



**Bluewater International Granfondo (B.I.G.)** voted **#1 Granfondo in Ontario and #2 in Canada** by [Granfondo Guide](#) starts and finishes at Mike Weir Park in Sarnia, Ontario along the shores of scenic Lake Huron. Within five years, B.I.G. has become a signature cycling event having an impact far greater than anyone could have imagined and is changing people's lives and building a tremendous cycling culture in our community. The 6<sup>th</sup> annual will be held on July 31st 2022 and is again expected to again sell out with registration capped at 1,200 riders.



Riders of all abilities are welcome and will have four routes to choose from 30K (Family) 50K, 100K, and 150K each with its own start time specifically designed to avoid mass start anxiety. **B.I.G.** utilizes timed sections which allows for competitive juices to flow while keeping a focus on safety. Riders can choose to challenge themselves against some of Canada's finest cyclists including past and present Team Canada members and the awesome Toronto Hustle. Upon finishing riders can enjoy a refreshing swim in Lake Huron, a well-deserved beer or soft drink along with some very tasty food while relaxing to a live Rock and Roll band.

For info visit [www.bigf.ca](http://www.bigf.ca)

**A Pre Event Dinner** will be held at The Sarnia Dante Club on the evening of Saturday 29th July with celebrity guest speakers. Past speakers have included Alex Steida First North American to wear the Yellow Jersey and Hunter Allen Legendary cycling coach.

### **Ontario First Responder Road Cycling Championships (Fire -Police -EMS)**

**B.I.G.** is proud to again host Ontario First Responders Road Cycling Championship (**OFRRCC**). Their ride consists of **B.I.G.'s** 100km route with three timed sections (7km, 2km and 9km) which can be raced for the championship. This unique Championship format allows the riders to enjoy a casual ride or to "ride to win."

**Training Rides** On Monday and Wednesdays evenings for 12 weeks prior to our Granfondo **BIG** hosts training rides open to riders from novice to advanced. Riders are led each week by Ride Leaders and divided into groups based on ability and distance. Annual participation has shown steady growth for 40 riders in 2016 to an anticipated registration of 250 anticipated for 2022.

In addition to the cycling successes **B.I.G.** has also raised over \$240,000 to support Palliative Care Education for front line workers at Bluewater Health Palliative Care and St. Joseph's Hospice Sarnia and also funded the the annual Bluewater Palliative Care Retreat [www.bpcr.ca](http://www.bpcr.ca) Attendees comprise of physicians, nurses, nurse practitioners, social workers, support workers and pharmacists and have the opportunity to hear speakers including Dr. Jose Pereira one of the Canadian pioneers in Palliative Care and also world renowned palliative care professionals such as [Dr Eduardo Bruera](#)

2016 - 2021 event videos including our documentary The B.I.G. Cycle of Life can be viewed on our YouTube Channel [www.youtube.com/c/thebigchannelcanada](http://www.youtube.com/c/thebigchannelcanada)