



**Summary of Key Rider Information – there's new info this year! Please read this guide in its entirety.**

- Registration options
  - On-line registration is open through June 6<sup>th</sup> at 6 PM
  - On-site registration available during packet pickup June 7<sup>th</sup> 5 to 7 PM at Okemo and 7-8:45 AM on June 8<sup>th</sup> for \$110.
- Mandatory Rider Number Placement
  - Bib numbers should be pinned on the center back of your Jersey (over the middle pocket)
  - Number Plate must be mounted on the front handlebar. It has the timing chip embedded and cannot be trimmed.
- Start times
  - **9 AM Official Start** for both the full 77-mile Monster and the new 50-mile option with a neutral start to the first gravel road. – More details and additional start options below.
- Ride safely and lawfully. You will be travelling on many narrow country roads in a rural setting. The roads are open during the event and all traffic laws must be followed. Be aware at ALL TIMES of your surroundings. Many drivers in the area may not 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. Remember dirt and gravel roads are unpredictable so manage your speed and give plenty of space and time for braking and turning.

**That covers the basics...please keep reading!**





## PRE-RIDE LOGISTICS

### PACKET PICK UP/TIMELINE

Please come to the Jackson Gore Inn at Okemo to pick up your number between **7:00 – 8:45 am on Saturday, June 8**. If you are at Okemo on Friday, we will have an optional packet pick up from **5 – 7 pm on Friday, June 7**. 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.**

You will be able to register Friday June 7<sup>th</sup> and Saturday June 8<sup>th</sup> during packet pickup for \$110 cash or check.

During the Packet Pick up you will receive:

- **Your Packet:**
  - Handlebar number plate with embedded timing chip
  - Rider Jersey number
- **Meal and Beverage tickets-** for the post-race party
- **2 Entries for the Cannondale Topstone 105 Raffle.**

### **Ride Timeline:**

**9 AM – Official mass start.** Both the 77 and 50 mile rides will start at the same time with a neutral start to the first Gravel road (about 1.5 miles).

- Rest stop opens at 10:00 AM and will remain open until 4:00 PM (Rest stop 1 and 2 are both at Pierce's General Store)
- Riders not through rest stop 1 by 12:30 PM will be redirected to the 50 mile course.
- Riders not through Rest Stop 2 by 3:30 PM will be redirected on an alternate route back to the finish.
- Course officially closes at 6 PM.
- **Special 8 AM start for those** that want to ride the full 77 but are concerned about making the cut offs. We'll have the same neutral start to the first Gravel section. Please only join this special start if are truly a slower rider. **Strong riders looking to go fast and starting before 9 will arrive at the rest-stops before they open and likely finish before the party is ready.**

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

### **PARKING**

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



### SCHEDULED REST/WATER STOP

There are **two rest stops on the course (Mile 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. Rest stops will be open from 10:30 AM to 4:00 PM.

### NEW for 2019 – KING OF THE MOUNTAIN CHALLENGE

The 2019 “**King of the Mountain (KOM) Challenge**” is a timed event within the ride that contains two timed climbs on course. The first comes

All riders will have a disposable timing chip affixed to the handlebar number plate. The start and finish lines of the KOM challenge will be clearly marked and use a wireless timing system.

#### **Timed Sections:**

1. **Miles 20 – 22:** The Epic CCC climb
2. **Miles 49 – 54:** The Long Grind – Just after the covered bridge back to Pierce's General Store for rest stop #2.

Results of the KOM Challenge will be posted at the finish venue. Awards will be handed out for the fastest KOM according to gender and by three age groups (34 and Under, 35 to 54, and 55 and Over)

**All riders MUST apply have a bib number attached to their Jersey and number plate on their handlebar.** We do this for two reasons. First, for safety, so we know when and if every rider crosses the start, the timing lines along the course and at the finish. Secondly, for the KOM Challenge. The number plates are used for wireless timing of each of the timed sections.

#### **IN CASE OF EMERGENCY**

1. Please **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.** Please let them know you have contacted 911 and what your emergency is.

**Any rider who pulls out of the middle of the ride MUST call and report this to the Command Center at (781) 923-0565.** This is an important safety concern for us. We need to keep track of all riders on the course.

**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.



### **RECOMMENDED ITEMS 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 CO<sub>2</sub>
- Portable multi-tool
- Money
- License and credit card
- On course nutrition – food/drink

### **POST RIDE**

#### **GENERAL TIMELINE**

**3:00 – 7:30 pm- Party at Jackson Gore Lodge** – food, music, beer, refreshments, camaraderie

**NOTE: The course closes at 6 PM. If you are not through rest stop 2 (52 miles) by 3:30 PM, you will be redirected on a shortened 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. Ladies, you will have a separate indoor shower and a changing area inside the Spring House Pool and Fitness Center.

#### **Medical**

This year's B2VT/VTMonster will include a post-ride area staffed by EMTs. It will be inside the Jackson Gore Village party area. Volunteers at the finish or onsite will be able to direct you.

#### **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. Rides seen or reported running stop signs, crossing the yellow line or breaking traffic laws will be disqualified.
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. The course is clearly marked and we provide GPS mapping files. Please stay on the course at all times.
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. 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.
11. Do not overlap wheels. A slight direction change or gust of wind could easily cause you to touch wheels and fall.
12. 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.
13. Communicate with your fellow riders, using proper cycling terms, to indicate, passing, slowing down, turning, etc.

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