

Shoreline West Tour 2022 Participant Guide



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Welcome to 2022 Shoreline West!

LMB welcomes you to the beauty, cultures and peoples that make Michigan a unique place. Your registration fee and purchases provide the funds to power our work in Michigan advocating, educating and promoting the power of the bicycle in communities around the state while acting as a voice for bicyclists in the Michigan government.

Before we get into the details, a few quick reminders on how to make the most of this week:

- Be a bicycling ambassador, pay it forward. Help represent bicycling in a safe, positive way by being polite, signaling, staying right and yielding. Remember, our actions create the perceptions towards the next bicyclist.
- Rough it this week. Don't bring the good stuff for camp. Bring fewer clothes. You will get dirty 5 minutes after taking a shower. You will drop mustard on the fresh shirt you just put on. It's ok, we are all in the same place. Relax, ride your bike, breathe deep, and enjoy the week. Besides, if you run out of clothes you can always buy a new LMB t-shirt!
- Embrace simplicity. Keep the delicate and fragile things, including most electronics, at home. Bring a phone, a camera and the curiosity and wonder of a child.

Our bike tours are made possible by the experience, dedication, hard work and generosity of our Volunteers. When you see a person loading luggage, driving a SAG wagon, helping a rider on the side of the road, sanitizing a table, pouring your water, and handing you a snack, thank them for volunteering. They make it possible for you to experience a well-organized camp, easily find your way to the showers, enjoy an ice cold beverage, and even go through the ritual of sanitizing your hands before entering a food area. Volunteers are the backbone of LMB tours and we are grateful for them. They ask only that you be kind and enjoy your time on the tour.

I'm Neal Glazebrook, I plan and conduct Sunrise Adventure, MUP, Michigander, and Shoreline West. I'll introduce all our volunteer staff to you on Saturday evening during Orientation. If you find yourself having a great time and wishing your friends and family could come with you, then please find a Volunteer and thank them with



all your heart. If you find something lacking, come find me and let me know why because it's absolutely my fault.

If after reading this handbook, you still have questions, reach out to me at neal@lmb.org.

On behalf of everyone, thank you for riding with us on Shoreline West.

Sincerely,

Neal Glazebrook

LMB Events Director

TIMELINE FOR ALL PARTICIPANTS

Unless otherwise indicated, the tour will run on Eastern Time

Friday August 5, 2022

- 4 pm - Montague High School Camping Grounds open. No services, porta potties available after 4 pm.
- 5 - 7 pm Bike Loading, Mackinaw City Recreation Complex

Saturday August 6, 2022

- Mackinaw City Recreation Complex
 - 7 - 9:00 am - Bike Loading. Bike Truck Departs at 9 am
 - 10 am - Buses Depart for Montague High School
- Montague High School
 - 10 am - School bathrooms open.
 - 2 - 7 pm - Check-in and Service Desk open
 - 3:30 pm - Bike trucks arrive
 - 5:30 - 7 pm - Dinner Served
 - 7 pm - Orientation for all participants
 - 10 pm - 6 am Quiet Time. Gear trucks closed.

Sunday August 7, 2022 and Mon, Tue, Thur, Fri

- 6:30 am - Gear trucks open.
- 6:30 - 8:00 am Breakfast
- 7 am - 4:30 pm SAG Service
- 7:30 - 8:30 am Late check in (Sunday Only)
- 9 am - Campsite closed & trucks depart
- 2:00 - 9 pm Service desk open



- 5:30 – 7 pm Dinner service
- 6:30 – 7 pm Rider meeting
- 10 pm – 6 am Quiet time. Gear trucks closed.

Tuesday August 9, 2022

- 3 - 5 pm Early Check-in 3 Day Riders Traverse City

Wednesday August 10, 2022

- All participants on their own for meals
- 3 - 5 pm Regular Check-in Traverse City
- 5 pm 3-Day Participant Orientation

Saturday August 13, 2022

- 6:00 am - Gear trucks open.
- 6:30 – 8:00 am Breakfast
- 7 am – 2 pm SAG Service
- 9 am - Campsite closed & trucks depart
- 11:00 – 2 pm Service Desk, Showers and Lunch vendor open
- 12 - 1:30 pm Bike loading for return to Traverse City and Montague High
- 1:30 - 2 pm Charter Buses loading for Traverse City and Montague High
- 2 pm Charter Buses and Bike Trucks Depart
- 4:30 pm Bus arrival and off loading in Traverse City
- 5:30 pm Depart Traverse City for Montague High
- 8:30 pm Arrival and offloading at Montague High School.

CHECK-IN

What To Expect At Check In

Upon arrival follow the directional signs to our Registration Table. Present your picture ID and our volunteers will provide you with your packet, bike plate, wrist band, and luggage bands.

Please attach the wrist band to your LEFT wrist at the registration table. **Your wristband** is your meal ticket and admission to SAG stops, SAG wagons, reception, camping, showers and other facilities. Your bike plate identifies you on the road as part of the tour and is your bike's link to you when separated for SAG or other reasons. Your luggage tags link them to you and are their ticket for transportation to the next overnight. Please make sure to attach your bike plate to your handlebars or behind your seat/bike bag, and your luggage tags to an upright handle on each bag. If you lose your wrist, bike or luggage tags during the week, the

service desk can provide a replacement. You can find schedules, messages and cue sheets at the service desk.

Inside your packet will be any beer/wine tickets, pre-purchased trips or excursions. Please treat these like cash as we won't be able to replace any lost tickets.

If you pre-purchased Padre's Cycle Inn service, please take your bags to Padre's tent service area and check in with them.

If you shipped or delivered your bike to the LMB office, how and when you retrieve the bike will depend on the choices you made on riding days and assembling your bike. Please review the [Bicycle Transport](#) section of this handbook for more information.

VACCINATION PROOF

Q: How do I show proof of vaccination at registration?

A: For showing proof at registration, the following items will be required.

Photo ID and at least one of the following:

- Vaccination Card
- App with Proof of Vaccination
- Photocopy of vaccination card
- Photo of vaccination card
- Official email from healthcare provider containing vaccination status

MASKING

If Michigan COVID community risk levels are high, as defined by the CDC, all participants, staff, volunteers, and vendors may be required to wear a high-quality N95, KN95 or KF94 mask. As of June 22, 2022, Michigan's risk level is low.

Masks will be required **indoors, in SAG vehicles, during registration, on buses/shuttles, or when in close proximity to others, such as at check-in or in food service lines, except during meals or showers**. One mask will be provided in your rider packet.

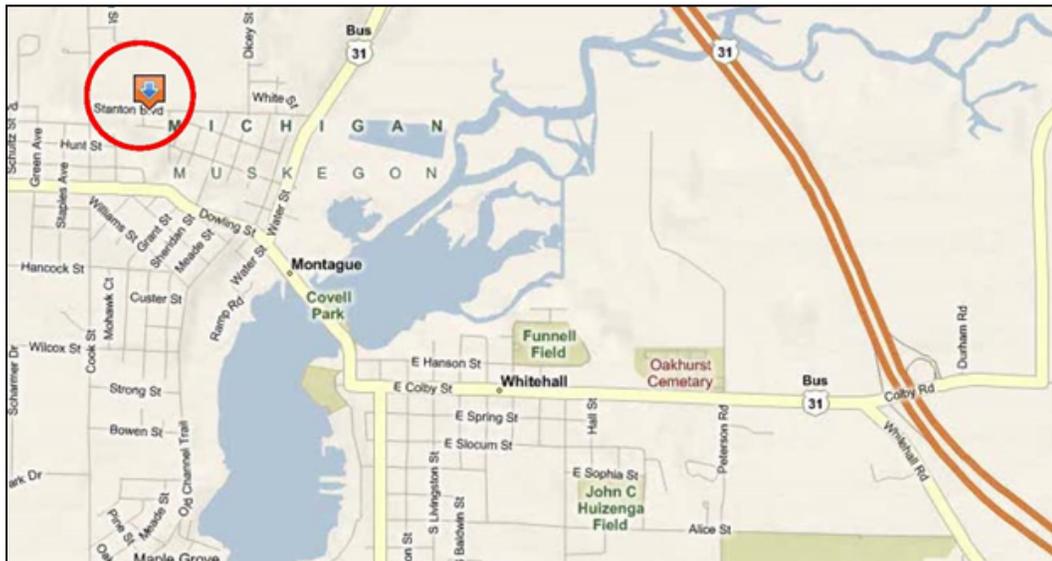
COVID TESTING

All participants, staff, and volunteers are strongly encouraged to take a COVID test prior to the event. If during the tour, a rider experiences COVID-like symptoms or has been known to be exposed to someone with COVID-19, those individuals must wear a mask, and must test for COVID-19 using rapid antigen tests available from the LMB. Individuals who test positive during the tour will be asked to leave the tour and will forfeit any monies paid for the event.

In addition, individuals who test positive for test for COVID-19 within five days of the tour are not permitted to attend the tour, regardless of symptoms. See more information later in this guide about cancellations, should this occur.

7-DAY RIDER CHECK-IN:

Montague High School - 4900 Stanton Blvd, Montague 49437



Check-in is Saturday, August 6, 2:00 – 6:30 pm and Sunday, August 7, 7:30 – 8:30 am. Please bring a photo ID and proof of vaccination (listed options above) to check-in.

There will be no access to the school facilities on Friday night, but you may camp at the school. School facilities will be open for use on Saturday at 10:00 am. Dinner will be served Saturday, 5:30 – 7:00 pm.

3-DAY RIDER CHECK-IN:

Grand Traverse County Civic Center - 1213 Civic Center Dr, Traverse City 49686



Check-in is Wednesday, August 10, 3:00 – 5:00 pm, and Thursday, August 11, 6:30 – 8:00 am. Please bring photo ID and proof of vaccination (listed above options of proof) to check-in.

We encourage you to arrive early enough to check in, set up camp, and join the fun. Wine tours, brew tours and optional routes are available for Wednesday. Please check the info board for schedules. There is no meal service on Wednesday.

Please bring your confirmation letter and photo ID to check-in. Camping will be at the Civic Center.

EARLY CHECK-IN FOR 3-DAY RIDERS:

Riders who opted for the Early Check-in when registering may arrive at the Civic Center in Traverse City on Tuesday, August 9 from 3:00 – 5:00 pm. Early check-in grants you access to camping, showers, and dinner on Tuesday night. Please do not arrive on Tuesday if you did not opt for the Early Check-in during registration.

ARRIVING BY AIR

We do provide a shuttle to and from airports. This option has been closed for 2022 and will be a part of registration in future years.

International air service is available into the Gerald R. Ford International Airport (GRR) in Grand Rapids. This airport is approximately 70 miles from the Montague High School and will take about 1.5 hours. Ride shares and car rentals are available.

Muskegon County Airport (MKG) has limited service provided by United Airlines with flights to and from Chicago. This airport is approximately 27 miles from Montague High School and travel time is approximately 30 minutes. Ride shares and car rentals are available.

International air service is also available into Cherry Capital Airport (TVC) in Traverse City. This airport is approximately 4 miles from Grand Traverse County Civic Center. Ride shares, taxis and car rentals are available. This is an excellent option for 3-Day participants arriving by air.

Many airlines have reduced the bike fee to that of an additional bag, so do a little research if you choose to do this. Otherwise you can ship your BOXED bike via UPS, FedEx or other trackable shipping method (410 S. CEDAR ST., SUITE A, LANSING, MI, 48912). Make sure it arrives by 10:00 am Wednesday, August 3, 2022. We'll haul your boxed bike to Montague so it's waiting for you on Saturday. If you'd like it assembled, our mechanic can have the bike ready for a fee. Demand for bike assembly is high so please reserve a slot with our bike mechanic.

ARRIVING BY FERRY

Looking for a unique way to start and finish your Shoreline West tour? Try arriving by ferry!

The Lake Express Ferry runs from Milwaukee, WI to Muskegon, MI. From there, it is 22 miles by car or 28 miles by bike to the start in Montague. Check lake-express.com for more information.

The S.S. Badger runs from Manitowoc, WI to Ludington, MI. From there it's 1.7 miles by car or bike to our Sunday campsite at Ludington High School. Check out ssbadger.com for more information.

ARRIVING BY VEHICLE AND PARKING



Traveling by vehicle to Shoreline West is the most common method used by participants. LMB provides several options to park your vehicle and bicycle your way to the Mackinaw Bridge!

For your convenience we've made long term parking arrangements near the charter bus pick up areas at both starts and the finish. Please note, we can only provide parking for one motor vehicle per rider. Parking lots are unsecured areas, it is not advisable to leave valuables in your car.

- Montague long term parking - [Montague Middle School](#) (4700 Stanton Blvd, Montague 49437). Located right next to Montague High School, our overnight campsite. Participants may use the high school parking for unloading only. Parking is available from 2 PM on Check-in Saturday until Saturday, August 14.
- Traverse City long term parking - Grand Traverse County Civic Center (1213 Civic Center Dr, Traverse City 49686). Parking is available from 7 am, Saturday August 7 until Saturday, August 14.
- Mackinaw City long term parking - Mackinaw City Recreation Complex (507 W Central Ave, Mackinaw City 49701). Parking is available from Saturday August 7 until Saturday, August 14.

LMB CHARTER BUS INFORMATION

LMB offers 2 charter bus options PRE TOUR and POST TOUR. The post tour bus stops in Traverse City for a Layover so folks can grab dinner and to drop off the 3 day riders. Charter bus service includes transportation for you, your gear and your bike. Please prepare your bike for transport prior to arrival and allow at least a half-hour to load it on the bike truck.

1. Pre-tour from Mackinaw City to Montague High School.
2. Post-tour to Traverse City.
3. Post-tour to Montague High School.

PRE-TOUR MACKINAW CITY DEPARTURE:

The pre-tour bus will leave Mackinaw City Recreation Complex no later than 10:00 am on Saturday. If you miss the bus, it is your responsibility to arrange transportation to Montague. We will begin loading bicycles Friday evening and resume on Saturday morning at 7:00 am. Please prepare your bike for transport prior to arrival. We recommend loading bikes on Friday night. Charter buses begin boarding at 9:30

am, make a one hour lunch stop in Traverse City, (not included in tour pricing) and arrive in Montague at approximately 3:30 pm. There is no camping in Mackinaw City prior to the tour.

Mackinaw City Recreation Center 507 W Central Ave, Mackinaw City 49701

Friday August 5th

- 5 - 7 pm, Friday August 5th Bike loading.

Saturday August 6th

- 7 - 8:30 am, Bike loading.
- 8:45 am, Bike truck departs.
- 9:30 - 10 am, Bus boarding and departure.
- 3 pm, Arrive Montague High School.

PRE-TOUR TRAVERSE CITY DEPARTURE:

The pre-tour bus will leave Grand Traverse County Civic Center no later than 1 pm. If you miss the bus, it is your responsibility to arrange transportation to Montague. Please prepare your bike for transport prior to arrival. The bus will travel directly to Montague High School without stops and arrive at approximately 3:30 pm. There is no camping at Grand Traverse County Civic Center prior to the tour.

Grand Traverse County Civic Center 1213 Civic Center Dr, Traverse City 49686

Saturday August 6th-

- 11:30 am - 1 pm, Bike loading.
- 12:30 pm - 1 pm, Bus boarding and departure.
- 3 pm, Arrive at Montague High School

POST-TOUR ALL DESTINATIONS DEPARTURE:

The post-tour buses and bike trucks will depart Mackinaw City High School on Saturday August 13th at 2:00 pm. Do your fellow travelers a favor and please allow enough time for yourself to take a shower!! Plan on it taking an hour to find your bags, load your bike and luggage, take a shower and be ready to board the buses. If you miss the bus, it is your responsibility to arrange transportation to Montague. The post-tour bus will arrive in Traverse City at approximately 4:30 pm with a 1 hour layover for off loading and dinner (not included in tour pricing). Buses and bike trucks then continue to Montague arriving at approximately 8:30 pm. Bike trucks travel a little slower and will arrive later than the buses. We appreciate your patience. Total travel time approximately 6.5 hours. **NOTE: If you are riding the Post-tour bus you will not have time to visit Mackinac Island.**

Departing Mackinaw City Recreation Center Saturday August 13

- 12 - 1:30 pm. Bike loading. Bike truck departs at 2 pm.
- 11 - 2 pm. Service Desk, Showers and Lunch vendor open.
- 1:30 - 2 pm. Bus boarding and departure.



- 2 pm. All tour resources depart Mackinaw City.

Arriving Grand Traverse County Civic Center Saturday August 13

- 4:30 pm. Arrive at Traverse City.
- 5:30 pm. Bus and bike truck depart for Montague.

Arriving Montague High School Saturday August 13

- 8:30 pm Arrive at Montague High School
- 9:00 pm Bike trucks arrive and off-load.

The times noted above are subject to change. Please consult LMB communications closer to tour start date.

CHARTER BUS LUGGAGE:

Participants will load their luggage onto the charter buses prior to boarding. See the "LUGGAGE (BAG) TRANSPORT" section below for requirements.

PREPARING YOUR BIKE FOR TRANSPORT:

Charter bus transportation includes transporting your bikes. It is your responsibility to prepare your bike for loading on the trucks. Please prepare your bike for transport prior to arrival. **We try to be as careful as possible, but we are not responsible for damage.**

- Boxed bike - The safest way to transport your bike. Boxed bikes will be secured onto the floor of the bike trucks. Please let us know if you wish to save your bike box.
- Assembled bike - PRIOR TO ARRIVAL remove pedals, remove bags, lights and locks. Put protective padding on the frame making sure the bike rolls freely. Padding can be newspaper, foam pipe insulation or bubble wrap. After padding your bike, wrap pedals and attach to bike inside the triangle where your water bottle holder is located. Anything attached to the bike could be knocked off in transit. Secure them with zip ties or lots of tape. UPON ARRIVAL turn your handlebars sideways. Tools will be available at the loading/unloading area for this task.

LUGGAGE (BAG) TRANSPORT

LUGGAGE REQUIREMENTS:

Personal luggage - 2 duffle bags weighing less than 35 pounds each. [Additional bag allowance](#) may be purchased for \$35 each. Bags may be weighed, those exceeding

35 pounds will be tagged for special handling and owners will be charged a \$35 over limit fee per over limit bag. Please attach your luggage tags upon arrival.

Please do not bring suitcases as they tend to be less durable. We recommend duffle bags. All items must be transported inside your luggage. Loose items found in the luggage trucks including shopping bags, trash bags, cardboard boxes, chairs, umbrellas, helmets, bike bags, groceries and any other item not inside your luggage or attached to your bicycle will be placed into the lost and found bins located by the service desk.

Remember, there will be times when your luggage is at the bottom of the pile. Please do not pack fragile or delicate items. If you purchase items during the tour, please have them shipped home. We are not responsible for damage to luggage or contents.

This is Michigan and it occasionally rains, it is possible your gear could get wet. We suggest stowing your essentials inside plastic bags within your luggage or invest in waterproof bags.

LOADING:

Trucks will be available for loading at 6:30 am each morning. Riders are responsible for ensuring their luggage is loaded on the truck. Please take your bag as far forward as possible and stack it as high as the staff directs you. All bags must be loaded by 9:00 am when gear trucks depart. If you miss the truck, congratulations on becoming a loaded touring bicyclist until reaching the next campsite. Never leave your luggage outside a locked truck.

UNLOADING:

The trucks will be available for unloading as soon as they arrive at the campsite. All unloaded bags will be arranged on the ground during this process. Luggage identification tags will be provided at check-in. You may want to mark your bags distinctively to help you locate them (bright ribbons, pom-poms). We want to thank in advance all riders who are willing to help each day!

BICYCLES and TRANSPORT

You can ride any human-powered cycle in good mechanical condition on Shoreline West. This includes trikes, recumbents, tandems, unicycles, and of course e-bikes. Mountain, hybrid, cyclocross, and gravel bikes will have a blast on both the standard route and the optional gravel sections. **LMB provides a professional**



mechanic for the entire tour. Minor adjustments are free. Any repairs, parts, assembly, disassembly, and shipping will incur a fee. Our SAG service is designed to transport all the above named cycles!

To create a safe and scenic tour, Shoreline West will at times avoid a paved road and travel along unpaved trails and country roads. To best traverse the standard route on a road bike or touring bike, we recommend fitting the widest possible puncture resistant tires. Road bikes with 23c-28c tires will do fine on the route but may have to work a little harder on unpaved sections. Any optional routes or loops labeled "Gravel" can have long sandy sections and are best attempted with a 37c or wider tire that has a tread or knobby surface.

BICYCLE SHIPPING

If you are traveling by car, please do not ship your bike. If you are traveling by air, please review your bike transport options.

Option 1 (easiest and cheapest) - Travel with your bike. Many airlines (Alaska, Delta, American, and Southwest have the highest ratings by Bicycling Magazine), have reduced the bike fee to that of an additional bag, so do a little research to see which airlines provide the best rates for your cycle.

Option 2 (second easiest) - Ship your bike directly to LMB (410 S. Cedar St. Suite A, Lansing, MI. 48912) using a carrier that provides tracking. Make sure it arrives before Wednesday, August 4. Our mechanic can also manage re-boxing your bike and shipping it home to you for a fee. Contact LMB **(517) 334-9100** or tours@lmb.org for pricing, details and planning for your bike.

BICYCLE PICKUP AND ASSEMBLY

For those who ship a bike or arrive via the LMB Charter buses please read carefully.

- Bicycles shipped to the LMB office can pick up their still boxed bike at registration.
- Bicycles transported on the Charter bus bike trucks can pick up their bike at the bike truck. Tools will be available to return the bike to rideable condition.
- Participants who require a mechanic to assemble or adjust their bike should make prior arrangements directly with the mechanic a few weeks before the tour.

- The LMB mechanic will assemble bicycles on Saturday as quickly as possible. Due to the high volume of bicycles, reservations will receive priority. However your bike may not be ready until late Saturday evening.

Cardboard bike boxes and packing materials will be discarded upon arrival. If you would like to save your cardboard bike box for use after the tour, notify the mechanic who will receive and assemble your bike. If you plan to assemble your own bike and want to save the box, contact the tour manager tours@lmb.org by email prior to the tour.

BICYCLE DROP-OFF

All participants, please plan accordingly to get your bicycle home.

- Bike Trucks will depart Mackinaw City at 2 PM. If you are planning to use the charter bus and box your bike prior to departure, please plan to arrive at the finish line by Noon to allow yourself an additional hour for disassembling and boxing your bike.
- The LMB mechanic will be on the tour route and not available until later in the afternoon. They will not be able to assist you prior to bike truck departure.
- Participants who wish to have the LMB mechanic box and ship their bikes home should make any arrangements directly with the mechanic.
- Upon arrival in Traverse City and Montague, bikes will be off-loaded to any individual who presents the bike claim ticket.
- Unclaimed bikes will be held for one week at the LMB office. Please make arrangements to pick up or ship your bike with the tour manager.

SAG TRANSPORT

Riders who SAG the entire day - bikes will be transported inside the gear truck. Bikes will be hung by the wheels and separated from each other. Oversized cycles will be stored on the floor. When submitting your bike for transport in the morning, you will be given a claim ticket. Gear trailers are kept locked when not attended by an LMB staff person. Please present the claim ticket to LMB staff in order to retrieve your bike.

Riders picked up by SAG on the route – bikes will be transported by SAG crew. Riders who are picked up on the route will have their bikes transported by a traditional vehicle mounted bike rack. Cycles that do not fit a rack will be held and transported by our SAG Shuttle.

LODGING INFORMATION

Shoreline West is a bicycle tour with options, you can camp, use a tent service, or sleep in a hotel. No matter which option you use, your registration includes the following services at each campsite:

- Camping space
- Luggage transportation from campsite to campsite
- Shower and toilet facilities
- Breakfast and Dinner service
- Greenspace, shade and indoor shelter
- Charging stations for electronics and e-bikes
- SAG Shuttle drop off and pick up
- Riders Meeting with route review
- Mechanic on duty
- Service Desk

CAMPSITE LOCATIONS:

Saturday – Montague High School, 4900 Stanton Blvd, Montague

Sunday – Ludington High School, 809 E Tinckham Ave, Ludington **Oriole Field**

Monday – Frankfort High School, 534 11th St, Frankfort

Tuesday – Grand Traverse Civic Center, 1213 Civic Center Dr, Traverse City

Wednesday – Grand Traverse Civic Center, 1213 Civic Center Dr, Traverse City

Thursday – Boyne City High School, 1035 Boyne Ave., Boyne City

Friday – Harbor Springs Middle School, 800 State Rd, Harbor Springs

CAMPING:

Campsites vary from schools and campgrounds to fairgrounds. Unless posted, please do not bring your bikes or wear cycling shoes into school buildings as they can damage the floors. In the case of severe storms, you'll be directed to indoor space for shelter.

Alcohol, drugs, firearms, and tobacco are prohibited on school grounds by Michigan law. We will comply with this law to ensure our continued use of these facilities.

Quiet Time is 10:00 pm to 6:00 am. Please respect your tour mates and their rest. During Quiet Time hours treat the camping area like a library. Vehicles and walkers, do not shine your lights onto tents, put up/take down tents, deflate mattresses, run

generators, pack luggage, rustle plastic bags, bang port-a-john doors, or run in the camp area. Please report any disturbances to a staff member.

VIP Tent Services

Love to tour but hate setting up the tent and lugging your bags? This year we've partnered with Padres Cycle Inn to offer VIP tent service on Shoreline West! Imagine after a great day on the bike, you stroll up to your ready and waiting, private tent with your bags inside. Then imagine each morning, heading out without having to deal with your tent or bags. No more spending time each afternoon searching for your bags, lugging (that's why they call it luggage) your bags from the truck, finding a spot to pitch your tent, hassling with setting it up, wrestling a wet tent into your bags each morning, lugging your bags back to the truck. Nope, just ride, rest and repeat!

HOTEL SERVICES:

Love riding your bike? Hate sleeping on the ground? Well, GREAT NEWS! You have options this year. Participants who prefer to sleep in a bed can choose one of the following:

LMB Hotel Shuttle Service - If camping is not your thing, want a private bathroom, and your gear with you at night, this is the right choice. We'll be running shuttles to select hotels for an additional fee. Hotels are listed on the Hotel shuttle portal.

REGISTRATION FOR THIS SERVICE IS CLOSED FOR 2022

LMB Bike Commute Service - Don't want to stay at the designated hotel? Don't need ALL your gear with you at night? Then Bike Commute Service is the right choice. LMB stores your bags at camp, you stop by to pick up the things you need and then bike commute to your overnight lodging. The next morning, commute back into camp and reunite with your gear before heading out for the day. If you choose this service please do not ask us to deliver your luggage. For luggage delivery please use a designated hotel.

Other Hotels

Hotel lodging may not be available in every town. If you plan to stay at ANY hotels, motels or B&Bs, be sure to book early. Michigan is a popular summer tourism destination. LMB transports luggage, not people to the designated hotel unless specifically noted above. For more information on local lodging, contact:



- Michigan Travel Bureau (800) 644-2489 michigan.org
- West Michigan Tourist Association, 800-442-2084 www.wmta.org

Or local chambers of commerce and visitor bureaus:

- Montague – White Lake Area Chamber: www.whitelake.org/lodging
- Ludington Area Chamber of Commerce: www.ludingtoncvb.com
- Frankfort – Benzie Area Visitors Bureau: www.visitbenzie.com
- Traverse City – Traverse City Visitors Bureau: www.visittraversecity.com
- Charlevoix – Charlevoix Visitors Bureau: www.visitcharlevoix.com/
- Harbor Springs – Harbor Springs Chamber: www.harborspringschamber.com/
- Mackinaw City – Mackinaw Area Visitors Bureau: www.mackinawcity.com

MEALS & SNACKS

Registration includes meals EVERY RIDING DAY! At registration, you will be issued a wristband which will be your ticket to all provided meals. These must be worn on your left wrist. You'll enjoy professionally catered breakfasts and dinners with options for vegetarian, vegan and gluten-free lifestyles. Meals vary and you'll always find a few staples offered each day. For breakfast you'll always be able to find oatmeal, yogurt, granola, fresh fruit and cereal in addition to various hot dishes. During dinner you'll always be able to find fresh salads, fruit, bread, peanut and almond butter, along with hot entrees, side dishes and dessert. All meals are served in camp except where noted in the itinerary.

LMB provides meals as noted in the schedule below. These meals are served cafeteria style and designed to meet the calorie needs on tour. Unfortunately, because of the nature of food prep we cannot assure individuals with food allergies that any meal will not elicit an allergy response.

On Wednesday, the layover day in Traverse City, you are on your own for all meals as we'll not provide any food service. Part of the fun on tour is finding some of the many charming restaurants and markets along the route to provide additional meals, and fulfill any cravings. Those who signed up for VIP Tours will enjoy an included lunch. Also available for sale at the service desk are snacks and cold drinks. At times, approved vendors will come onto the campsite with a limited offering.

SCHEDULE:

Breakfast is served from 6:30 – 8:00 am, with coffee available at 6:15 am.

Dinners are served from 5:30 – 7:00 pm, unless otherwise noted.

LMB will provide the following meals:

- Saturday - Dinner
- Sunday – Breakfast, Dinner
- Monday – Breakfast, Dinner
- Tuesday – Breakfast, Dinner
- Wednesday – on your own
- Thursday – Breakfast, Dinner
- Friday – Breakfast, Dinner
- Saturday – Breakfast

RIDER MEETINGS

7-Day Participant Orientation - There will be an orientation meeting for all participants at Montague High School on Saturday at 7 pm. Please bring your Shoreline West booklet and a pen. We will cover any route and event changes along with tour guidelines. All participants are urged to attend this meeting.

3-Day Participant Orientation - There will be an orientation meeting for all 3-Day participants at the Traverse City Civic Center on Wednesday evening at 5 PM. Please bring your rider booklet and a pen.

Daily Rider Meeting – Rider Meetings will be held each day 6:30 – 7 PM in the dining area and provide detailed information about the next day's route, cue sheets, any changes, things to see, history of the area, etc. All participants are encouraged to attend.

COMMUNICATIONS & ALERTS

GENERAL INFORMATION

Notes of interest to all riders will be posted on an information board near the Service Desk at each overnight camp. Here you will find schedule reminders, site info, and other general information. Local site hosts can also help direct you to area attractions and establishments.

RIDER TO RIDER MESSAGES

Rider-to-rider messages will be posted on the whiteboard at the Service Desk.



PRIORITY TEXT ALERTS:

At Orientation all participants will be asked to join our text alert system. LMB uses this system to transmit alerts on weather, route changes or closures, road conditions and other urgent safety issues. This is a free service but standard text messaging rates may apply. Sign up by texting SLW2022 to 84483 during or after orientation.



URGENT PERSONAL MESSAGES

Please inform your emergency contact that in urgent or emergency situations, they should first call and text you directly. If they are unable to reach you, ask them to call our main number 517-334-9100, LMB staff will find the individual and relay the message in person. Due to the nature of the tour, it may take several hours to deliver your message.

SOCIAL MEDIA:

Please 'Like' our Shoreline West [Facebook](#) page and add the hashtags **#Shoreline WestTour** and **#LMBTours** to any photos you post. You can also follow us on [Twitter](#) and [Instagram](#) at @MIBicyclists. Each post counts as an entry towards our tour end drawing where we'll give away valuable gifts!

SAG SUPPORT

LMB thinks of SAG as the "Support Assistance Group." The route opens and SAG service begins at 7:00 am and ends at 5:00 pm unless stated otherwise in the itinerary or at the Rider Meeting. When the route closes, all riders remaining on the route will be offered the opportunity to SAG into the campsite. Riders who refuse SAG and remain on the route acknowledge they are riding after-hours and without tour support. LMB retains the right to move riders ahead who are unreasonably far behind during appointed course hours.

SAG service includes mobile SAG wagons, stationary SAG stops, SAG shuttles, and Sweep. SAG vehicles are marked with LMB flags and magnetic LMB signs. If a friend or family member is interested in volunteering as a SAG, please contact the LMB office at (517) 334-9100. This is a great way for non-cycling family and friends to provide a valuable service during the day and joining you in the evening.

The SAG Coordinator is the beneficial monarch on the tour route and SAG staff act as their lieutenants. These individuals work to provide riders a safe and well supported route. If you are given directions by the SAG Coordinator or SAG Staff, please follow them. SAG Coordinators have the capacity to remove any participant from the route for health and safety reasons.

CONTACTING THE SAG COORDINATOR:

At orientation, participants are provided with the SAG Coordinator's phone number.

IF AT ANY TIME ON THE ROUTE YOU ARE CONCERNED FOR YOUR HEALTH OR SAFETY, CALL THE SAG COORDINATOR IMMEDIATELY. Call the SAG Coordinator

In the event of a medical or safety emergency. Where cell phone coverage is weak, text messages may be more successful than calls. If you cannot call or text, ask a local business to use their phone for an emergency.

In a non-emergency situation like a flat tire or other mechanical issue, flag down a passing SAG wagon. If a SAG wagon has just recently passed, call the SAG Coordinator to request a SAG wagon.

SAG STOPS:

Thank you for supporting the many towns, farmer stands and shops along the route that can provide food and beverages. SAG Stops are rest stops located on route and identified with LMB signage. They are stocked with water, electrolytes, light snacks, basic tools, floor pumps, and close to restrooms or porta potties. Our daily Super SAG Stop will also have a generator to provide e-bike charging.

- All Participants entering a SAG Stop must remove gloves and sanitize their hands. SAG staff will pass out requested snacks and fill water bottles.
- Distance between SAG stops is determined by the route and average 15-18 miles.
- SAG Stops have staggered operating times to provide service to the majority of participants. LMB understands that most riders are enjoying their vacation and may often deviate from the route and take considerable

time to complete the day. Hours are based on an average speed of 10 miles an hour. Any changes to SAG Stop hours will be announced in the Rider Meeting.

- SAG Stop 1 7:00 am – 10:30 am
- SAG Stop 2 7:30 am – Noon
- SAG Stop 3 8:30 am – 3 pm
- SAG Stop 4 10:00 am – 4:00 pm
- PLEASE BE RESPECTFUL, DO NOT LEAN YOUR BICYCLE ON SAG VEHICLES!

SAG WAGONS

Provide aid to all riders on the tour who are experiencing physical or mechanical issues and cannot reach a SAG stop. They also transport riders who have non-emergency medical issues. Thank you for not asking SAG Wagons to transport you for personal needs.

- Only operate on the marked route. They may be moving along the route or stationed on the side of the road to provide rapid response.
- Carry water, basic tools, floor pump and some first aid supplies, but do not carry food.
- Transport bikes and riders to mechanics, SAG stops, or to a medical facility. They do not go to camp until the route closes.
- Bike racks may not accommodate some cycles. In this situation the cycle will be transported by the SAG shuttle. Riders can choose to wait for the shuttle if they prefer.
- Will not transport minors unless accompanied by their parent or legal guardian.

To stop a SAG wagon, tap the top your helmet vigorously. The driver will move ahead and pull over to assist. At orientation, riders will be provided with the SAG Coordinator phone number to call in the event of getting lost, mechanical or physical breakdown, or emergency. To call for a SAG wagon, call the number provided during orientation. PLEASE DO NOT LEAN YOUR BICYCLE ON SAG VEHICLES!

SAG SHUTTLE

The SAG shuttle tows an open utility trailer equipped to transport cycles. It exclusively operates to pick up riders and cycles along the route or from SAG stops and deliver them to the overnight location.

The SAG shuttle also transports riders who are taking a Zero day to the next camp on it's first pass along the route. Since the shuttle is active on the route supporting riders, please do not ask the driver to transport you to another location.

LMB/LCI ENVOY

LMB Envoys are volunteers who ride each day to educate and help riders ride safely while also assisting those who need pacing, moral support, or help contacting SAG. These individuals are certified by LMB and the League of American Bicyclists, have strong riding skills, and are able to ride back or ahead to provide help. Envoys are identified by their bike plate. They also provide safety training at Rider Meetings and conduct a skills test to our scholarship riders.

If a friend or family member is interested in volunteering as a SAG, please contact the LMB office at (517) 334-9100. This is a great way for friends and family to join you at camp, while providing a valuable service during the day. Please note that they will be required to complete LCI training if not already certified.

PRIVATE SAGS:

Riders may choose to be supported by a private SAG - a friend/family member who exclusively assists them as needed. Private SAGs are considered participants and should register for the tour as a **non-rider**. At check-in private SAGs will be given non-rider packet, wrist band, luggage bands, tour t-shirt, additional instructions, a vehicle pass to park at overnights, route maps, safety information, vehicle routes, and access points to safely enter or exit the bicycle route. Private SAG is also a great way for friends and family to join you while not being obligated all day to support the entire tour.

RIDE W/ GPS FREE ACCESS FOR THE TOUR

LMB is excited to include access to the RWGPS event platform with this year's registration. This will be where the GPX ride files will live for MUP. In addition to FREE access to the platform, the software comes with turn-by-turn navigation as part of the free access. This means you can have your phone telling you which way to go.



We know this will not be for everyone. If you still like running the route on your own bike computer, you can pull the files from this portal and load them to your device. You will also have

a Cue Sheet print out in your registration packet for each route, and you can print a cue sheet at home right from the RWGPS platform. We are moving away from paper maps and map books. This service will allow us all the same functionality without the waste that comes with printing things for an annual event.

To access the RWGPS portal and unlock all the features, you can use your personal RWGPS account and click on the link below to pull the routes and use the turn-by-turn navigation on your phone. These files will also work on your bike computer of choice. For more information on how to use RWGPS, please visit the links below. We will walk through RWGPS during the rider meetings.

<https://ridewithgps.com/help/mobile/>

<https://ridewithgps.com/help/>

All routes can be found here on the RWGPS platform.

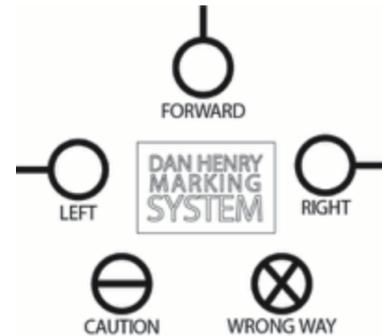
https://ridewithgps.com/auto_approve/Event/171423/MF4yGrUOYfP8etbN



ROUTE MAPS & CUE SHEETS

ROUTE MARKINGS

Cue sheets will be provided at check-in and each evening at the Rider Meeting. When local ordinance allows, the primary route for each day will be marked with “Dan Henry” arrows on the pavement. If possible, any deviation will be posted at the Service Desk, and discussed the night before at the Rider Meeting. “Day of” changes will be made via the text alert system and posting a volunteer at the detour.



Optional routes will not usually be marked, but cue sheets will be provided.

Gravel routes will use turn pins to mark turns. Please refer to your cue sheet for directions.

OTHER TOUR ESSENTIALS

PREPARING FOR THE TOUR:

- **Prepare your body** – RIDE! The tour is much more enjoyable if you have been practicing and your body is adapted to spending 6 hours on the saddle. Body contact points need hours on the bike to adapt.
- Riders must be able to ride 50-80 miles a day, for 7 days. The terrain can be hilly. Your average speed INCLUDING stops should be greater than 10 mph.
- Riders must carry a tire repair kit (spare tube, patches, tire levers, pump or CO2 cartridge) and be able to change a flat tire. SAG will not conduct repairs.
- Riders must have at least one water bottle (preferably two).
- **Prepare your bike** – Have your bike serviced by an experienced mechanic prior to arriving. The most common repairs are loose bolts, worn or broken pads and cables, dirty or worn chain, and mis-aligned derailleurs. Make sure that you have “broken in” any new bike or parts.

PACKING LIST

A list of required and recommended items can be found at the LMB website. Follow this link. <https://www.lmb.org/packing-list/>

SERVICE DESK

The service desk is the closest thing we have to a tour oracle. It's where you can find answers to tour questions, leave or get a message, see the daily itinerary, buy snacks and ice cold drinks, replace lost wristbands, get cue sheets, buy merchandise, make next day SAG shuttle reservations, find lost and found items and general info on so much more.

LOST AND FOUND:

We will maintain a lost and found box throughout the tour, which is kept at the service desk. If you believe you left something behind after the tour, contact the LMB office at (517) 334-9100.

JERSEYS, T-SHIRTS AND OTHER MERCHANDISE:

LMB merchandise including classic and current t-shirts, jerseys and other LMB merchandise will be on sale at the service desk throughout the tour. Only merchandise authorized by LMB may be sold on tour. You can also find a full assortment of jerseys, t-shirts, stickers and other LMB swag at the LMB Store. A standard cotton tour T-shirt is included with all registrations. Upgrade to a moisture management performance fabric T-shirt for \$20. You can also purchase them before and after Shoreline West through the LMB Store.

Old Mission Wine and Dine Tour

Join us on our layover day, Wednesday in Traverse City, as we cruise along in air conditioned comfort visiting the offerings of several local wineries. What makes this a VIP tour? Well, glad you asked! As you enter the charter you'll be given a sparkling glass of local bubbly and a lovely gift bag filled with all kinds of goodies. But wait, there's more! You'll travel up and down scenic Old Mission Peninsula, enjoy a relaxed lunch, and participate in several tastings. All included in the ticket price! We've also arranged for your purchases to be shipped home so you don't have to worry about them (shipping not included). A great value at \$95 per person. Tickets are limited and available for purchase at registration and the LMB Store.

Traverse City Flights and Pints Tour

Michigan is 4th in the nation with over 350 craft breweries and Traverse City boasts some great choices. Our brew tour offers an opportunity to hydrate and

carbo load in a relaxed and fun setting with your fellow tour mates. Enjoy LMB's private charter as we take several hours to sample flights and pints along with tasty treats from several different local breweries. You'll be greeted at the charter bus with an ice cold barley pop and bar snacks along with a swag bag filled with some fun and useful goodies. Bayshore fun for only \$65 per person. Participants must be 21 or older. Tickets are limited and available for purchase at registration and the LMB Store.

LAYOVER DAY EXCURSIONS AND SIGHTSEEING

During the layover day in Traverse City you'll find many opportunities for adventure. This list is only provided as a resource, not a recommendation.

Area Museums - Give your cycling legs a rest and grab a little low intensity [arts and culture](#).

Kayak, Bike & Brew - a Brewery Pub Pedal and Paddle through Traverse City's urban TART bike trails, Boardman Lake & River and West Bay, lasting about 4 hours. [Learn more here](#).

Fishing Charters - Want to get your line wet? [Check them out here](#).

Free Bayline Bus - Free transportation from our campsite to many Traverse City locations. Shopping, restaurants, breweries, groceries all at your own pace. Check out the [Bayline Bus](#). FYI on their route map we are located at the baseball icon on the corner of Front and Garfield.

Other Free Things To Do - [Check out the list](#).

MACKINAC ISLAND FERRY TICKETS

If you purchased ferry tickets to Mackinac Island at registration, they will be available at [Shepler's](#) will-call booth, allowing you to go to Mackinac Island before or after the tour on your own time. A limited number of additional discounted tickets *may* be available for purchase at check-in. **If you are riding the post-tour bus, you will NOT have time to visit Mackinac Island.**

SAFETY

LMB ADVOCATES FOR BICYCLE SAFETY

LMB works every day in Michigan to increase bicyclist safety. We accomplish this through Advocacy, Education and Community. Legislation takes years to accomplish. Some of our recent success include:

- Currently we are working on several initiatives including distracted driving legislation and “Idaho Stops”. Every year we produce and distribute the “Michigan Ride Calendar”, “What Every Michigan Bicyclist Should Know” and “What Every Young Michigan Bicyclist Must Know”.
- 2020 Bikes May Use Full Lane. While Michigan Law allows bicyclists the equal right to use the road, the “Share the Road” sign was confusing.
- 2019 Drivers education courses must include information concerning bicycles and other vulnerable roadway users. Grants to community organizations Norte, Carver Camp, Armory Bike Union, Portland Raider Riders.
- 2018 Obstructed license law clarified to exclude bicycle racks. Grants to Bike Dearborn, Common Cycle, Upshift Detroit, MiSCA, Lansing Bike Cooperative.
- 2017 Passage of Safe Passing Law requiring drivers to give a minimum of 3-feet of room while passing a bicyclist.
- Grants to community organizations working to make their communities safer for bicyclists including Youth Ride Club, Greater Grand Rapids Bicycle Coalition, Lansing Bike Co-Op, PEAC, Tart Trails Bicycle Recycle, Pedal Holland.

CONTACTING THE SAG COORDINATOR:

At the orientation meeting, participants are provided with a phone number to call in the event of a breakdown or other emergency.

MICHIGAN VEHICLE CODE

All participants are responsible for knowing and obeying Michigan Vehicle Code traffic laws. Every participant is provided a copy of LMB's “*What Every Michigan Bicyclist Must Know*” handbook which includes information about obeying Michigan traffic laws, it is not a substitute for the complete Michigan Vehicle Code.

HELMETS:

Helmets are required for all riders. You must wear your helmet whenever you are riding your bicycle. Repeated violation will result in your ejection from the tour.



MINORS:

Minors are welcome on the tour. A legally responsible parent or adult guardian must accompany a minor at all times during the tour, including campsites and transport in SAG wagons. The legal parents or guardian must complete the LMB waiver form and identify the responsible adult if not themselves and the minor. Like all participants, minors must be able to complete the daily course.

Under Michigan Vehicle Code, children must be properly buckled in a car seat or booster seat until they are 8 years old or 4-feet-9-inches tall. Children must ride in a seat until they reach the age requirement or the height requirement, whichever comes first. If you are bringing a child that fits these criteria, please contact our office. We will make additional arrangements for a car seat should you and your child need to be transported by SAG drivers.

BIKE PLATE:

Bike Plates will be provided at check-in. It is required that you attach it to either the front or the back of your bicycle. The bike plate must be plainly visible at all times. Plates are your bikes ticket for LMB provided transportation and help us identify our riders and facilitate communication among riders and volunteers. They are also highly visible, making it easier for drivers to spot you.

HEADPHONES & CELL PHONES:

Headphones are prohibited while riding. Safety is our primary concern.

The use of cell phones while cycling is illegal according to the Michigan Vehicle Code. Please stop your bike and pull off the road before using your cell phone. You will find that cell coverage is often spotty or absent on tour.

CRASHES:

Unfortunately, crashes do occur. Should you witness or be involved in a crash, and experience a medical emergency, call 911 immediately. Witnesses should stay with the crash victims until help arrives!

It is important that you fill out an incident report with tour staff as soon as appropriate. If a car is involved, get the driver's license and license plate numbers.

Most crashes occur as a result of bicyclists crossing wheels, running off the road, or encountering a road hazard. Follow these rules to minimize the risk:

- Read and follow the Safety Pledge
- Read "What Every Michigan Bicyclist Must Know".

- Remember that bicyclists must stop for all red lights and stop signs.
- If you stop for any reason, move completely off the road.
- Be constantly alert for road hazards.
- Communicate to other riders, pedestrians and motorists.
- Drink before you get thirsty. Eat before you get hungry. Rest before you get tired.
- Get yourself and your bike tuned up before the ride.
- If the weather is bad, or there is traffic around you, ride cautiously.
- Don't follow those in front of you too closely.

EMERGENCIES

MEDICAL EMERGENCIES

- Unconsciousness, Seizures, Headaches
- Sudden severe pain anywhere in the body
- Unusual behavior, Confusion, Hard to wake up
- Difficulty breathing, Shortness of breath
- Sudden dizziness, weakness, or change in vision
- Chest pain which radiates to another part of the body such as arm, shoulder, or neck
- Coughing up or Vomiting Blood
- Head or Spine Injury, Neck or Back pain
- Bleeding that will not stop, deep punctures or cuts, visible bone
- Severe Vomiting, Abdominal pain or pressure
- Choking
- Allergic reaction or Poisoning

IF YOU OR SOMEONE YOU'RE WITH IS EXPERIENCING A MEDICAL EMERGENCY CALL 911 FIRST. Then follow their directions. Have another person call the SAG Coordinator and Tour Director.

ON ROUTE EMERGENCIES

CRASHES:

Should you witness or be involved in a crash, and experience a medical emergency, call 911 immediately. Witnesses should stay with the crash victims until help arrives!

- Do not move the injured person unless they are in danger
- **IN A MEDICAL EMERGENCY CALL 911 FIRST**
- Call the SAG Coordinator
- If a car is involved, get the driver's license and license plate numbers
- Do not step into the path of vehicle traffic
- Stay with the injured person and keep them calm
- Once an LMB SAG person is on the scene and you have filled out an incident report please continue on the route. Do not leave the scene until SAG staff releases you

Should you come upon a crash already being managed by SAG staff or first responders please do not loiter and as safe as possible continue along the route. If you feel unable to continue then dismount and walk to a safe place off the road. Call SAG if required.

SEVERE WEATHER:

Weather in Michigan can change quickly. The following guidelines may help in the event of severe weather, but circumstances may dictate otherwise. The tour staff will make every effort to inform riders of the recommended course of action via the text alert system and if possible, in person.

- Lightning or Thunder Storms
 - Take immediate shelter at a house or any available structure.
 - If no shelter is available, find a low point clearing away from trees and metal. Lightning usually strikes the tallest objects and, sometimes, whatever is hiding underneath them.
 - Once you find a clearing, squat on your toes. Have as little of your body touching the ground as possible.
 - You can choose to stay on your bike. It's not the safest place to be, but sometimes it's the safest place at the time. Rubber tires won't protect you from lightning.
- Tornado Watch - conditions are favorable for funnel cloud formation. Be aware and prepared to take action to find suitable indoor shelter. Monitor local weather until the Tornado Watch has expired.

- **Tornado Warning - rotation has been spotted or a funnel has touched down. Seek shelter immediately.**
 - Avoid auditoriums, upper floors of buildings, trailers and parked vehicles
 - Move to an underground shelter, basement, interior corridor, tunnel, underground parking lot or subway. If none is available, a small, windowless interior room or hallway on the lowest level of a sturdy building is the safest alternative.
 - Stay away from windows and cover yourself with a rug for protection against flying glass and debris
 - If you're out in the open, lie flat in a ditch or other low-lying area and protect your head; stay away from trees, poles or overhead lines
 - If you're driving, drive at right angles to the tornado's path; if you can't escape it, get out of the vehicle and seek a low-lying area
 - **Do not** take shelter under highway overpasses. Tornadoes can create a vacuum effect and suck you out.

CRIMINAL ACTIVITY

IF YOU OR SOMEONE YOU ARE WITH WITNESS OR ARE VICTIMS OF A CRIME, SEEK SAFETY FIRST, THEN CALL 911.

Then, call the SAG Coordinator and if possible the Tour Manager. Witnesses should stay with the victims until help arrives! It is important that you fill out an incident report with tour staff as soon as appropriate. If a car is involved, get a vehicle description and license plate numbers.

CAMPSITE EMERGENCIES:

IF YOU OR SOMEONE YOU'RE WITH IS EXPERIENCING A MEDICAL EMERGENCY CALL 911. Then contact the Medic or Tour Manager.

EVACUATION

PA announcements and text alerts will alert participants to prepare for evacuation. Please follow these directions or go immediately to the Service Desk for instructions.

SEVERE WEATHER

PA announcements and text alerts will direct participants to enter the emergency shelter if available. Details will be announced from the Service Desk. In the event of lightning, move indoors and wait for the storm to pass.

CRIMINAL ACTIVITY

IF YOU OR SOMEONE YOU ARE WITH WITNESS OR ARE VICTIMS OF A CRIME, SEEK SAFETY FIRST, THEN CALL 911.

Then, call the Tour Manager. Witnesses should stay with the victims until help arrives! It is important that you fill out an incident report with tour staff as soon as appropriate. If a car is involved, get a vehicle description and license plate numbers.

NON-EMERGENCY ISSUES & ILLNESS:

FOR NON-EMERGENCIES Participants are encouraged to speak with the tour staff in the event of any personal or medical issues.

PERSONAL

Any participant who has a personal concern on any issue should bring these concerns to the attention of an LMB staff member. If the concern continues, resolve the matter with the tour director.

BEHAVIORAL

Any participant who has a concern about inappropriate behavior of any participant or LMB staff should bring their concerns to the attention of the tour director.

MEDICAL

If you are experiencing a non-emergency medical issue or feeling ill notify the tour staff immediately. Participants may be referred to local medical facilities if treatment is needed.

INFECTIOUS DISEASE:

LMB has worked for decades on controlling the spread of contagious food borne infectious disease. The Covid-19 pandemic has reminded everyone of how disruptive an infectious disease can be to a population. LMB tours are conducted outdoors but also in close personal quarters, especially where participants are showering, using the bathroom, and accessing food and water. In addition, our tours occur in a community environment with a large group of individuals from across the globe. To protect our participants, the communities we visit, our volunteers and employees, and everyone's families, we've adopted procedures set

forth by the Michigan Department of Natural Resources in state parks. Please take a moment to review and implement the information below and help us protect you and those around you with a few simple hygiene requirements:

- Wash your hands with soap frequently.
- Always wash before eating and after using the toilet.
- Remove gloves and use hand sanitizer prior to entering any SAG stop or food service area.
- Allow our staff to fill your water bottles and serve your selected food items at SAG stops and food service areas.
- Use hand sanitizer upon exiting a SAG stop or using any tour provided items such as floor pumps, bike tools, etc.
- Don't share water bottles, food, dining utensils or drinking cups.
- Wear a mask indoors and outdoors when social distancing is not possible.
- Get a flu vaccine and the COVID-19 vaccine.

Some infectious diseases can be passed from person to person. Some are transmitted by insects or animals. Others are transmitted by consuming contaminated food or water. Signs and symptoms vary depending on the disease but often include fever, muscle aches, fatigue, coughing and diarrhea. Because of the physical nature of bicycling, an infected person may not realize that the cause of their symptoms is from an organism and not over-exertion or change of locale.

Most infectious diseases are spread by having contact with an infected person, consuming contaminated food or water, touching contaminated surfaces and then touching your mouth, nose or eyes with unwashed hands.

Food Contamination

While other tours have had outbreaks caused by food contamination, LMB has never had a reported incidence of food-borne illness. LMB works hard to prevent food contamination by working with professional caterers and requiring riders to practice personal hygiene. Frequent hand washing and sanitizing is essential. Riders are required to use hand sanitizer at all SAG stops and before entering each meal service area. Those who refuse to do so will not be served.

If you begin exhibiting symptoms of food-borne illness (abdominal cramps, vomiting, diarrhea, severe headache etc.), notify the tour staff immediately. If you

do become sick, try to isolate away from other participants to prevent passing it to them.

Direct/Indirect Contact

Direct contact occurs when a disease-causing organism is passed from one person directly to another by contact. Examples are contacting infected bodily fluids, feces, and skin to skin contact. The common cold, chicken pox, hepatitis, measles, and previously discussed food borne disease can be transmitted in this manner.

Disease causing organisms can also be passed by indirect contact or respiratory droplets. They may linger in the air or on objects like a tabletop, light switch, dispensers, faucet or toilet handles and door knobs. Inhaling droplets or touching a contaminated item and then touching your mouth, nose or eyes with unwashed hands may transmit the disease to you. Diseases like flus, meningitis, and Covid-19 can be transmitted in this manner.

If you begin exhibiting symptoms (severe headache, sore throat, fever, fatigue, body ache, runny nose, etc.), notify the tour staff immediately. If you do become sick, try to isolate away from other participants to prevent passing it to them.

LMB SAFETY PLEDGE

I WILL RIDE SAFELY BY:

- Wearing a helmet every time I ride.
- Obeying all Michigan traffic laws.
- Riding predictably by maintaining my line, avoiding sudden stops and direction change.
- Riding as far to the right as is safely practicable.
- **Never riding more than two abreast.**
- Riding single-file whenever there is vehicle traffic behind me.
- Announcing myself as I pass other riders, and yielding to those who pass me.
- Staying well off the road whenever I stop.
- Being vigilant at all intersections.
- Using caution when riding over gravel, sand, rough roads, in rain/fog, or down steep hills.
- Eating and drinking frequently.



- Signaling other riders of dangerous road conditions.

I WILL RIDE DEFENSIVELY BY:

- Being 360 degrees aware of riders, vehicles, pedestrians, and road hazards.
- Using common sense and courtesy towards motorists and other cyclists.
- Communicating my intentions to drivers by signaling and maintaining eye contact.
- Communicating with other riders. Riding predictably by maintaining my line, avoiding sudden stops and direction change, and maintaining a comfortable follow distance at all times.
- Wearing bright clothing so that I am visible.
- Riding with proper lighting from 30 minutes before sunset to 30 minutes after sunrise.
- Being alert for opening car doors.
- Controlling speed and being extra vigilant during downhills.
- Using caution around aggressive dogs: Some suggestions are to stop pedaling and coast, yell "no" in a commanding voice, or squirt them with your water bottle. If forced off your bike, keep the bike between you and the dog. Report the incident to authorities.

I WILL FOLLOW THE TOUR CODE

LMB works to make every tour fun, interesting and memorable. How each individual defines those qualities varies. The Tour Code will help make the tour live up to your expectations.

I WILL -

- Come ready to ride the miles. Be able to ride 65 hilly miles for 7 days in the middle of summer.
- Experience bike-joy. That feeling of freedom, independence and exploration that all bicyclists share.
- Bring the curiosity of a child and the wisdom of a Sage.
- Respect the privacy, space, property and beliefs of everyone.
- Uphold the law.
- Help others.
- Enjoy myself, but not at the expense of others.
- Be Kind.

REMOVAL FROM PARTICIPATION:

The Tour Manager may eject any participant if they believe that persons continued participation in the tour may endanger or be detrimental to themselves, others or LMB.

Participants who are ejected from the tour must immediately leave the campsite and route. Ejected participants forfeit all paid fees and are responsible for their own transportation and accommodations from the moment they are removed from the tour. The Tour Manager may at their discretion provide additional assistance to assure the safety of the ejected participant.

A few examples of why participants have been removed from the tour:

- Violation of the rules set forth in this document.
- Violation of local, state or federal laws and ordinances.
- Repeated inability or unwillingness to complete the daily mileage within route hours for any reason.
- Harassment or disruption of participants or staff.
- Failure to obey directions of tour staff.

By signing the LMB Release and Waiver, you agree to obey the Safety Pledge and follow the Tour Code.

CANCELLATION AND REFUND POLICY

PERSONAL CANCELLATION:

We understand things happen in life and sometimes you have to cancel your registration. We want to make it as easy as possible to do so. Please note we do not make individual exceptions in our cancellation policy (including family, medical, or employment situations). To protect your investment, we recommend discussing insurance with your trusted provider THAT SPECIFICALLY PROVIDES REFUNDS FOR PERSONAL AND TOUR CANCELLATIONS

Multi-Day Tours

A 100% transferrable credit is available for anyone who wishes to defer their participation to a future LMB event or transfer the credit to another person provided the request is made at least 15 days before the event. This includes the price of any add on items including bus, ferry, and extra baggage fees. This does not include any merchandise, credit card or banking fees.

Cancellation requests made within 30 days of registering for the event will be granted a full refund as long as the request occurs 15 or more days before the start of the tour. This includes the price of any add on items including bus, ferry, and extra baggage fees. This does not include merchandise, credit card or banking fees

Cancellation requests made more than 30 days after registering and more than 30 days before the start of the tour, will receive a 70% refund as long as the request occurs 15 or more days before the start of the tour. This includes the price of any add on items including bus, ferry, and extra baggage fees. This does not include merchandise, credit card or banking fees.

Cancellation requests made more than 30 days after registering and less than 30 days before the start of the tour, will receive a 50% refund as long as the request occurs 15 or more days before the start of the tour. This includes the price of any add on items including bus, ferry, and extra baggage fees. This does not include merchandise, credit card or banking fees.

There are no refunds or transferrable credits for cancellation requests made less than 15 days prior to the event. This includes the price of any add on items including bus, ferry, and extra baggage fees, merchandise, credit card or banking fees.

There are no refunds for any ordered merchandise, credit card or banking fees. Any ordered merchandise will be shipped directly to the participant as soon as possible after the merchandise arrives at LMB offices.

No refunds or credits will be issued during the event for any reason, including:

- Participant arrived late to the tour.
- Participant departed early from the tour.
- Participant was asked to leave the tour by LMB.
- Participant paid for food, transportation, tickets or any items which they did not use.

We do not make individual exceptions to our cancellation policy for any reason (including family, medical or employment situations and emergencies). To protect your investment, we strongly recommend insurance. Please consult with your trusted insurance provider.

Cancellation requests must be made in writing or via email to tours@LMB.org. Please make sure any request made by traditional postal service are postmarked as this is the date used to determine the refund. Otherwise, the date will be determined by the date of receipt at the LMB office.

Please allow 30 days for processing. Due to limited staffing, refund requests made within 30 days of the tour may be held for processing until the conclusion of the tour.

Credits

A 100% transferrable credit is available for anyone who wishes to defer their participation to a future LMB event or transfer the credit to another person provided the request is made at least 15 days before the event. This includes the price of any add on items including bus, ferry, and extra baggage fees. This does not include any merchandise, credit card or banking fees. Requests must be made in writing or via email to tours@LMB.org. Please make sure any request

made by traditional postal service are postmarked as this is the date used to determine transfer eligibility. Otherwise, the date will be determined by the date of receipt at the LMB office.

Transfers:

Riders who are unable to participate in MUP may transfer their registration to another rider until 14 days prior to the start of the tour. Transfers may be made for any reason. **LMB will not act as an agent in any financial transactions between riders. Riders assume all risks in these transactions.**

Transfer requests must be made in writing or via email to tours@LMB.org. Please make sure any request made by traditional postal service are postmarked. This is the date used to determine the refund. Otherwise the date will be determined by the date of receipt at the LMB office. LMB will not act as an agent in any financial transactions between riders. Riders assume all financial risks in these transactions.

Both riders must notify LMB of the transfer in writing via email to tours@LMB.org. Make sure to include the following details:

- The original rider must include their name, valid email address, phone number and complete mailing address.
- The new rider must include their name, valid email address, phone number, complete mailing address, an emergency contact including name, email, mailing address and phone number.

Any add on purchase, transportation, or upgrade options desired by the new rider which was not included in the original rider's registration, may be purchased by visiting LMB.org and navigating to the store page.

LMB cannot guarantee the correct t-shirt size for the transferee.

In the event that a ride is full and a wait list is being maintained, no transfers will be permitted.

TOUR CANCELLATIONS

The League of Michigan Bicyclists (LMB) reserves the right to cancel ANY tour due to low enrollment in which case the participant's fees will be refunded in full less credit card and banking fees. You release and hold LMB harmless for any costs or damages incurred as result of cancellation or rerouting of a LMB Event due to low enrollment.

The League of Michigan Bicyclists (LMB) may cancel or reroute any and all events or tours due to the occurrence of any force majeure event or credible threat thereof, including but not limited to any Act of God, government action or inaction, fire, earthquake, acts of civil or military authority, casualty, flood, war, terrorist attack, epidemic, insurrection, civil unrest, strikes or other labor activities or any other similar cause beyond the reasonable control of

LMB, including environmental conditions that might threaten the health and safety of Event participants, volunteers or staff. You understand and agree that your registration fees and other costs will not be refunded by LMB if all or any portion of an LMB Event is cancelled or rerouted due to a force majeure event. You release and hold LMB harmless for any costs or damages incurred as result of cancellation or rerouting of an LMB Event due to a force majeure event.

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