

## CHECK IN, PREP AND DEPARTURE PROCEDURES

**Parking is available at the Dowling Parking Garage (419 Boston Avenue, Medford MA 02155).**

**Registration on Saturday, September 17<sup>th</sup>.** Check in will be held at the entrance of Ballou Hall, on the Academic quad side. Check in the morning of the ride at the start venue at least a **half hour** before your departure time. See the race timeline below for a list of check in and departure times for ride groups. All participants must show a photo ID at check-in.

During the Check In process you will receive:

- Bib Number and safety pins
- Tyvek wristband

There will be water, Gatorade, and energy gel available at check-in. Please plan ahead if you require additional sustenance before the ride.

Ride groups will gather and be released officially from an announcer. You will not be able to join a different ride group.

### **Start Venue: Campus center**

#### **6:30 am Check in #1 opens for groups A, B, C & D**

- 7:00 departure for group D
- 7:10 departure for group C
- 7:20 departure for group B
- 7:30 departure for group A

#### **8:00 am Check in #2 opens for groups E & F**

- 8:20 departure for group F
- 8:30 am departure for group E

### **Midpoint venue: Grafton Campus**

11:45-12:45 Riders in group A, B, C, and E and F expected to arrive in Grafton for a lunch/refuel event

1:15 Bus will depart for riders in group E & F (44 mile riders) for Medford. **IF YOU ARE LATE in arriving please text 724-277-6867**

### **Finish Venue: Campus Green outside of Ballou Hall, Quad side**

Riders in group D are expected to arrive at the finish line between 9:30-10:30

Riders in group E and F (taking the bus back from Grafton) are expected to arrive in Medford around 2:30

Riders in group A, B, C, E and F expected to arrive in Medford between 3:00-6:00

Finish line reception 3:00 pm to 5:00 pm. **IF YOU ARE STILL ON THE ROAD AFTER 6:00PM please text 724-277-6867**

## **IN CASE OF EMERGENCY**

Two options:

1. Contact local emergency response officials at 911. Use your phone's GPS to specify your location.
2. Contact the Tufts Century Ride Command Center by calling **(724) 2PR-OVOS (724-277-6867)**. Please contact us to request assistance or report an incident, and be sure to use your phone's GPS to specify location. Program your phone ahead of time with **TCR Command Center at (724)2PR-OVOS**. **Text is the best way to reach the command center**; the course is very rural and cell service can be weak. Text messages can typically send even with a weak cellular signal. Command center personnel will text you back a response as quickly as possible. **In a medical or other extreme emergency please call 911.**

## **ITEMS TO BRING**

Each person should, at a minimum, bring:

- Cell Phone
- 2 spare tires/tubes
- Frame pump or CO2

- Portable multi-tool
- Money
- License and credit card
- 2 full water bottles
- 3-4 bars and/or gel packets
- Salt tablets

## SCHEDULED REST/WATER STOPS

There is one full rest stop and two informal rest stops planned for this event and multiple convenience stores along the route. Bring cash or credit card to purchase water or food in case you run low before one of the scheduled rest stops. Note that the mile markers are listed for those riding the full century ride. Mile markers will therefore be different for riders in the 44 and 88 mile ride groups. Read the details on stop locations carefully. The rest stops are planned as follows:

**Mile 8.7: Rest Stop #1 – Boston Memorial Hatchshell. *Optional stop at turn around point***

**Mile 16.2: Rest stop #2 – Alewife Linear Path / Mintueman Path intersection. *Optional stop***

**Mile 39.2: Route 20 (Boston Post Road and Union Ave) - *Unofficial, optional stop. Gas station has public restrooms and riders can purchase emergency sustenance if needed***

**Mile 59: Rest Stop #3 – Grafton Campus Full Rest Stop:**

- Water, Gatorade, Tea, Coffee
- Granola bars and fruit
- Peanut butter and jelly sandwiches

## POST RIDE

A finish line reception will be held on the Campus Green outside of Ballou Hall, Quad side, from 3-5 pm.

## GROUP RIDE SAFETY AND BASIC CYCLING ETIQUETTE

- **Helmet use is required**—please wear your helmet level on your head and keep your chinstrap buckled.
- **Remember that this event is taking place on open roads.** Motorized traffic will be present. Ride safely. Obey all traffic signs and signals. This includes traffic lights and stop signs. If in doubt what the laws are ... Check. Remember—this is not a closed course. Motorized traffic will be present. [Click here to view a PDF of Massachusetts cycling laws and Rules of the Road.](#)
- **Maintain gaps between bicycles, and ride single file especially when cars are present.** Long lines of bikes can be difficult to pass. Ride in a single file. Do not ride more than two abreast, even on bike paths.
- **Only pass on the left.** Only pass when it is safe to do so and does not create a traffic hazard. Please alert and give other bicyclists three feet when passing them. Wait for a safe place to pass other riders. Strong riders should remember this event is not a race or training ride, and be patient when encountering slower riders on hills and tight roads. **Stay to the right, except to pass. Do not cross center line regardless of passing zone.**
- **When stopped, get completely off the road.** Move onto the grass/dirt on the edge of road to make room for other riders and traffic
- **Do not litter.** Please put all wrappers, empty gel packs, etc. back in your pocket and dispose of them at the next rest stop.
- **Do not urinate in public.** If you have to go and can't wait until the next stop, please use a public facility.
- **Be predictable.** Group riding requires more attention to predictability than riding alone. Other riders expect you to continue straight ahead at a constant speed unless you indicate differently.
- Use proper signals when turning. Make left turns from the center of the road or left turn lane. Cross railroad tracks at right angles.
- **Ride in control** of your bike at all times (i.e. Being able to stop within a reasonable distance.)
- **Ride defensively**, in consideration of your fellow riders.

- **Point out and call out any road hazards ahead.** These include potholes, drain grates, stray animals, opening car doors, sticks or stones, parked cars, etc.
- **Do not overlap wheels.** A slight direction change or gust of wind could easily cause you to touch wheels and fall.
- **Pedal down hill when you are at the front of the group.** 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 often catch a rider who is following too closely, resulting in a fall from a wheel touch.
- **Communicate with other riders around you**—communicate with your fellow riders, using proper cycling terms, such as “*On your left,*” Use Vocal Warnings as described below:
  - **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, a car up ahead. 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. Prepare to stop. Tap your brakes and repeat the yell "Stopping". This is to indicate to others that you've heard them and you are also slowing to a stop. This will also alert those behind you that you are slowing to a stop. It's VERY important not to slam on your brakes especially if there are others behind you!!
  - **Rolling** – When the riders in the front of the pack yell “rolling” this means that it is safe to roll through an intersection. No cars are approaching and the group can proceed through without stopping. Riders should be sure to look in all directions for cars even if the rider in front of them moved through the intersection. If no cars are in sight then riders should also yell “clear” to let the people behind them know that the intersection is still clear of cars.
  - **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 cyclist 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. It is common courtesy to say "Thank You" to the person yelling "on your left". This indicates to them that you've heard them.
  - **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 also know about the car.
  - **Car Back** - When someone yells, "Car Back", this means that there is a car approaching from the rear. 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 is behind you. It is also common courtesy to repeat this so that others behind you also know about the car.