



Hi Everyone,

Thanks again for joining us the first **Maryland Coast Bike Festival**. We appreciate your participation in what we hope will be an annual Spring ride for you. We'll try to keep the instructions brief, most of it is on the website.

First things First:

Let's talk Covid... Though there was a lessening of restrictions for outdoor events last week, we'll still keep the previous (State approved) outdoor event guidelines in mind. You'll see our "Masked Area" and "Social Distancing" signs in potential gathering points (i.e. the start, rest stops and the finish village). We ask that you mask up when in close proximity to others if you aren't vaccinated. Simply, PLEASE BE CONSIDERATE OF YOUR FELLOW RIDERS. Thank you.

Packet Pick Up: You have two opportunities to pick up your packet,

1. Friday from 3pm to 9pm at the Sinpuxent Brewery (just a couple of miles from the village, located at

8816 Stephen Decatur Hwy Berlin, MD 21811

2. Saturday from 6:00am to 8:45am at the Start/ Finish Village (this may get crowded, try for Friday pick up). The start village is located at the,

West Ocean City Public Boat Ramp Lot at the intersection of Sunset Ave. & Golf Course Rd

You'll check in / pick up your shirt / wrist band / drink coupon and a printed cue sheet (if you need it).

Please bring a photo ID and keep it on you during the ride (and to get your beer at the finish!)

Parking: Please park in the free Park & Ride (entrance on Rt 50). There is limited street parking on Sunset Ave.

-PLEASE DO NOT IN THE HARBOR PARKING LOT -

The Start:

Keeping Covid safety in mind... We asked that you adhere to your assigned wave start as best as possible. This will allow for a spaced start corral and less crowded rest stops. The course will be officially closed at 3:00pm.

The village will rock on!

Please be prepared to enter you wave corral 10 minutes before your start time

Metric Century • 7:30am

Surf & Turf • 8:15am

Island Ride • 8:45am

(Start Line will be open until 9:00am)



On your Ride:

Please download your route map and cue sheet to your cell phone from our website or by logging into Ride with GPS (it's free). The courses will be marked with color coded arrows signs,

Island Ride (17 Miler) GREEN Arrows

Rest Stop: Assateague State Park (Mile 9)

Surf & Turf (35 Miler) BLUE Arrows

Rest Stops: Assateague State Park (Mile 9) / North Worcester Ath Complex (Mile 16) / Dollar General Lot (Mile 25)

Metric Century (65 Miler) YELLOW Arrows

Rest Stops: Assateague State Park (Mile 9) / Newark Park (Mile 25) / Powellsville VFD (Mile 42) / Dollar General Lot (Mile 55)

All 3 routes are invited to take a scenic loop over the bridge to Assateague Island, though not part of the official course. Please do not go into the park or their parking lot.

- ✓ Due to Covid restrictions, rest stops (Aid Stations) will look a little different. We'll have bottled water, bottled Gatorade and individually wrapped snacks. Not a gourmet spread! If you have special dietary needs, please bring it with you. There will be a porta-John at each rest stop.
- ✓ Each station will be supervised by a Bike EMS. If you need assistance, call the EMS Supervisor and the closest EMS will be alerted. Of course, if the injury is severe, please call 911
- ✓ Please put the EMS Supervisor's cell number in your phone,

(EMS Supervisor) 240-674-1855

- ✓ We are providing mobile Bike Repair technicians. If you can make it to the next rest stop, do so, otherwise find a safe spot to await assistance. There will be technicians in at the start/ finish village as well. For repair assistance, please call,

(Mobile Bike Repair) 410-726-0314

Basic Safety Rules:

This is a ride, not a race, meaning with the exception of the start, roads will not be closed. A few of the crossings will be manned by the police during peak hours. Please take all due precautions. Here is a summary of the Maryland bike laws,

- ✓ Maryland bicyclists generally have the same rights, and same rules, as drivers of motor vehicles
- ✓ Maryland prohibits the wearing of headsets or earplugs on both ears while riding
- ✓ When in travel lanes, Bicyclists must ride with the flow of traffic as closely as practicable to the right side of the roadway
- ✓ Bicyclists are required to come to a full and complete stop at all stop signs and traffic lights displaying a red signal
- ✓ Bicyclists may not ride more than 2 abreast and may not impede motor vehicle traffic
- ✓ Helmets are required for operators or passengers under age 16. * All riders asked to wear helmets for insurance purposes