

Rider Guide to the 2015 New England Classic

Rider Check-in

On Saturday, July 11, the 2015 New England Classic Tour de Cure will begin at 8:30 a.m. at Parker Chomerics at 77 Dragon Court, Woburn, Mass.

Early Check-in for the New England Classic Tour de Cure will be available on Friday, July 10, at Parker Chomerics from 5:30 p.m. to 6:30 p.m. Regular Check-in takes place Saturday, July 11, from 7:00 a.m. to 8:00 a.m. During Check-in you can turn in any outstanding donations, but we suggest you send us as many ahead of time as possible to expedite registration and accounting. You will then receive two rider numbers – one for you and one for your bike – and the “trip tik” for Day 1. **All riders must check in either Friday or Saturday.** This year riders will receive their Tour de Cure jerseys and T-shirts at the end of Day 1, with a special presentation ceremony for all first-time New England Classic riders. Due to jersey processing and delivery time, if you register after May 15 your jersey may have to be mailed to you after the tour.

Your identification materials

Rider Number

Think of it as your ID number for the ride. Please attach it to the BACK of your jersey every day while you ride. It's your pass at the Rest Stops, and helps us know who “our” riders are vs. other recreational cyclists on the same roads. When you arrive at each rest stop, *please* make sure to give your number to the volunteer with the clipboard who is checking off numbers to keep track of riders. This helps us account for all participants and lets us know who might be lost. **All riders must check in at each rest stop each day.**

Bike Frame Number

This number will match the rider number that you will be wearing. These matching numbers provide an element of security for all New England Classic Tour de Cure participants and their bikes.

The number folds over the top tube of your bike or can be attached to your saddle bag with twist ties or self-adhesive. It will remain on your bike for the duration of the ride.

Start

The 2015 New England Classic Tour de Cure will officially start at 8:30 a.m. Riders will receive instructions from 8:00 a.m. to 8:25 a.m. from event staff. Parking for participants will be available for the duration of the event in designated areas at Parker Chomerics. This area is well lighted, monitored by cameras and will be patrolled regularly by security personnel. Please park only in the designated areas.

Daily schedule

Flexibility is a key element of an event such as the New England Classic Tour de Cure. Each day we will be starting and finishing in new locations and working with a different caterer or food service. We will work hard to maintain the level of quality you will come to expect from an American Diabetes Association event.

Daily start time

On the first day of the New England Classic Tour de Cure, we will have a parade start with a police escort for the first 2 miles. It is the only day we will leave our start location as a group. Every other day will begin with riders checking out between 7:30 and 8:30 a.m. We ask that you leave **no earlier** than 7:30 a.m., so we can ensure that the rest stops will be set up and our SAG vehicles will be on the road. If you **need** to leave earlier, please discuss it with ADA staff (i.e. Tim), not the volunteers. The gear truck will leave each day around 9:00 a.m. **It is your responsibility to make sure your “stuff” is on the truck before you leave on your bike.**

Daily finish time

Each rider will travel at his/her own pace and enjoy our epic New England tour in different ways. Riders typically average between 12 and 16 miles per hour. Add in some sightseeing time, “power lounging” at rest stops and lunch, and most riders will finish the day between 2:00 and 4:00 p.m., depending on the distance and terrain of that day’s route. Vehicle and support staff will be on the road until the last rider finishes or **until 1 hour before** the end of the scheduled dinner time, at which point we will transport riders and their bikes to the day’s finish line.

Breakfast and dinner

After Day 1, breakfast will be served each morning, starting between 6:30 and 8:00 depending on the accommodations. Dinner will be served each day from approximately 5:30 to 7:00 p.m. Meals will be set up in a variety of styles including cafeteria, buffet, sit-down and BBQ. Any special dietary needs should be listed on your **Rider Information Form** and we will do our very best to meet your needs. Filling out these and other forms make it possible for us to provide quality support to you on your New England Classic adventure.

Lunch

While we provide fully-stocked rest stops along each day’s route (occasionally including fabulous PB&J sandwiches), if you are looking for other lunch foods that is up to you. We travel past many places to eat along the route and some of our rest stops are locations where you can buy a sandwich, pizza, salad or other local cuisine. *Did someone say lobster rolls?*

Gear – Important! Please read carefully

All your gear should fit into **one** canvas duffel bag or soft-sided suitcase. Please avoid hard-shell suitcases – remember those are **volunteers** who lift them on and off the truck every day! We would prefer that you bring two smaller bags than one hard-shell. **Please make certain that your bags are well marked because a lot of bags look alike (do we sound like the airlines?).**

DO NOT tie or attach shoes, hats, fans, spare parts or other accessories to the outside of your bag. We transport baggage and supplies for 100-200 people and attaching items leads to messy entanglements and damaged property.

Both of our college dorm accommodations are air-conditioned. YAHOO! It's up to you whether you'd like to pack an additional SMALL fan. Pack it in your bag.

The gear truck will haul your stuff from one location to the next, but **you** haul it to your room and back. Pack wisely.

You will not have access to your bags while you are riding each day. It is better to take that jacket and give it to the rest stop volunteers to hold onto after you warm up. You can get it back at the end of the day.

Accommodations

Overnight accommodations are provided by the American Diabetes Association each night of the New England Classic Tour de Cure. We will stay in hotels/ski resorts four nights and college dormitories on the first two nights (Days 1-2).

If you have not indicated a roommate request on your Rider Information Form, you will be assigned a roommate each night. Upon arrival, each rider and volunteer will be issued a room key and/or a swipe card for access to rooms and buildings. **It is very important that these be turned in (not left in rooms) each morning before leaving for the day. WE ARE CHARGED FOR LOST KEYS OR CARDS AND MUST PASS THIS COST ON TO YOU.**

Bed linens and towels will be provided, but you may want to bring an extra towel for the shower and should bring rags to wipe your bike. **Please do not clean your bike with the bath or hand towels provided by the accommodations. We will have to pay for them if you do.**

Housing your trusty steed

Each evening we will provide a safe and secure indoor location for your bicycle. It will be kept in a storage room or building that will be locked for the night. **ONLY** at the college dorms, will you be permitted to bring your bike to your room.

Evening activities

Evening activities may include a variety of things such as giveaway contests, announcements about the upcoming route, games, a little music or just relaxing to get ready for the next day. Many cyclists do routine maintenance on their bikes. But the real highlight is getting to know your new friends.

Daily updates

At the Gear Truck each day, we will post information concerning the next day's ride and accommodations, including details on the route, meal times and other fun facts that **Gearman** thinks you need to know.

Visiting relatives and friends

We understand that many riders will have family and friends who live near the NEC Tour de Cure route. This is a "vacation ride" and we are willing and able to work with you to make the most of the tour. If you plan to leave the route on a specific day, we ask that you let staff or volunteers know your plans prior to deviating from the route. There are a lot of roads in New England to look for a lost cyclist who may not be really lost. **Please** communicate your plans.

Others riding along

Each of you has worked hard at training and fundraising to be part of the New England Classic Tour de Cure. It is not fair to the group or the event to invite others to ride with us for a day or more. You are welcome to have friends or family meet you at rest stops or our destinations. When possible (depending on the location), we may be able to accommodate guests for dinner at an additional charge if you give us some advance notice. Our priority will always be the needs of the registered group of Tour de Cure cyclists.

Volunteers

We have the world's greatest volunteers! Each one has given up a weekend or a week's vacation to ensure that you have the ride of a lifetime. We ask that you remember this while riding. Rest stop volunteers must wait until all riders pass through before closing down the area. SAG vehicle drivers and finish line volunteers must wait for every cyclist to arrive before going to dinner. If you are going to remain at a swimming hole, restaurant or other "lounging" place for an extended period, please communicate that to us so we can make arrangements for volunteers to take a break, too.

Inclement weather

Although we hate to say it, every so often on the New England Classic we encounter extremely high humidity that some might call rain. But we ride rain or shine with a strong preference for shine. If severe weather does occur, such as a thunderstorm, seek shelter. We do not want you on the road when there is lightning in the area. Use the cellphone numbers we provide to advise us of your location and the SAG vehicles will pick you up and take you to the finish line. Please exercise patience as we try to get to everyone ASAP with a priority on locating riders who have not been able to find shelter.

Enjoy yourself!

Finally, our goal is to make this a memorable and rewarding event for each and every participant. The New England Classic Tour de Cure is your reward for raising the funds critical to the work of the American Diabetes Association. We strive to put the F-U-N in fundraising so that you have the best time possible on two wheels while making a difference in the lives of more than 29 million Americans living with diabetes. We succeed at this by working together, and together we will continue on this road until it takes us to a cure.



 **American Diabetes Association**

Questions? Drop me a line:

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