



## Summary of Key Rider Information

- **Be on time and follow the schedule**
- **Mandatory – must wear the bib number on the back of your jersey (attached to the back pocket) at all times, and bike frame number on your top tube.**
- **Ride safely and lawfully!!! You will be travelling on many narrow country roads in a rural setting. This does not mean there be no vehicle traffic. Be aware at ALL TIMES of your surroundings. Many drivers in the area will expect cyclists so be prudent and stay to the right especially in blind curves and over rises. Communicate back down the line to fellow riders to let them know what is coming up.**

## PRE-RIDE LOGISTICS

### PACKET PICK UP/TIMELINE

Please come to the Jackson Gore Inn at Okemo to pick up your number between **8:00 – 9:00 am on Saturday, June 9**. If you are at Okemo on Friday, we will have an optional packet pick up from **6 – 7 pm on Friday, June 8**. Packet pick up is located in the Cornerstone room at the Jackson Gore Inn.

NOTE: All pre-registered entrants are expected to pick up their own packet in person due to insurance purposes. You may not pick up a packet for a friend. **All participants must show a photo ID at packet pickup.**

During the Packet Pick up process you will receive:

- **Your Packet, which includes:**
  - **Bib Number**
  - **Bike Frame Number**
- **Meal and Beverage tickets-** for the post race party

**START TIME: The ride will start with a mass start at 9:00 am.** Note: if you wish, you may start on your own earlier – ideally with another rider or a pack of riders (for safety). Course will be open at 7 AM but the rest stops will follow the schedule below.

Ride start will occur in the parking lot area in front of the Spring House.

### PARKING

Is available at the Jackson Gore Inn – you will see signs for parking.



## **SCHEDULED REST/WATER STOP**

There are two stops on the course (Mike 26 and 52) that will be stocked with water, a mixed sports drink (Gatorade), pickles and pickle juice, bars and gels. There is also a wonderful general store at the location where you can buy fresh baked cookies or other food supplies you might need.

## **IN CASE OF EMERGENCY**

Two options:

1. Contact local emergency response officials at 911. Use your phones GPS to specify your location.
2. Contact the Command Center by calling or texting (781) 923-0565.

Any rider who pulls out of the middle of the ride **MUST** call and report this to the Command Center at (781) 923-0565.

Plug this number into your phone now... **Command Center at (781) 923-0565.**

**Text is the best way to reach the command center** as the course is very rural and cell service can be weak but text messages can typically send even with a weak cellular signal. Command center personnel will text you back a response quickly. In a medical or other extreme emergency please call 911.

## **ITEMS HIGHLY RECOMMENDED TO BRING**

Each person has his/her own needs but at a minimum each person should bring:

- Cell Phone
- 2 spare tires/tubes
- Frame pump or CO2
- Portable multi-tool
- Money
- License and credit card
- On course nutrition – Food/Drink



## POST RIDE

### GENERAL TIMELINE

**3:00 – 7:30 pm- Party at Okemo Clock Tower Base Lodge** – food, music, beer, refreshments, camaraderie

NOTE: The course closes at 6 PM. If you are not through rest stop 2 (52 miles) by 4 PM, you will be redirected on a shorted route to the finish.

### **Post ride shower and dry clothes**

We will have a large shower tent set up for men with 20 shower heads and a changing tent. Women: you will have a separate indoor shower and a changing area inside the Spring House Pool and Fitness Center.

### **Medical/Massage Tent**

This years B2VT will include a post-ride area staffed by EMT's. It will be inside the Jackson Gore Village party area (see map below).

### **Party time...cold beer and barbecue**

After changing into some nice dry clothes, cyclists can join the post ride party. Two beer tickets and dinner are included in the fee for the ride. Additional beer, wine, alcohol and soft drink tickets are available for purchase. Any friends or family members meeting you in Vermont can also attend the party and purchase food/drink tickets on site. Vegetarian food is available.

### **Visitors (Family and Friends of B2VT Riders)**

Visitors must park in the designated area. Please set your GPS to 111 Jackson Gore Road, Ludlow, VT. This will bring visitors to Jackson Gore Village. As you enter Jackson Gore Village off Route 103 you will be directed to go right into the visitor parking lot.



## **CYCLING SAFETY AND ETIQUETTE – SAFETY IS KEY!**

1. DO NOT LITTER. Please put all wrappers, empty gel packs, etc back in your pocket and dispose of them at the next rest stop.
2. Do not urinate in public. There are porta-potties at the rest stop. If you have to go and can't wait until the next stop, please use a public facility.
3. Obey all traffic signs and signals. This includes traffic lights and stop signs. If in doubt what the laws are ... check.
4. Stay to the right, except to pass. Pass on the left side only. Do not pass on the right. Ride in a single file.
5. Use the cue sheet and do not leave the course.
6. Do not cross center line regardless of passing zone.
7. Use proper signals when turning. Make left turns from the center of the road or left turn lane. Cross railroad tracks at right angles.
8. Ride in control of your bike at all times (i.e. being able to stop within a reasonable distance.)
9. Ride defensively, in consideration of your fellow riders.
10. Don't use Aero bars in a group.
11. Point out and call out any road hazards ahead. These include potholes, drain grates, stray animals, opening car doors, sticks or stones, parked cars, etc.
12. Do not overlap wheels. A slight direction change or gust of wind could easily cause you to touch wheels and fall.
13. Pedal down hill when you are at the front of the group. Cyclists dislike having to ride under brakes.
14. When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill which can cause a sudden deceleration. This can often catch a rider who is following too closely, resulting in a fall from a wheel touch.
15. Communicate with your fellow riders, using proper cycling terms, such as *"On your left,"*

**BE SAFE AND HAVE A GREAT RIDE!!**