



Bicycles Battling Cancer

So many reasons to ride... who are you riding for?

Sunday, June 8, 2014

3 ride options: Century, Metric Century and Lite Ride

Start and finish at Hillside School - Marlborough, MA



1.800.227.2345



Sunday, June 8, 2014

www.bicyclesbattlingcancer.org

Rider Handbook

Dear Rider,

Thank you for taking on the challenge of riding in the annual American Cancer Society Bicycles Battling Cancer ride. By registering as a rider for the Bicycles Battling Cancer ride, you are taking an active role in the fight against cancer. While you're participating in this event, take a moment to think about how many lives you're touching and the importance of the role you are playing in the fight against cancer.

It is important that every rider know the information provided on the following pages of the rider handbook in order to ensure a safe, enjoyable ride for everyone. Please take some time to review all of the information enclosed. If you have questions, please feel free to contact us at bicyclesbattlingcancer@cancer.org.

Thank you for joining the fight against cancer; every mile counts, and with your help we are one step closer to a cure!

Sincerely,

Your Bicycles Battling Cancer Committee
American Cancer Society, New England Division

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Before You Ride

Pre-ride Preparations

We strongly recommend that you have your bike tuned before riding in Bicycles Battling Cancer. For a tune up, or if you need gear, we encourage you to visit one of our great bicycle shop partners.

Belmont Wheelworks (480 Trapelo Rd, Belmont, MA 02478)

Goodale's Bike Shop (14 Broad Street, Nashua, NH)

Landry's Bicycles (790 Worcester Street, Natick, MA)

Grace Bicycles (1574 Washington Street, Holliston, MA)

CK Bikes (27 Forbush Mill Rd, Bolton, MA)



Rider Etiquette/Safety Cycling Etiquette

- Obey all traffic signs and signals. This includes traffic lights and stop signs. If in doubt, check our www.massbike.org/resourcesnew/bike-law.
- Communicate with your fellow riders using proper cycling terms/vocal warnings:
 - **Slowing:** When someone yells out "Slowing," this means that there is something that is causing the pack to slow down. This can be anything from a light, a slower pack of bikes, or a car up ahead. In any event, prepare to slow down. Tap your brakes and repeat the yell "Slowing." This is to indicate to others that you've heard them and you are also slowing. This will also alert those behind you that you are slowing down
 - **Stopping:** When someone yells out "Stopping," this means that there is something that is causing the pack to stop. This can be anything from a light, a slower pack of bikes, a stop sign, or a car up ahead. In any event, prepare to stop. Tap your brakes and repeat the yell "Stopping." It's VERY important not to slam on your brakes, especially if there are others behind
 - **Hold Your Line:** When someone yells, "Hold your line," this means that you need to stay in a straight line as best you can. In most cases, the person yelling this out to you is attempting to pass. If you swing out or if you don't keep your bike steady, you could cause the other rider trouble.
 - **On Your Left:** When someone yells, "On your Left," this means that they are passing you on your left. No need to take this personally. Let them pass as they have the right of way. You should never hear "On your Right."
 - **Car Up:** When someone yells, "Car Up," this means that there is a car up front. It is intended to be a verbal caution indicating that a stop may be necessary. If you hear this, repeat the call so that others know that you are aware of the vehicle up front. It is also common courtesy to repeat this so that others behind you know about the car.
 - **Car Back:** When someone yells, "Car Back," this means that there is a car behind you. It is intended to be a verbal caution indicating that a car may be passing from behind. It is also common courtesy to repeat this so that others in front of you know about the car.
- **Ride single file, please! Stay to the right except to pass. Pass on the left side only. Do not pass on the right.**
- Do not cross the center line in the roadway, regardless of passing zone.
- Use proper signals when turning. Make left turns from the center of the road or from the left turn lane.
- Cross railroad tracks perpendicular to the tracks.
- Ride in control of your bike at all times. You should be able to stop within a reasonable distance.
- Ride defensively and predictably, with consideration for your fellow riders. If you must stop, move off the road to the right.



- Don't use aero bars when in a group.
- Point out and call any road hazards ahead. These include potholes, drain grates, stray animals, opening car doors, bigger sticks or stones, parked cars, etc.
- Do not overlap wheels of cyclists ahead of you. A slight direction change or gust of wind would easily cause you to touch wheels and fall.
- Pedal down hill when you are at the front of the bunch. Cyclists dislike having to ride under brakes.
- 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 catch a rider who is following too closely, resulting in a fall from a wheel touch.
- Check the League of American Bicyclist website for more information – www.bikeleague.org



What to Bring

- Required:
 - Tuned-up bicycles
 - Helmet
 - Two water bottles and/or hydration pack
 - 2 spare tubes
- Tire pump or Co2 canister
- Seat bag with tire patch kit, common utility tool
- Padded bike shorts, jersey, gloves, and shoes
- Jacket, rain gear, arm warmers, leg/knee warmers or tights as needed for the weather
- Sunglasses, lip balm & sunscreen
- Identification (drivers license in plastic baggie to keep dry)
- Cash & credit card (Silent Auction afterward)

- Cellular telephone
- Medications needed
- NO HEADPHONES, IPODS, etc permitted while riding

Saturday Night Pasta Dinner

- 6:00pm at the Hillside School
- Please RSVP to bicyclesbattlingcancer@cancer.org by June 5th
- No admission fee

Packet pick up at Dinner or Event Day

What is in your packet?

- 2014 Bicycles Battling Cancer Jersey (if you have raised \$500 by June 4th). You have until June 30th to fundraise for all incentives which will be mailed after the event.
- Race Bib, Bike Number and Bag Drop Number
- Cue Sheet
- Goodie Bag



The Jaguar Timing chip will be attached for the back of your race bib. In order to track your time the bib must be placed on the back of your jersey. Do not bend or fold your race number.

- Disposable timing chips on race bibs
- Finish line monitor with race clock and finisher names as riders cross the line
- Finish line scrolling finish times in real time
- Split point time at mile 50 at the Hillside School
- Live web updates every 30 seconds on <http://www.2LRaceServices.com>
- Text message updates as people finish (you'll need to provide the SMS phone number, and cellular provider if you wish to send this information)
- The bike number is to attach to your frame to help with parking organization after your ride.
- Bag Drop Number will be put on any bags you wish to leave at the Hillside School while riding
- Your race bib will also have your name and emergency contact number on the front, please write on the back any important medical notes.

Overnight Lodging at the Hillside School

LODGING INFORMATION

- \$40 per person
 - Discounts are available based on fundraising achievements. (Raise \$1,500 and your lodging is free)
 - RSVP required, deadline June 5th.
 - Full Sunday morning breakfast from 6-7am in the school cafeteria will be available.
 - Saturday night pasta dinner on campus as well.
 - Check in available starting June 8th at 5 p.m.
 - Check out by June 8th 6 p.m. (post ride showers available)
 - Rooms are standard dormitory accommodations most doubles, triples.
 - Bathrooms are on each floor of dormitory. A separate women's bathroom will be setup in one location.
 - Couples or pairs requesting to stay together will need to request so in the reservation process. Teams and companies are also encouraged to use the weekend accommodations as a retreat or team-building event.
 - Participants MUST bring their own bedding.
 - Options for Sunday Parking
1. At 8pm cars must be moved to the Sunovion lot and participants will be shuttled back to the Hillside School to help
 2. Cars can be left in the back lot, but can only be moved AFTER 5pm on Sunday.

Starting Line

Hillside School
404 Robin Hill Street, Marlborough MA

Century & 70 Mile Ride

Time Line

- 6:00 am – Registration Opens
- 7:15 am – Line Up
- 7:30 am – Bicycles Battling Cancer Century riders are off!

Lite Ride

Time Line

- 9:30 am -10:30am– Registration Available
- 10:50- Riders line up
- 11:00 am – Bicycles Battling Cancer begins for lite Riders. Riders will be sent off in waves of 15-20 riders at a time

Route closes at 4:30 p.m. on Sunday for all riders.

Directions to Parking

Sunovion Pharmaceuticals, 84 Waterford Drive Marlborough MA

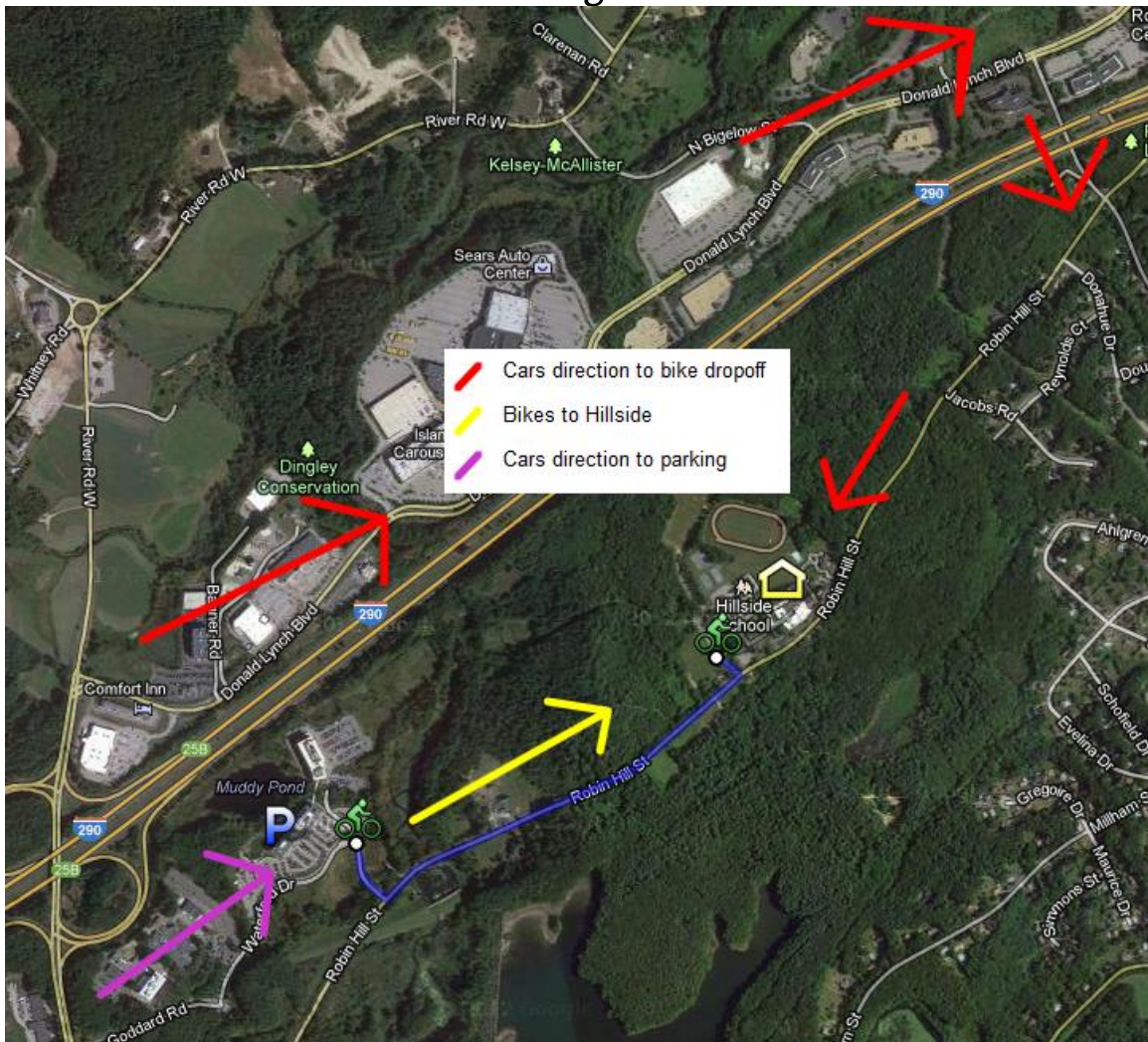
Take Exit 25 off I-290 onto Solomon Pond Road South and take the 1st left onto Goddard Rd. This will turn into Waterford Drive and the Sunovion Parking lot.

- Shuttles are provided to and from the Hillside School to Sunovion. Cyclists are encouraged to bike the short distance before and after the ride.
- Bike drop off is available on the North side of Robin Hill Street in front of the main school building for riders unable to bike from lot to school.
- Please arrive before 7am to ensure we can shuttle and register everyone before 7:30am start time.
- Lite riders should arrive before 10:30 in order to register and get ready for the ride as well
- Friends, family and supporters can park at any time as shuttles will circulate throughout the day.



Maps

Parking Plan

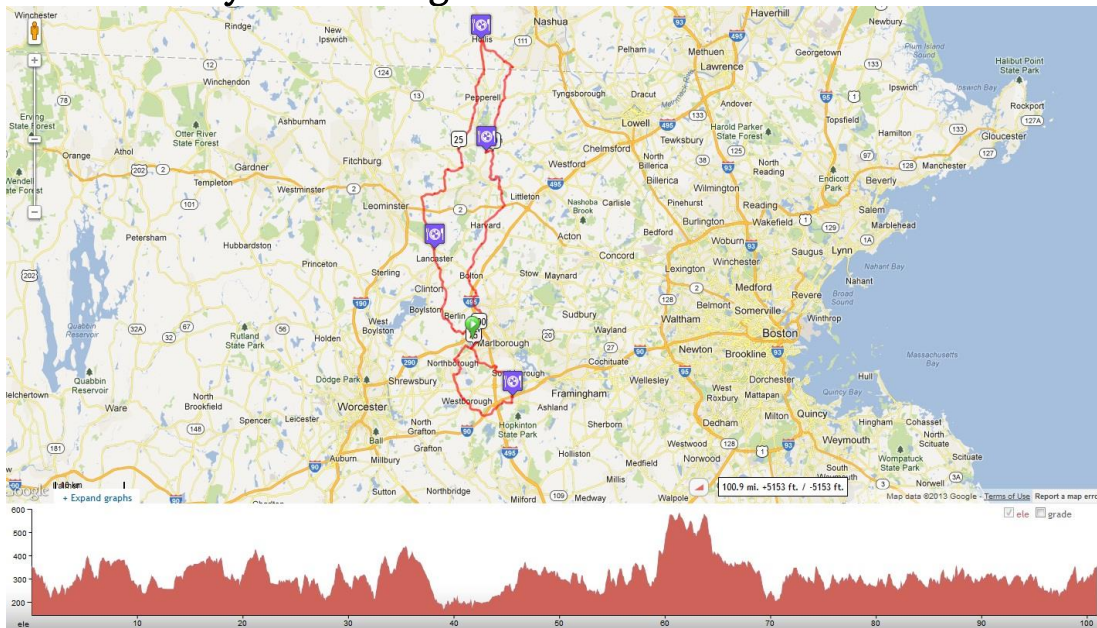


- Parking at Sunovion Pharmaceuticals

Hillside School Setup



2014 Bicycles Battling Course MAP and Elevation Profile



Along the Course



- Mile 74: Option to fill up water bottles or return to Hillside for full aid-station needs.
- Mile 85: Finn Elementary School 60 Richards Road Southborough MA

All stations have indoor bathrooms available.

SAG (Support and Gear)

SAG support is being provided in partnership with Belmont Wheelworks and CK Mobile Bike Repair. We will have mobile vehicles that will be traveling the route looking for riders in need of aid, as well as riders that will be staggered along the route to give support where needed.

To signal Support And Gear vehicles, follow these three steps:

1. **Off Road.** Move off the path.
2. **Off Bike.** Stand or sit nearby.
3. **Signal to SAG.** --Use thumbs down for help needed.

Phone Number for Emergencies and Medical Needs

857-991-2875: Michael Corrigan (Command Center Lead)

This number will be printed on your cue sheets.

Route

The route will be marked both with yellow directional signs and white square lawn signs as well as yellow road arrows in some towns. Look for markings at major intersections, you have not seen a marking it is possible you have gone off route. Turn around & watch for the signs again to get you back on course. Signs will be located before and after the turn.

Century Loop Link: <http://ridewithgps.com/routes/1671655>

Metric Century: Same as Century for the first 70 miles.

Lite Ride: <http://ridewithgps.com/routes/2147033>

Aid Stations

To help you along the route, we will have 5 aid stations – listed below. The stops will be manned by volunteers, medical support and will be stocked with water, sports drinks, energy bars & shots, fruit, and PBJ sandwiches. Use your time at these aid stations to fill your bottles or hydration packs, but don't stay too long. After about 10 minutes you will find that your body and muscles cool down and it will take more energy to get back on your regular riding pace.

- Mile 12: Mary Rowlandson Elementary 103 Hollywood Drive Lancaster MA
- Mile 35: Hollis Brookline Middle School 25 Main Street Hollis NH
- Mile 50: Groton School 282 Farmers Row Groton MA (Timing*) – You must go around the school circle to be picked up by the timing system.



Weather

We ride rain or shine and there is no rain date. In the event of severe weather, the Ride Director may suspend or cancel the ride. Should the weather take a turn for the worse during the ride, please proceed to the nearest covered safe area. Aid-Stations are priority, but later in the route there are several refuges for riders. Once weather has cleared, you will be to continue on.

Mile 68 I-495 Underpass
Mile 79 I-495 Underpass
Mile 84 I-90 Underpass
Mile 87 I-495 Underpass
Mile 89 I-90 Underpass

Finish Line Celebration

Lunch

Pepper's Fine Catering – House Smoked Pulled Pork, Pulled Chicken Sandwich, BBQ Tofu Sandwich, Baked Beans, Coleslaw, Chips and Fruit

Beer has been donated for our riders this year. Riders must be at least 21 years of age and show proper ID. Riders will be limited to 2 beers each and must present their bib to receive their beer.

Post-ride yoga provided by: Tory J Nash, Registered Yoga Teacher (RYT-200) Vinyasa & Restorative Yoga, Positional Therapy Earthsong Yoga Studio, Marlborough MA

Silent Auction

Please Bring Checkbook or Credit Card (Master Card, Visa, Discover) accepted to bid on these great available items: Auction closes promptly at 3:30. You do not need to be present to win, however if you are not going to be present, you must provide contact information in order to be reached afterward.

Items Include:

- Jewelry Collection
- Foursome w/cart at Foxborough Country Club
- 3 class pass to Soul Cycle
- Family Pass to Ecotarium
- Sharks tickets
- Bose Link Mini
- Foursome at Four Oaks Country Club
- MIT nutrition consultation
- MIT one hour golf lesson
- Race-Pac Athlete's gift basket



Volunteers

We can't do it without them!

Do you know anyone who would be interested in lending a hand on the day of the ride? If so, please contact us at bicyclesbattlingcancer@cancer.org. Volunteers are needed at the start line, all along the route, and at the finish line, and can be planned to meet up with you after the ride.

There is short survey form online to fill out to find times, locations and duties for day of. [Become a Volunteer](#)



Thank you to our sponsors and supporters



BicyclesBattlingCancer@cancer.org
www.bicyclesbattlingcancer.org



Sunday, June 8, 2014 www.bicyclesbattlingcancer.org