



MARYLAND

RIDE GUIDE

July 28th, 2017

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I. Introduction

Bike to the Beach is a fully supported event with a mapped-out route, fully equipped rest stops, bike mechanics, medics, and support. This guide contains all the pertinent information about the event.

WHATS INCLUDED IN YOUR REGISTRATION?

- Bike to the Beach Jersey
- Mechanic and chase car support
- Energy snacks: power bars, gels
- Hydration: water and an electrolyte beverage
- Breakfast: coffee, bagels muffins, and other snacks at the starting-line
- Lunch: we typically offer at least one lunch option - sandwiches, pizza, bagels
- Finisher t-shirt
- Finish Line celebration

WAYS TO RIDE

Bike to the Beach offers three methods to bike to the beach: Solo (on a bike by yourself), relay (switching at the halfway point), or tandem (on a bike with another person).

- **Solo:** Solo riders are riders who ride 1 bike from our Century or Half Century Starting Lines to the official Finish Line.
- **Tandem:** Tandem riders are groups of two riders who share 1 tandem bike from our Century or Half Century Ride Starting Lines to the official Finish Line. A maximum of 2 riders are allowed and the riders must provide their own tandem bike.
- **Relay:** One rider will bike the first leg, while the other will follow the biker in a chase car. At about the midway point at our MidAtlantic Farm Credit rest stop; the biker will take control of the chase vehicle, and the driver will bike the remaining portion of the ride. Only one exchange is allowed and the participants must provide their own chase vehicle.

II. Training

Training for B2B is easier than you may think. The key is to get into a fitness schedule. The best thing that will truly get you ready to ride is to ride your bike. You need to get in “saddle time” so that the sit bones and muscles surrounding them can withstand 6 to 12 hours on a bike. However, spin classes, lifting weights, swimming, and your favorite class are all good ways to train.

We have developed a training program as a guide for preparation for Bike to the Beach.

You will find our training program on our website in your participant portal.

TRAINING RIDES

The Bike to the Beach community will host (free) guided rides leading up to the charity ride. The distance(s) and elevation(s) will be varied to prepare riders for the distance and terrain on the actual ride day. Our training rides are also great opportunities to meet fellow riders.

Anyone can host their own training ride. All you must do is sign into our online community and post your training ride.

III. ROUTE

Our Bike to the Beach routes are designed to transform the way our riders see and enjoy their city. Bike to the Beach DC has three ride options: Our Century Ride (100+ Miles), our Half-Century Ride (50+ Miles), and our Family Challenge (8 miles).

Bike mechanics and chase cars traverse the entire route. Rest stops are placed approximately every 15 miles with refreshments, hydration, and medical aid.

The full details will be provided to you in our packet-materials before the ride.

CENTURY RIDE (100+ Miles)

Our B2B DC Century Ride is a total of 104 miles. Starting from the Baltimore, MD, you are led through the streets by police escort, shuttled across the Chesapeake Bay Bridge, cruise through the country-side of Eastern MD and finish in the oceanfront town of Dewey Beach, DE.

HALF-CENTURY RIDE (60+ MILES)

The Half-Century Ride is a total of 63 miles. Starting from our rest stop in Denton, MD, you will join the Century riders and bike along the country-roads of Eastern MD to the finish line in Dewey Beach, DE.

FAMILY CHALLENGE (8 MILES)

Our 8-mile Family Challenge is designed for riders on the autism spectrum and children under the age of 15. Each B2B Family Challenge Rider is guided in a team of a 1-to-1 adult-to-child/rider ratio. Teams have a minimum of 2 riders with no maximum so the whole family can ride together!

Starting from the Midway Baptist Church in Lewes, DE (the last rest stop before the finish line), our Family Challenge Riders join the Century and Half-Century riders and bike the last leg of the ride to the finish line in Dewey Beach, DE.

SEGMENTS

The Century ride consists of eight (8) legs and our half-century consists of five (5) legs, as follows:

- Francis Scott Key Elementary to Saw Mill Creek, MD – 14 miles
- Saw Mill Creek, MD to Annapolis, MD - 16 miles
- Bus Transfer Across Chesapeake Bay Bridge
- Route 404/50 to Denton, MD – 15 miles
- Denton, MD to Bridgeville, DE – 15 miles
- Bridgeville, DE to Georgetown, DE – 10.6 miles
- Georgetown, DE to Millsboro, DE – 10.1 miles
- Millsboro, DE to Lewes, DE – 11.8 miles
- Lewes, DE to Dewey Beach, DE – 8.1 miles

Total Route Distance - 104 miles (Mileage may vary slightly per route changes made prior to the event.)

REST STOPS

- Starting Line to Rest Stop #1: Saw Mill Creek Park
- Rest Stop #1 to Annapolis: World War II Memorial
- Bus Transfer Across Chesapeake Bay Bridge
- Route 404/50 to Rest Stop #2: MidAtlantic Farm Credit
- Rest Stop #2 to Rest Stop # 3: Bridgeville Liquor Market
- Rest Stop #3 to Rest Stop #4: Church
- Rest Stop #4 to Rest Stop #5: WB Atkins Memorial Park
- Rest Stop #5 to Rest Stop #6: Midway Baptist Church
- Rest Stop #6 to Finish Line: Dewey Beach Lions Club

IV. Start-Line

CENTURY

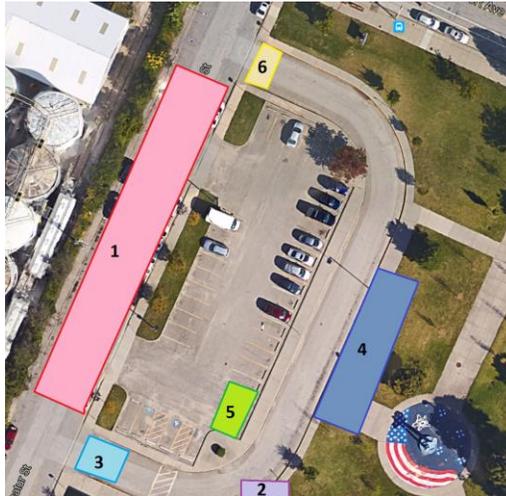
Address: Francis Scott Key Elementary/Middle School
1425 E Fort Ave, Baltimore, MD 21230

Time: 3:30 - 5:00 AM

Start time: The ride will begin ***promptly*** at 5:00 AM

Cyclist Drop off Zone: Please drop riders off on Decatur St.

Map:



- 1) Cyclist Drop Off Zone
- 2) Bathrooms
- 3) Check-In
- 4) Mechanics and Nutrition
- 5) Bag Drop
- 6) Start-Line Arch

Car Parking:

Street Parking

Street Parking is extremely limited and many areas have restrictions on overnight parking if you intend to stay at the beach for the evening. We highly recommend making plans that do not include street parking at the start for the event.

Parking Garages

- There is parking on site at the school

Bike Parking:

- Bike racks will be provided for participants to hang their bike prior to the event.

Luggage/Bag Drop:

- SEE Packing List
- Bag check is available at the start line, and all items can be claimed at the finish line upon arrival (**1** bag per person).
- Participants must tag their bag with the provided sticker showing their bike number given to riders at Packet Pick-Up.

HALF CENTURY START:

Our Half Century Ride will start in Denton, MD.

Address: 379 Deep Shore Rd., Denton, MD 21629

Time: 8:00 - 9:00 AM

Start Time: 9:00 AM

Parking:

- There is parking available on site.

Luggage/Bag Drop:

- SEE Packing List
- Bag check is available at the start line, and all items can be claimed at the Finish-line upon arrival (1 bag per person).
- Participants must tag their bag with a sticker showing their bike number provided to riders at Packet Pick-Up.

V. Bay Bridge Transfer

LOCATION AND TIMING

LOADING - Baltimore, MD Side of the Bridge:

Maryland World War 2 Memorial in Annapolis, MD

1920 Governor Ritchie Hwy, Annapolis, MD 21409

Time: The transfer location will be open along with the loading of buses and trucks from 6:30-8:30am.

UNLOADING – Wye Mills, MD Side of the Bridge

The Northeast corner of the intersection of Route 404 and Route 50

Time: 7:00-9:30am

AVERAGE TRAVEL TIME

Bike to the Beach prides itself on the efficiency of our Bay Bridge transfer however individual travel times vary based on the number of riders arriving at a similar time (more is better, it takes more time to fill buses with the first and last few riders in the event), traffic, and our partner companies.

- The typical duration from arrival to being back on a bike is 30-50 minutes.
- The last group of the day typically experiences additional transportation time as the last riders arrive and our buses loop back. Their total duration is close to 1:30 minutes.
- These times include roughly 30-45 minutes of time on a bus.

PROCESS

Bike to the Beach provided transportation:

- Step 1 – Check in – While checking in you should be assigned a truck number
- Step 2 – Get in line and hand your bike to volunteers on the trucks
- Step 3 – Listen for your bus to be called while getting food and refreshments
- Step 4 – Load your bus
- Step 5 – Enjoy your ride over the Bay Bridge
- Step 6 – Disembark the bus and listen for your bike number to be called
- Step 7 – Collect your bike, get a bite to eat or refill your water bottles, and get back to cycling

Providing your own transportation over the Bridge.

- Step 1 – Load your bike onto your car
- Step 2 – Check-In with our volunteers
- Step 3 – Get food and refreshments and depart when your car is ready
- Step 4 – Enjoy your ride to the 404/50 intersection, unload your bike and get back to cycling.

Buses

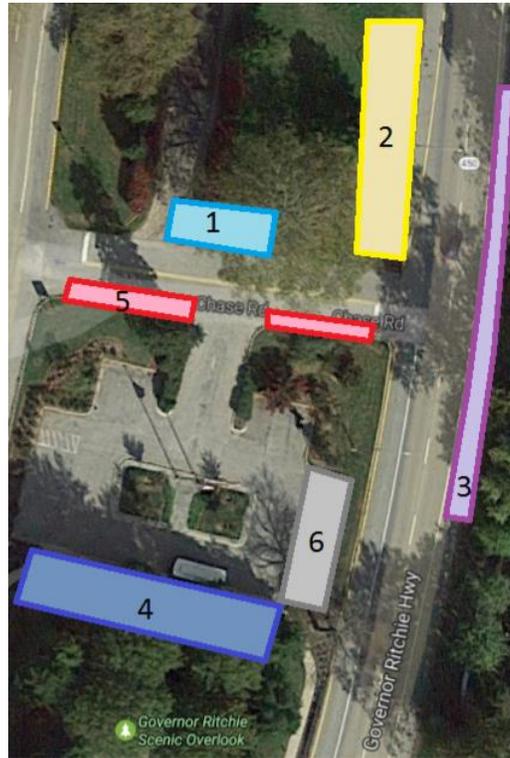
- Bike to the Beach provides bus transportation over the Bay Bridge.

Bike Transportation

- Bike to the Beach does its best to protect bikes during transportation, commonly wrapping them in moving blankets and/or strapping them to prevent movement.
- Volunteers are careful with your bike while loading it and during transportation, if you are concerned about it being scratched please feel free to take your own extra precautions to protect your bike.
- Bike to the Beach is not responsible for any damage to your bike or bike accessories incurred during transportation.

SITE MAP

LOADING
Baltimore, MD Side
Maryland WW2 Memorial



- 1) Check-In
- 2) Truck Loading – Bike Transportation
- 3) Individual's cars for loading
- 4) Food and Nutrition
- 5) Buses
- 6) Volunteer and Supporter Parking

UNLOADING

Wye Mills, MD Side
Route 404/50 Intersection



- 1) Truck and Bike Unloading
- 2) Bus Unloading
- 3) Food and Refreshments
- 4) Individual Car Unloading and Parking
- 5) Bathrooms

VI. Finish

Address: The Lions Club of Dewey Beach - 115 McKinley St, Rehoboth Beach, DE 19971

Map:



- 1) Check-In, Rider Awards, Food and Nutrition
- 2) Bag Check
- 3) Showers
- 4) Bike Racks
- 5) Finish-Line Arch

Parking:

- There is no available parking at the Finish-line. There is metered parking along the streets and a large lot of metered parking at the Rusty Rudder 0.3 miles away, south on Route 1.

Bike Parking:

- Bike racks will be provided at the finish line for participants to hang their bikes while they gather their belongs and celebrate alongside fellow riders. Bike to the Beach asks that all participants take custody of their bikes by 6:00 pm, as our designated area at the Lion's Club will no longer be available and the bike racks must be promptly taken down at that time.

Showers:

- Outdoor showers will be provided in the parking lot. Participants are to be advised that the showers provide little privacy.
- The showers are intended for a quick rinse, not a full scrub. They are similar to beach showers that you would see on a boardwalk.
- Showers are not temperature controlled and are subject to local water temperatures.
- Towels are recommended in the packing list to dry off.

Luggage:

- Bags that have been checked at the start line will be available upon riders reaching the Finish-line.
- Bags must be claimed in the parking lot of The Lions Club by 6:00 pm

VII. Social Media

We encourage all riders to be as socially active during the ride to help increase awareness as well as to help them fundraise.

CONNECTING WITH US

Here is how to connect with us:

- Like us on Facebook:
<https://www.facebook.com/biketotheseachforautism/>
- Join the B2BMD Facebook Group:
<https://www.facebook.com/groups/B2BMD>
- Follow-us on Twitter: <https://twitter.com/Biketotheseach>
- Follow-us on Instagram: <http://instagram.com/biketotheseach>

TAGS AND HASHTAGS

Here is how to tag us:

- @Biketotheseach
- @biketotheseachforautism (Facebook)

Here are the Hashtags we use:

- #biketotheseach
- #B2BMD
- #autismspeaks
- #autismawareness

TIPS AND TRICKS

Facebook

- How to Use: Share posts by the Bike to the Beach page and your fundraising link

Twitter

- How to Use: Give updates on how your training is going and linking to articles Bike to the Beach has shared.

Instagram

- How to Use: Post pictures of training, happy hours, and events leading up to the ride

B2BMD FACEBOOK GROUP

Bike to the Beach has created a Facebook group. This group is designed for our Bike to the Beach MD Community - present, past, and future. We want this

forum to be a place where our community can ask each other questions, plan bike rides, share news, coordinate transportation, and, simply meet each other.

It is a closed group. To join the group, visit the Facebook Group Page to request membership:

<https://www.facebook.com/groups/B2BMD/>

VIII. STRAVA and RIDE with GPS

STRAVA GROUPS:

Bike to the Beach is not just a century ride, but a group of cyclists that get together for training rides and fundraisers throughout the year.

Strava is the social network for athletes. By joining our "club", you are getting alerts for group rides, tracking to see where you stand in your training. The Bike to the Beach "club" is ready and waiting for you to join.

1. Sign up online at Strava.com. The website works in tandem with the app called "Strava Running and Cycling" found in the app store on most mobile devices.
2. Once you have signed up online click on the searching emblem in the top left and change the drop down menu to "Club" and search Bike to the Beach MD.
3. The app acts as a workout tracker showing all the information you would want, while the website acts as home base for the community at large.

Our MD Strava Group — <https://www.strava.com/clubs/b2bmd>

STRAVA AS ROUTE DIRECTIONS

In addition, you can use Strava on ride day to make sure that you stay on-course. Our Strava route will give you turn-by-turn directions on your phone while you ride.

Here is how to download the Strava Bike to the Beach route:

1. Go to the Bike to the Beach MD Strava Club [\[https://www.strava.com/clubs/b2bnyc\]](https://www.strava.com/clubs/b2bnyc) to join the group.
2. Go to the route you would like and clone it as your own.
3. If you haven't already, download the Strava App onto your phone
4. Log into Strava, and click on Record at the bottom
5. Click on Load Route, and load the route that you duplicated

RIDE WITH GPS:

Another option is to use "Ride with GPS" to navigate to the beach. *Ride With GPS* is a great bike route mapping tool for cyclists wanting easy directions. *Ride*

With GPS routes also work with all Garmin Edge bike computers, Forerunner fitness devices and any GPS unit that can export a TCX or GPX file.

Our Maryland Ride for autism route should be searchable on RideWithGPS.com.

Our team will email a link to Ride With GPS route information the week of the event.

IX. Packet Pick Up

Location: Race Pace Bicycles: 1414 Key Hwy, Baltimore, MD 21230

Date: Wednesday, July 26th

Time: 4:00-8:00 pm

What's Included:

- Emergency Bracelet
- Jersey
- Bike Number
- Bag Check Number
- Total Cue Sheet
- Ziploc® Bag
- How to Change a Flat Tire Guide
- Safety Tips Guide
- Ride Schedule

X. Packing

B2B will transport your luggage/suitcase for the weekend (1 backpack or duffel for each of our riders), so please plan to stay the weekend. We will have a drop-off location at the starting-line and a pick-up location at the Finish-line.

BAG DROP RESTRICTIONS

- Luggage must have provided rider number tag attached to bag
- Luggage cannot exceed 20 lbs.
- Do not attach items to the outside of your luggage
- Each participant is limited to 1 piece of luggage

PACKING LIST - REQUIRED

- Water bottle
- Rear red blinking light
- Front white headlight
- US CPSC-approved helmet
- At least one spare tire tube

PACKING LIST - RECOMMENDED

On Person

- Cell-phone and charging cable (in a Ziploc® bag to carry with you)
- Extra water bottles
- Cycling shoes, cycling shorts, socks, and gloves
- Head lamp and tail light (required)
- Identification, money, credit card, health insurance card
- Needed medications
- Diet specific food and nutrition
- Saddle bag with tubes and repair kit
- Portable hand/CO2 bike pump
- Handlebar bag (to keep your phone, food, sunglasses or map within an easy to reach location)
- Sunglasses

We Recommend that you wear the ride day jersey included at packet pick-up

In Luggage:

- Trash bag in your luggage to pack items inside incase rain is forecasted
- Clothing to change into after the ride
- Bike to the Beach Ride Guide
- Keys for car and home
- Towels
- Soap

XI. Bike Transportation

PACKING AND PROTECTION

- Bike to the Beach does its best to protect bikes during transportation, commonly wrapping them in moving blankets and/or strapping them to prevent movement.
- Volunteers are careful with your bike while loading it and during transportation, if you are concerned about it being scratched, but please feel free to bring extra packing materials to protect or pack your own bike.
- Bike to the Beach is not responsible for any damage to your bike or bike accessories incurred during transportation.

TRANSPORTATION PROVIDED

- Bike transportation is included anytime bus transportation is provided or if you have selected it as an add-on option. In Maryland, bike transportation will occur during the transition over the Bay Bridge and along with the purchase of a return bus to the Start-line from the Finish-line of the event..

XII. Bike Storage

Bike storage can be purchased as an “add-on” purchase for the event. Bikes will be transported back to Washington, DC for storage and will be available for pick up in Washington, DC from Tuesday-Thursday the week after the event.

Bikes left after Thursday will be charged an extra fee and moved to our storage facility in Hyattsville, MD

XIII. Bike Recommendations

If you do not have your own bike or you are traveling to the starting line, you can rent a bike for our charity ride.

Spinlister

- Spinlister is the peer-to-peer bike rental platform and works with Bike to the Beach in partnership to get our riders on awesome bikes directly from your neighbors. Use the code "B2B" to receive 10% off your bike rental.

Book through our bike partner:

- Bike rentals are coordinated by Bike to the Beach.
- Please contact us if you are looking for participating rental stores.

XIV. Mechanic Support

Bike to the Beach prides itself on our support and response time. If at any point in the ride you need mechanical support, call one or the provided phone numbers, and we will come assist you.

- *Minor issues:* For flat tires and other small adjustments, we typically can fix them in a few minutes on site.
- *Mid-Complexity issues:* For wheel or brake issues we will commonly shuttle you to the next available rest stop for our professional mechanic's team to have space, time, and resources to work through your bikes issues.
- *Major issues:* For significant issues that arise on the ride, we may swap out your bike or exchange a part, putting you on our equipment so that you can continue the ride without having to stop. This is done in a limited capacity, but is provided when possible.

Please ensure that you have tire irons, bike tubes, a CO2 cartridge or pump with you throughout the ride.

XV. Route Markings

A signature of our events is our route guidance. We do this through three methods to ensure ease in following the directions. We highly recommend that you download the electronic version of the route to follow.

STRAVA/RIDE WITH GPS

We provide named routes on these applications for you to download and follow throughout the day. This matches your exact GPS with the exact route planned. This is the best method for ensuring you are on track.

TURN SIGNS

We place large turn signs at turn locations throughout the route. At most significant turns, we place multiple signs. In certain situations, signs may be taken down throughout the day or turned so that they cannot be seen. Please use them as a reference, but not as your only guide.



CUE SHEETS

We provide riders with a cue sheet of every turn before the event, and we also provide shortened cue sheets with just the directions and maps needed from one rest stop to the next. Please review these cues before you start riding. These are a great reference and make finding the directions that you are looking for quick and easy. Keep these on hand by clipping them to your wires or in a handlebar bags.

XVI. Food and Nutrition

We provide all the nutrition needed to finish the ride. We also provide a variety of food options so that you are not stuck eating the same food all day.

INCLUDED

Here is an example of the type of food options you may see at our rest stops:

- Energy Snacks: PowerBar bars, gels, and chews; Amrita Bars; Cliff Bars and gels; Honey Stinger Waffles and energy chews
- Fruits: bananas, apples, oranges
- Hydration drinks: Water, VitaCoco, Motive Pure, Gatorade
- Snacks: fruit chews, trail mix, cheez-its, potato chips
- Breakfast/Lunch options: bagels, sandwiches, pizza, pasta salad

OPTIONS FOR PURCHASE

Most of our food options will be complimentary; however, we may arrange partnerships with food vendors (food trucks, local shops, etc.) who will provide for-sale food options, so please carry a method of payment.

XVII. Transportation

GETTING HOME FROM THE FINISH:

Bus Transportation

- We will have a bus departing for Baltimore, MD (with a stop in Half Century Start) at 6:15 pm on ride day. Bike transportation is included. The cost is \$65 per person (must be reserved and paid for online before ride day).

XVIII. Ride and Weekend Schedule

Wednesay:

1:00 pm - 8:00 pm

Packet Pick-Up (Race Pace Bicycles - 1414 Key Hwy, Balt, MD 21230)

Friday:

4:30 am - 5:30 am

Rider Check-In

Tire Check and Final Tune-Up

5:30 am

Ride Start

3:00 pm - 7:00 pm

Finish Line Celebration (Northbeach Restaurant, 125 McKinley St, Dewey Beach, DE 19971)

6:15 pm

Bus to DC/Baltimore. Bus departs (two stops; 1 at Half-Century Start Line in Denton, MD and 1 at the Start Line in either DC or Baltimore)

XIX. Hotels and Accommodations

FINISH-LINE: DEWEY BEACH HOTELS

Bike to the Beach suggests that participants wishing to stay the weekend in Dewey Beach book reservations at one of the following hotels (availability is limited, and booking as far in advance as possible is recommended, individual house rentals are also a viable option):

Bike to the Beach Hotels Option

Hyatt – Dewey Beach

1301 Coastal Highway

Dewey Beach, DE 19971

(302) 864-9100

The Surf Club Hotel

1 Reed Street

Dewey Beach, DE 19971

(302) 227-7059

info@surfclubhotel.com

Atlantic Oceanside Motel

1700 Coastal Highway

Dewey Beach, DE 19971

(302) 227-8811

Best Western Gold Leaf

1400 Coastal Highway

Dewey Beach, DE 19971

(302) 226-1100

XX. Medical Overview

Bike to the Beach medical staff offers basic First Aid coverage only. Any situation requiring greater attention will be treated at the nearest medical facility by way of ambulance. Bike to the Beach does have medical personnel on hand if riders have questions or concerns.

Please keep prescription medications and health insurance cards on you at all times.

- *Hydration* - Please remember to keep yourself hydrated before, during, and after the ride. We recommend combining your water with “Motive Pure” for additional electrolytes. Consume roughly one liter of water per hour.
- *Over-Hydration* - Please make sure that you are consuming sodium and other nutrients commonly found in sports drinks to prevent water toxicity. Make sure both your hydration products and foods are containing sodium. Over hydration results from drinking straight water lacking other nutrients.
- *Dietary Restrictions* - If you have specific allergy or dietary restrictions, please plan accordingly. We provide a variety of meals, snacks, fruit, and refreshments, but cannot ensure all dietary restrictions will be met.
- *Emergencies* - Please call 911, then notify the event director (301) 580-7231

Please ensure that you fill out the Medical Restriction and Support Questionnaire emailed out the week of the event

XXI. Bicycling Safety Tips

SAFETY TIPS

- *Go With the Traffic Flow* – Ride on the right, in the same direction as other vehicles. Go with the flow – not against it. Motorists aren't looking for bicyclists riding on the wrong side of the road. State law and common sense require that bicyclists drive like other vehicles. Do not ride on the sidewalk.
- *Obey All Traffic Laws* – A bicycle is a vehicle and you're a driver. When you ride in the street, obey all traffic signs, signals, and lane markings.
- *Watch Out at Intersections* – The lead rider should call "slowing" or "stopping" to alert others to the change in speed. Every rider is responsible and should communicate if the way is clear.
- *Give Warnings* – Warn cyclists behind you well in advance of changes in your direction or speed. A group lead should call out "left turn" or "right turn" in addition to giving hand signals.
- *Announce Hazards* – Group leads should indicate hazards (gravel, holes, glass, grates, etc). Point to the hazard and shout "watch hazard".
- *Ride with the Group* – When riding with other bikers, ride with the group in the same traffic lane or in the same shoulder. Ride two-by-two or in a single file line on the right side of the road or in a bike lane. Allow plenty of room for cars and other vehicles to pass on your left.
- *Change Positions Correctly* – Slower riders should stay to the right. Only pass others on their left saying "On your left" to warn the cyclist ahead of you.
- *Stay in Bike Lanes or on Road Shoulders* – Chose the safest path when on the road and stay to the right.
- *Don't Pass on the Right* – Motorists may not look for or see a bicycle passing on the right.
- *Yield to Traffic When Appropriate* – Almost always, drivers on a smaller road must yield (wait) for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.), you must slow down and look to see if the way is clear before proceeding. This also means yielding to pedestrians who have already entered a crosswalk.
- *Be Predictable* – Ride in a straight line, not in and out of cars. Signal your moves to others.
- *Stay Alert at All Times* – Use your eyes **AND** ears. Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. You need your ears to hear traffic and avoid dangerous situations; **DO NOT** wear headphones when you ride.
- *Look Before Turning* – When turning left or right, always look behind you for a break in traffic, then signal before making the turn. Watch for left or right-turning traffic.
- *Watch for Parked Cars* – Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).

- *Follow Lane Markings* – Don't turn left from the right lane. Don't go straight in a lane marked “right-turn only.”
- *Turn Signals* – Always use signals to indicate your intentions to switch lanes. Look behind you to indicate your desire to move and to make sure that you can.
 - o *Right Turn* - Arm out to the right or out to the left and bent up at the elbow
 - o *Left Turn* - Arm out the left
 - o *Slowing or Stopping* - Left arm out and bend down at the elbow with palm to the rear

RIDER RULES OF CONDUCT

- Ride defensively
- Communicate verbally and visually with other riders
- Ride as far to the right as safely possible, except to pass
- Pass only on the left side
- Use hand signals for any change in riding speed or direction
- Cross railroad tracks at right angles
- Obey all traffic signals

XXII. Volunteers

Our Bike to the Beach Charity rides are fully supported **100-mile Charity Cycling events** to educate our community about the benefits of cycling and to **raise awareness and funding for autism**. It is because of our volunteer support that we can run our events and provide an opportunity for our riders to raise funds for the millions of families touched by autism.

VOLUNTEER CODE OF ETHICS:

Bike to the Beach infrastructure relies on an army of volunteers who generously donate their time and energy to the event. Failing to stay for your entire shift might unfairly burden fellow volunteers as well as the riders. This can put the event and individual's safety at risk.

CHECK-IN

- Volunteers must register prior to their participation in the event.
- Please arrive at least 15 minutes before your shift to allow for parking and check-in.

POSITIONS AND ROLES

There are three areas where we need volunteer support. Additional information and specifics will be provided before the ride as is appropriate for the position selected. Additional information will also be available on site in our Volunteer Information binder.

- *Start Line/Finish Line:* As a Start/Finish Line volunteer, you will help setup and run the beginning and end of the ride. Throughout the process, you will be getting to know the riders by making sure they receive the proper food, water, and supplies, and by answering any questions they may have. There are tires that need to be pumped, jerseys and t-shirts to be handed out, bags to be packed, and equipment to be set up. It takes a lot of hands to get it all setup, and a great attitude to keep everything running smoothly as riders ready to depart at the start, and start to pour in at the finish.
- *Rest Stop Support:* As a rest stop volunteer, you will setup and run a rest stop with a group of 3-6 other volunteers. Most of our riders stop at each rest stop for food and drinks. The majority of our riders come through the rest stop within a 2-6 hour period. Each rest stop has its own theme of your choosing to keep the rider morale high. Everything needed to run the rest stop is provided on the site including food, first-aid, tables, tents, chairs, etc. When you arrive, set the equipment up, get the area and atmosphere energized, and support the rider's needs as they arrive. Throughout the day, you will need to check off riders, ice down water, and cheer.
- *Chase Car Support:* As a chase car driver, you will drive along the bike route and be the first responders to any rider in need of assistance, whether the rider has a flat tire, a small scrape, or is reaching exhaustion. Chase Cars are our responders to issues that occur between rest stops. Sometimes riders just need company and a little support; other times a Band-Aid®, and, most commonly, a spare bike tube. Our chase cars are there in our rider's time of need to get them back on the road heading towards their goals.