checking/marking down each rider's number as they come around the loop. Providing the food tickets earned to each rider for the laps they have completed.

**Food Service** - Serving the food and taking tickets, ensuring all the students are well-fed and hydrated.

**BBQing** - We have a charcoal BBQ that needs tending. Cooking the farmer sausage burgers and hot dogs to perfection and serving it to riders and guests.

**Bike Repair** - Being available for quick tune-ups, adjusting seats, filling tires with air, reattaching chains etc. as riders arrive or as they come to visit throughout the day. We hope that someone with at least basic bike knowledge can fill this role. It would also be great if the volunteers could bring a bike stand and some tools!

**First Aid** - We ask that at least one of the volunteers for each time slot be qualified in First Aid. Doctors, nurses, and paramedics are all most welcome to fill these spots!

**Clean up:** Hopefully, you could be there at the end of cyclathon, then meet again at Westgate to help unpack. Or just meet at Westgate if that is what works for you.

### **Some other reminders:**

- You are more than welcome to sign up for more than one slot of volunteering.
- All parents and family members are also welcome to come ride/walk and spend the day (or parts of the day) hanging out with the Westgate Community!
- Please note that there will be food available for volunteers and guests based on a donation. (Students earn their food – others just receive it “just because” and give what they can).
- Dog Owners Advisory: If you bring your pet to the Cyclathon, please be sure to keep it on a leash and away from the food services area. Also, please be mindful that not everyone desires to, nor can (think allergies), be in close contact with your loving pet.
- Students have already been advised to dress appropriately for the weather, this also applies to volunteers!

We are thrilled that this event is back this year, and we can't do it without all you volunteers. We look forward to seeing you all on September 23rd!

Joshua Neustaedter Barg  
Westgate Board Event Chair