

Cyclist Frequently Asked Questions



1. Are there rest stops along the route?

Yes, there will be well-stocked rest stops for the Century and Half-Century rides. The rest stops are sponsored by Restek.

2. Are there support vehicles along the route and traffic control at busy intersections?

Yes, *The Bicycle Shop* and *Freeze Thaw* will be providing support and maintenance along the route. Volunteers will be manned at the busy intersections, to slow down cyclists or to temporarily stop traffic.

3. Are the roads closed?

No, the route is along open roads. Please cycle in the shoulder to be safe. The route is open to traffic. Please obey all local traffic laws.

4. Should I bring my own water?

We do have water donations for the rest stops. Please come to the start with your water bottle(s) filled.

5. Do I have to wear a helmet?

Yes, you have to wear a helmet. Upon signing in the day of the Cycling for Care event, you are asked to sign a waiver that states that you will agree to wear a helmet along the route.

6. Can I ride a mountain bike?

We do have cyclists that ride mountain bikes. We just suggest that you get road tires.

7. Will sunscreen be provided?

No, at this point we do not have sunscreen donated. Please apply your own sunscreen liberally every 2-3 hours.

8. Can my friends and family meet at the endpoint?

Yes, friends and family can meet you at the endpoint. We will have entertainment for the whole family.

9. Do cyclists have to pay for food at the endpoint?

No, food and beverage is free to cyclists with the coupon provided at registration.

10. How long does the ride usually take to complete?

The majority of the cyclists ride across the finish within 4-6 hours for the Century Ride. With the stagger start, most cyclists will finish between 12:00-1:00 p.m.

11. What happens if it rains?

Cycling for Care is a rain or shine event.