

AIDS Ride for Life FAQ

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When is the 2021 AIDS Ride for Life?

Traditionally it's on the second Saturday of September, this year it is on Saturday September 11th

What's the deadline to register to Ride?

You can register any time up to and including the morning of the Ride, however registration fees will go up as the date gets closer. If you plan to register at Ride, please keep in mind that there is a \$300 fundraising requirement, plan to arrive to the park around 5:30am to have enough time to fully register and get ready for the event.

What are the age restrictions associated with the Ride?

Ages between 10 and 13 on Ride Day: Required to ride on a tandem or trail-a-bike during the ride. The accompanying rider must be a guardian or the parent of the younger rider.

Ages between 14, 15 or 16 years on Ride Day: must have an adult on a bicycle within close proximity (visible) at all times on the day of the Ride.

Age Exceptions: Riders ages 10-12 years of age qualify to ride only on a tandem bicycle. Riders 13 years to 14 years may request an exception to this policy. Riders who are granted an exception will be judged on an individual basis regarding their miles to ride option prior to the Ride.

21 & Younger: May not be awarded any alcohol related prizes and can not get beverages from the Beer Tent at Dinner. 21 and under Riders can register for a flat \$25 throughout the year to Ride Day and have \$100 required fundraising (down from \$300).

I can't Ride but I would like to volunteer, how do I apply to volunteer with the Ride?

To apply online, please go to <http://aidsrideforlife.org/volunteer/registration>

Online registration will provide information on all positions available and will require you to make a selection. If you would like to be placed in a position or aren't sure where you would like to volunteer please call the STAP office to talk with the Program Assistant or Development Program Coordinator or stop by the office and fill out a paper application with your availability. You will be notified by email what position, date, and time slot you have been placed in.

I have a large group (5+) who would like to volunteer together in one area, how can we apply?

Please call the office and speak to the Program Assistant or Development Program Coordinator who will be able to see where a large group of volunteers are needed.

How much do I have to fundraise? How much is registration?

We ask almost all Riders to fundraising \$300 minimum, 21 & under riders are asked to raise \$100 minimum.

Registration fees will go up two times between March to September with some incentives scattered throughout the season, fees start at a discounted rate of \$25 and by Ride Day they will be at the full price of \$45.

What happens if I don't hit my fundraising goal by the day of the Ride?

Riders who have not hit their fundraising goal by the day of the Ride can still fully participate in the Ride but will be asked to sign a promissory note with their credit card number or check that says they will cover the required fundraising if they don't hit the fundraising minimum by a month after the Ride. A Ride staff will contact the Rider before running the credit card number or turning the check in and exceptions can be made to give Riders more time after the October deadline.

What does my registration go towards? What about the fundraising money?

Registration money goes towards the Ride and all of the various amenities including (but not limited to) food for each pitstop, tent rental, port-o-potty rental, and our fantastic dinner!

Fundraising money goes towards STAP services that would not be covered by the stricter grant funding we receive for our services, it closes the gaps between the larger budget and the support needed to meet the needs of our clients.

Can I turn in checks and/or cash donations?

Yes! Please mail them or turn them into either our Binghamton (22 Riverside Dr., Binghamton NY 13905) or our Ithaca (314 W State Street, Ithaca NY 14850) offices. ARFL staff will record the “offline” money in the Ride database, please keep in mind that it will not show up on your Salsa fundraising page.

Who do I write a check out to?

“Southern Tier AIDS Program” Please write out the whole name instead of the acronym

Who do I contact about Ride donations or trouble with my Salsa page?

Hannah VanOstrand (607-272-4098 x 301) or the Development Program Coordinator

What are the dietary options for Pit Stops, Lunch, and Dinner?

Lunch & Dinner options are the most diverse, with Vegan and some Gluten Free options.

Pitstop Food (each pitstop will have different foods)

- Various Fruits
- Granola Bars
- Mini Bagels w/ peanut butter and jelly options
- Cheese Sticks
- Saltine Crackers
- Cliff & Luna Bars
- Hummas, Pita Bread, and Rice Cracker or Bread
- Cheese and Crackers
- Chocolate
- Cookies

Where are the pitstops?

Stewart Park (starting line): Large Pavillion - 1 James L Gibbs Dr, Ithaca NY 14850

King Ferry Winery: Trelevan Wines, 658 Lake Rd, King Ferry NY 13081

Frontenac Park: 15 Creamery Rd, Union Springs NY 13160

Verdi Signs: 526 State Route 31, Montezuma NY 13117

Seneca Falls: Seneca Falls Community Center - 35 Water Street, Seneca Falls NY 13148

Boathouse Beer Garden: 6128 NY-89, Romulus NY 14541

Bellwether: 9070 NY-89, Trumansburg NY 14886

Black Diamond Trail: Trailhead begins on Gorge Road, the BDT pitstop is located at the intersection of the trail and Garrett Road. See [Cross Street Map of the Black Diamond Trail](#) for more information.

Cass Park (finish line): Baseball Field Side, 701 Taughannock Blvd, Ithaca NY 14850. Look for the finish line! If arriving by car, please pull into the back parking lot behind the Children’s Garden.

Where can I learn more about STAP?

STAP Website: www.stapinc.org

[The Role of the Southern Tier AIDS Program](#)

[STAP Stats](#)

[Did you know - STAP](#)

[STAP Executive Director on Why we're still talking about AIDS](#)