



WELCOME! Thank you for choosing to participate in the **Metric Century 62-Mile** ride for the annual Bike Shenandoah event this year.

Start time: 7:30 am, Saturday September 18th, 2021

- Please arrive by 7:00 am to check in
- Give yourself 15 minutes or so of easy spinning to warm up

Start Location: EMS parking lot - 801 Parkwood Dr., Harrisonburg, VA, 22802.

Directions:

- Riders will leave as a group promptly at start time.
- Use proper hand signals and obey the rules of the road.
- Use the bike lane when available.
- Ride single file mostly, definitely no more than 2 riders side by side.
- Give plenty of room to the riders next to you to avoid crashes.
- Ride at your own pace - a pace that is comfortable for you.
- However, having riding partners choosing to work together at a similar pace will make the ride easier, provide opportunity to get acquainted with fellow riders and help create an enjoyable day of cycling for service.

Ride Markers: Blue Dot

- The route is marked with a fluorescent **Blue Dot**
- The White dot is your reference point.
- Turn right: If the Blue dot is to the right of the White dot.
- Turn left: If the Blue dot is to the left of the White dot.
- Continue Straight: If the Blue dot is above the White dot.
- Other dots: This route mark is also used for other rides so you may see other dots
- If you find markings are confusing or you see a discrepancy with the cue sheet, the cue sheet provided before the race is the correct route to follow.
- There may be other cycling event routes marked on some of the roads we are using. Be sure to follow the Bike Shenandoah **Blue Dot** markings and not another route.
- * There is one place that uses the same intersection twice. Continue going the same compass direction through the intersection both times. The second time while traveling north, there is a stop sign, left turn, then an immediate right turn to continue going north.

Notices:

- There may be some heavy traffic along the route. Please watch for vehicles and follow all road rules.
- The route has hill climbs. Be sure to stay hydrated!
- The best strategies to avoid suffering from cramped muscles are adequate hydration, eating bananas, avoiding pushing hard in big gears and keeping a pace similar or less than your training pace – staying within your comfort zone.

Rest Stops:

- The route has 2 rest stops. (approx. mile 21 and mile 46)
- There will be a REST STOP poster marking your two rest stops .
- Be sure to fill water bottles at each rest stop and stay hydrated.
- If you are wearing an extra jacket, leg warmers, etc., you will have an opportunity to place them in a bag at the 1st rest stop where they will be picked up by a SAG vehicle and taken to the registration desk.
- Be sure to claim your items at the end of the ride.
- If you decide to abandon the ride or change to a different route, please call the SAG phone # or report your plans at a rest stop.

SAG: (Supplies And Gear)

- You will see a SAG support vehicle from time to time. The vehicle will have a sign in the window and is available to provide assistance if you need it.
- The signal for having them stop is this: Place your hand on top of your helmet and raise your hand twice. This will avoid confusion for the driver when riders give a friendly wave and so forth.

Things to Bring:

Required

- Face covering
- Helmet
- Bike in good repair
- Water bottle

Optional

- Gloves
- Mirror
- Sweat bands
- Goggles

- Extra tube
- Pump
- Appropriate layers of clothing
- If you are/have a minor, the signed [minor waiver form](#) MUST be given at check in in order to participate in the ride.
- Cell Phone / Camera
- Sunglasses
- Sponsorship Form (prizes awarded for most sponsors/amount)

After the ride:

Important: please check in at the registration desk when you finish so we can mark you as safely returned.
Please plan to return to EMS **no later than 3pm.**

Lunch: provided free for riders (courtesy of our sponsors)

Hours: 11:30 am - 1:30 pm

Location: EMS dining hall

Please wear your masks when not eating and physically distance when possible (families that live together feel free to sit together)
Stay safe and enjoy your ride!