



Hi Everyone,

Thanks again for joining us for the **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. Please remember, this is a rain or shine event...

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

1. Friday from 3pm to 8:30pm at **Coconuts Beach Bar & Grill**, located in the Oceanfront Castle in the Sand Hotel,

**3701 Atlantic Ave, Ocean City, MD 21842**

2. Saturday from 6:00am to 8:45am at the Start/ Finish Village (this may get crowded, try for Friday pick up). Please arrive 30 minutes prior to your route start time. Located at,

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

You'll check in / pick up your shirt / Bib / and a printed cue sheet (if you need it) it's available on your phone

**(RidewithGPS.com) Just click on your route (distance) and download it to your phone**

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

### **The Start:**

To avoid an overcrowded start and to space out riders at the rest stops, we asked that you adhere to your assigned wave start as best as possible. The course will be officially closed at 3:00pm. The village will rock on!

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

**Metric Century (64 Mile) • 7:00am**

**Surf & Turf (34.4 Mile) • 7:30am**

**Surf & Turf (49.9 Mile) • 7:30am**

**Island Ride (17 Mile) • 8:00am**

**Start Line will close for all at 8:30am**



## **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 (34.4 Miler) BLUE Arrows**

**Rest Stops:** Assateague Marina (18 mi), N. Worc. Ath. Complex (26.7 Mi)

### **Surf & Turf (49.9 Miler) BLUE Arrows**

**Rest Stops:** Assateague Marina (9.6 mi), N. Worc. Ath. Complex (32.7 Mi), Newark Park (32.7 mi)

### **Metric Century (64 Miler) YELLOW Arrows**

**Rest Stops:** N. Worc. Ath. Complex (7.9 Mi), Snow Hill Paddleboat (28 mi), Newark Park (47.3 mi)

## **ONLY REGISTERED RIDERS WITH BIBS WILL BE SERVED AT REST STOPS AND AT THE FINISH**

*(Please don't harass the volunteers if you don't have a bib, sadly, this is due to a growing number of "Bandits" sneaking into rides)*

- ✓ Rest stops (Aid Stations) will provide water & Gatorade and due to strict County restrictions, individually wrapped snacks. *If you have special dietary needs, please bring it with you.*
- ✓ Each station will be supervised by a Bike EMS. If you need assistance, call the Course Supervisor and the closest EMS will be alerted. Of course, if the injury is severe, please call 911
- ✓ Please put the Course Director's cell number in your phone,
- ✓ 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. For repair assistance, please call, **(Course Director) 240-674-1855**

## **At the Finish:**

We will provide water, Gatorade, Cold Beer and snacks. (Once again, due to County Health Department code, we can only provide individually wrapped snacks. There will be food vendors on site.

## **Basic Safety Rules:**

This is a ride, not a race, meaning except for 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