

## **\*URGENT NEWS** - Changes and Need-To-Know Info for the Ride To Defeat ALS

Please carefully read the information below – you will be glad you did! It will make your ride safer, more enjoyable, and hopefully lessen any anxiety as you prepare by knowing what to expect, where to go, etc.

### **Route Change –**

If you've been reviewing the cue sheets you may have noticed that a section of the route from Atlantic Cape Community College has changed from previous years. (And if you haven't been reviewing the cue sheets, why not?) We will no longer be riding on the roads just past the college. That area is very congested and narrow, so we're going to avoid some of it by riding on a paved bike path. Quieter, more scenic, and much safer. All riders (all distances) will be travelling through the parking lot of ACCC.

If you're doing the 10 mile ride and starting at ACCC, you will begin your ride on the bike path adjacent to the parking lot.

If you're doing the 25, 50, or 75 mile rides, you will turn right, off Court House South Dennis Rd / Route 657, onto the ACCC campus. The parking lot will be just ahead and to your left, (site of a rest stop). You can access the pathway, without dismounting, at the far end of the parking lot.

We're on the bike path for a little over one-and-a-half miles, then will turn left on Goshen Rd, and rejoin the previously used route at Dias Creek. You may encounter pedestrians on the pathway. Please be careful and courteous. (Remember, state law says pedestrians have the right of way.)

### **Cell Phone Required –**

All riders must carry a cell phone with them. If you need medical attention, call 9-1-1. Do not call ALS or any of the organizational phone numbers for medical help. It will only delay getting you the attention you need.

If you need mechanical assistance, please call the SAG numbers listed on the cue sheet. Again, calling ALS or any of the organizational numbers will just result in delays. We're always happy to help, but help will come faster if you call SAG directly.

### **Bring Your Own Refillable Water Bottles -**

All riders must bring their own refillable water bottles. Two are suggested - one for water, one for Gatorade. ***We will not be handing out bottles of water or Gatorade at the rest stops.*** Each rest stop will have refilling stations with water and Gatorade. This will help cut costs, allowing more of your money to go toward research and a cure. This will also significantly reduce waste and trash along the route, making the ride more environmentally friendly.

### **Do Not Alter Signs or Safety Devices –**

In the past there have been occurrences of riders moving or changing cones, signs, and other safety features. Please do not move them. Adjusting them compromises the safety of every rider coming behind you.

### **Do Not Stop at Either End of the Bridge –**

As we are leaving the mainland and heading onto the island of the Wildwoods, please do not stop at either end of the bridge. This can be a dangerous area if riders begin assembling there to wait for friends or family. Do not stop at the beginning of the bridge. Continue up and over. (Walking your bike

over is fine if you're feeling fatigued, just do not stop and wait at the foot of the bridge.) And on the far end, you'll exit to the right and then proceed straight through the traffic light (when green, of course). Do not wait on the exit ramp or median for other riders in your party. Proceed through the traffic light and wait on the other side where it is a much safer place to stand.

**Change to Dennis Township Elementary Rest Stop / 25 Mile Start Point–**

The gate at the back of the property, on Fidler Rd / Route 638, was previously used as an entrance and exit for both cars and bicycles. For safety reasons, beginning this year the ***back gate will be used for bicycle traffic only***. All cars will enter the school grounds from Academy Rd and park in the paved lots at the side of the building. 25 mile riders will then take their bikes around to the back of the building and exit the school grounds through the back gate as in previous years.

**Change to Merighi's Savoy Inn Rest Stop / 50 Mile Start Point –**

This is another small change for safety reasons. The parking lot will be divided into two sections – one for car parking only, and the other for bicycles only. The car parking area will be closest to the building. The bicycle area, (rest stop and 50 mile start), will be at the far end of the parking lot, near the grass field and solar panels.

**Traffic Law Reminder –**

Please remember that bicycles are considered vehicles under the law, and are required to obey all traffic signals. You must wear a helmet. You must stop at all stop signs and all red traffic lights, and wait until it is clear to proceed, (unless specifically instructed otherwise by a uniformed police officer). You must yield to pedestrians at all times. You must stay on the right side of the road and signal when turning. Keep in mind this is not a race. You may need to slow down and stop at numerous points on the route.