



Hi Everyone,

Thanks again for joining us for the **East Coast Bike Festival**. We appreciate your participation in the 5th annual ride! We'll try to keep the instructions brief, most of it is on the website.

Please remember, this is a ***rain or shine event, no refunds...Sorry***

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

1. Friday from 4pm to 8:30pm at **The Seaside Christian School**, located behind the Outlet Mall on Rt 50,

12637 Ocean Gateway-A, Ocean City, MD 21842

2. Saturday from 7:00am to 8:00am at the Start/ Finish Village, this may get crowded, **please try for Friday pick up.**

Assateague Island State Park- Day Lot

You'll check in / pick up your shirt / Bib / Map & Cue Sheet are available on your phone (RidewithGPS.com) Just click on your route (distance) **download it to your phone -or- print it out**

Island Ride (19 Miler) <https://ridewithgps.com/routes/49597131>

Surf & Turf (33 Miler) <https://ridewithgps.com/routes/49597359>

Half-ish (46 Miler) <https://ridewithgps.com/routes/49597934>

-Please bring a photo ID and keep it on you during the ride-

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 2:00pm.**

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

Half Century (46 Miler) 7:30am

Surf & Turf (33 Miler) 7:45am

Island Ride (19 Miler) 8:00am

Start Line will close for all at 8:15am

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 (19 Miler)

Rest Stop: South Point Boat Ramp (Mile 13)

5820 S Point Rd, Berlin, MD 21811

Surf & Turf (33 Miler)

Rest Stops: South Point Boat Ramp (Mile 13) / Germantown Community School (Mile 23)

5820 S Point Rd, Berlin, MD 21811 / 10223 Trappe Rd, Berlin, MD 21811, USA

Half Century (45 Miler)

Rest Stops: South Point Boat Ramp (Mile 13) / Germantown Community School (Mile 31)

5820 S Point Rd, Berlin, MD 21811 / 10223 Trappe Rd, Berlin, MD 21811, USA

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 & Sports drink 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, non-alcoholic drinks and lunch.

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