



GEARS & GRUB INFORMATION

RIVERWORKS ⚙️ **JUNE 29, JULY 27, AUGUST 31, SEPTEMBER 21** ⚙️ **BIKE TOUR 5:30 - 8:30 P.M.**

Cruise the streets of downtown Buffalo with a 9-mile bike tour with stops at four restaurants to sample their **Healthy Options** menu items. The tour starts at RiverWorks, and then pedals to stops at Ru's Pierogi, Joe's Deli and Fat Bob's Smokehouse.

THANK YOU FOR SIGNING UP FOR GEARS AND GRUB!

Please note the **bike tour will leave promptly at 5:30 p.m.** and all participants should meet at the Reddy Bikes bike rack at RiverWorks. Plan to arrive around 5:00 p.m. to unload your bike or learn how to use your Reddy Bike, if you rented one.

DIRECTIONS AND PARKING

To get to RiverWorks from the I-190, take Exit 6 onto Elm Street. As you exit the I-190, bear left to the ramp and turn right onto Seneca Street. Then, make a right onto Michigan Street and go over the bridge. Make a left on Ganson Street. RiverWorks is on the left at 390 Ganson Street, Buffalo, NY 14203.

BIKE TOUR INFORMATION

The bike tour will begin and end at RiverWorks and stretches 9-miles across the city.

1st stop: Ru's Pierogi – Pulled Pork Pierogi with Asian Slaw

2nd stop: Joe's Deli – Thai Chicken Wrap

3rd stop: Fat Bob's – Smoked Gazpacho Soup and Chicken Creole Wrap

4th stop: RiverWorks – Veggie Chimichurri Wrap

**Menu items subject to change*



GEARS & GRUB – FREQUENTLY ASKED QUESTIONS

- 1. Are all ages welcome to participate?** You must be 21 years or older to participate and bring a valid ID to the event. Also, please bring the signed [Waiver and Publicity Release](#) form.
- 2. What time does the bike tour start? When does it end?** The bike tour will begin promptly at 5:30 p.m. at RiverWorks. The overall event will conclude around 8:30 p.m. back at RiverWorks.
- 3. What time should I arrive?** We recommend arriving at 5:00 p.m. at RiverWorks to get ready for the tour and listen to a bike safety talk from GoBike. The bike tour leaves promptly at 5:30 p.m.
- 4. Do I need to bring my own bike and helmet?** Bikes and helmets will be available to rent but you are more than welcome to bring your own bike and helmet. If you are bringing your own bike, please bring your own bike lock, as they will not be available for rent.
- 5. Can I rent a bike?** Yes, you can reserve a [Reddy Bike](#) and helmet when you purchase your ticket. Your Reddy Bike and helmet will be waiting for you at the start of the tour at RiverWorks.

6. How much do tickets cost?

- \$40 – Tour registration
- \$60 – Tour registration plus Reddy Bike and helmet rental
- Independent Health members/associates receive a \$5 discount on each type of registration

7. **Where can I purchase tickets?** Purchase tickets online at www.healthyoptionsbuffalo.com/gears-grub.

8. **How do I know that I am registered for the bike tour?** An email confirmation and receipt will be sent within 48 hours of your purchase.

9. **What should I bring?** Please bring your signed waiver form and anything you may need for the bike tour, like a bike lock, sunscreen, bottled water, jackets and hats. We recommend wearing comfortable footwear.

10. **Is there a cut off for how many people can participate?** Yes, space is limited. We recommend registering as soon as possible.

11. **What if I have a food allergy or food preference?** The menu will be posted prior to the registration of each event. Unfortunately, we cannot make substitutions for food allergies (such as lactose intolerant or dairy-free) or dietary preferences (such as vegetarian, vegan). We apologize for any inconvenience!

12. **What if it rains?** If the bike tour is canceled due to weather, you will be notified via email by noon the day of the event. Also, a rain date will be shared.

13. **Uh-oh! Something came up and I can't attend. What do I do?** Unfortunately, tickets are non-refundable/non-transferable.

14. **What is included on the bike tour?** You will enjoy sample sizes at four different Healthy Options restaurants and a guided tour from GoBike. In addition, a nutritionist will be on-site to talk about the various Healthy Options and answer nutrition questions.

15. **Are drinks provided?** Alcoholic beverages will not be provided in the bike tour package but you are more than welcome to purchase them separately at the various restaurants. Water will be available at each restaurant stop.

16. **Where do I put all of my belongings?** The Foundation is not responsible for any lost or stolen items and we recommend leaving any valuables in your car. Reddy Bike has a basket on the front of their bikes and we recommend bringing a backpack, if you want to carry your things with you.

17. **Do I have to be an experienced biker to participate?** The 9-mile bike tour incorporates minor incline pedaling. We would consider the biking to be moderate activity.

18. **Where can I get the most up-to-date information about Gears & Grub?** You can "like" the Independent Health Foundation on Facebook or visit www.healthyoptionsbuffalo.com/gears-grub.

MORE INFORMATION:

If we didn't answer your question here, you can call the Independent Health Foundation at (716) 635-4959, email us at foundation@independenthealth.com, or find more information online at www.healthyoptionsbuffalo.com/gears-grub.

SOCIAL BUZZ

Be sure to "like" us on [Facebook](#) at Independent Health Foundation and follow us at HealthyOptBuff on [Instagram](#). Share photos and videos using [#gearsandgrub](#).

THANK YOU

We would like to thank our partners for helping us make Gears & Grub a successful event. Enjoy your bike tour, be healthy and have fun!

