

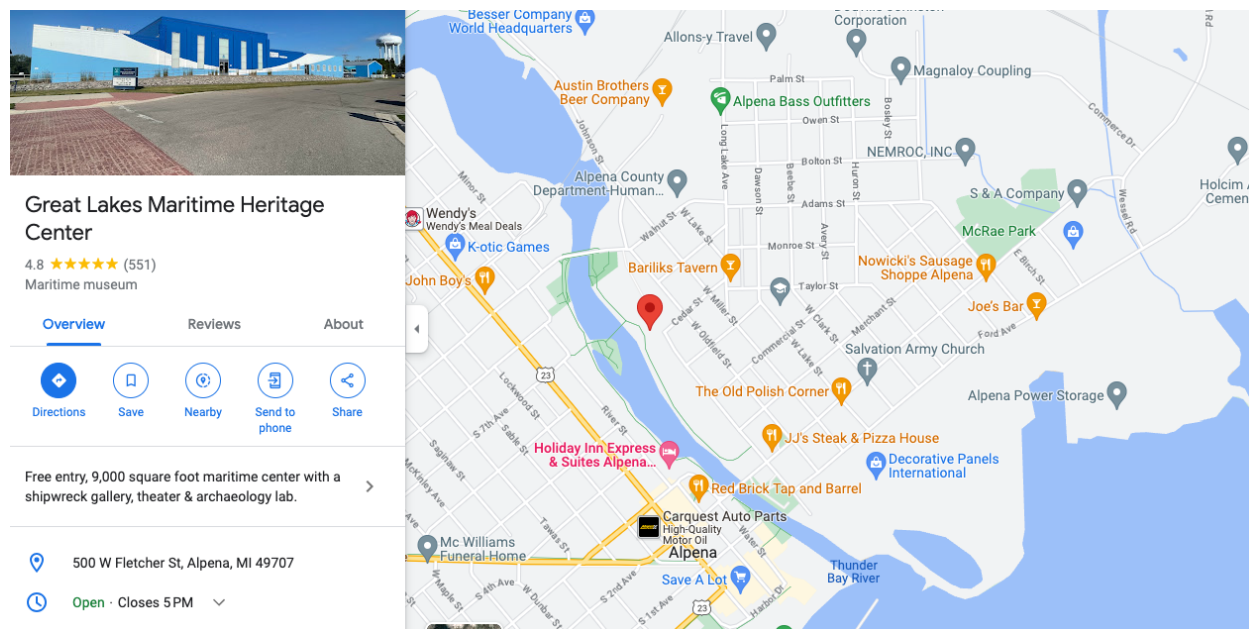
Sunrise Adventure 2023 Rider Information



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CHECK-IN & HOME BASE



Check-in is **Thursday, September 7 from 2:00 to 6:00pm** at Alpena Maritime Heritage Center (500 W Fletcher St, Alpena 49707). Please bring a photo ID. **A reception will be held 6:00 – 8:00 pm with the mandatory riders meeting occurring from 6:30 to 7:30 pm.**

The Maritime Museum will be our home base for the start of the ride. All rides will start from here. Rider meetings will be in the parking lot of Harborside Cycle & Sport at 4:30 pm Friday and Saturday. **All riders doing the full long routes will have to start at the mass start time, no exceptions for this rule.** The shorter routes can start after 8:30 am as those riders need to drive out to the starting point of their choice. We are issuing a mass start for the long routes as there are several other events taking place in town and we need to stay clear of road closures and such from the other local events.

WEEKEND SCHEDULE – *please note that schedule is subject to change.*

THURSDAY, September 7th

- 2:00 – 6:00 pm** Check-in at the Alpena Maritime Heritage Center.
- 6:00 – 8:00 pm** Wine & Cheese Reception at Maritime Heritage Center.
- 6:30 – 7:30 pm** Rider meeting in the auditorium of Maritime Heritage Center.

FRIDAY, September 8th

- 7:00 am** **Meals are your responsibility, make sure to fuel up for the day!**
- 7:30 – 8:30 am** Check-in at Maritime Museum for late arrival.
- 8:30 am** Mass start at the Maritime Museum. **For long route only**
- 8:30 am – 4:00 pm** Ride in the Hubbard Lake area.
- 4:30 pm** Rider Meeting in the parking lot of Harborside Cycle & Sport.

SATURDAY, September 9th

- 7:30 – 8:30 am** **Meals are your responsibility, make sure to fuel up for the day!**
- 8:30 am** Mass Start at Maritime Museum **For long route only**
- 8:30 am – 4:00 pm** Ride to Presque Isle Lighthouses.
- 12:00 – 5:00 pm** Free time to enjoy Alpena. Take a shipwreck tour!
- 4300 pm** Rider Meeting in the parking lot of Harborside Cycle & Sport.

SUNDAY, September 10th

- 7:30 – 8:30 am** **Meals are your responsibility, make sure to fuel up for the day!**
- 8:30 am** Mass Start at Maritime Museum **For long route only**
- 8:15 am – 2:00 pm** Ride along the Thunder Bay River and the North Eastern State Trail.

Posen is also hosting the [Potato Festival](#) this same weekend so you can take the trail right into town and be in the middle of over 10,000 people enjoying the spuds of the north!

ROUTE DETAILS

On Friday, Saturday and Sunday riders will be able to choose from a variety of routes. Each route is a loop, but some are longer than others. The maps you receive at check-in will contain additional details. The options are outlined below:

Friday – Hubbard Lake	35, 50, or 65 miles – All start and end at The Maritime Museum.
Saturday – Presque Isle	21 miles – starts and ends at Presque Isle Township Hall. 39 miles – starts and ends at the Maplewood Tavern. 60 miles – starts and ends at the Maritime Museum. All routes go to the Presque Isle harbor and lighthouses.
Sunday – Thunder Bay River	27 or 34 miles – both start and end at the Maritime Museum.

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 Sunrise Adventure. 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/events/204148-sunrise-adventure-2023>

LODGING INFORMATION

Riders are responsible for making their own arrangements for lodging.

Please book early, as accommodations have filled up in years past! LMB does not provide shuttles to lodging, although many motels and B&Bs are within easy biking distance of downtown Alpena.

Visit the Alpena Area Convention & Visitors Bureau for great lodging options, including camping. We recommend staying close, so you can enjoy all that Alpena has to offer. Unfortunately, the hotels in Alpena are no longer doing block reservations for us. Here are some direct numbers to call to book a reservation:

- Alpena Days Inn (989) 356-6118
- Holiday Inn Express & Suites (989) 340-1800
- Ramada Alpena (989) 356-2151
- Alpena Resorts (989) 356-9087
- Other options include: AirBNB and VRBO

RIDER MEETINGS

All riders are required to attend an orientation meeting on Thursday at the Maritime Heritage Center. The meeting will begin at 6:30 pm. Please attend, as important route and safety topics will be discussed.

There will be brief rider meetings on Friday and Saturday at the locations listed above at 4:30 pm. We will review the next day's itinerary and point out any changes and/or additions.

MEALS

Riders are responsible for their own meals each day. No meals are provided but snacks will be in great supply at the aid stations.

ROUTE MARKINGS

Cue sheets will be provided at check-in. The recommended routes for each day will be marked with “T3” arrows on the pavement. Any deviation will be posted, marked, and discussed at the nightly rider meetings.

Optional routes will not be marked on the pavement, but the maps should make them easy to follow.



SAG SERVICE

SAG stands for "Support Assistance Group." SAG service begins at 8:30 am and ends at 4:00 pm. **This is in general, if most riders are cleared from the route we will shut down SAG stops early.** SAG vehicles have their headlights on and are marked with magnetic LMB decals. To request a stop from a SAG, tap the top of your helmet vigorously. The driver will move ahead and pull over to assist.

Remember these SAG essentials:

- SAGs operate only on the marked route. SAG vehicles may be moving along the route or be parked on the side of the road.
- They carry water and some first aid supplies, but do not carry food.
- They will transport bikes to the repair shop or bring injured/sick bicyclists back to their hotel.
- **If you need to be transported more than twice, we will request that you make alternative travel plans.**
- Please be respectful towards the SAG vehicles and the drivers. **DO NOT LEAN YOUR BICYCLE ON THE SAG VEHICLES!**

At the orientation meeting, riders will be provided with a phone number to call in the event of a breakdown or other emergency. If you become lost, call or ask a local for directions.

If a friend or family member is interested in volunteering as a SAG, please contact the LMB office. This is a great way for non-cycling friends to join you while providing a valuable service.

SAG STOPS:

SAG stops will be placed along the route each day. Electrolytes and water will be available at each. Some will offer light prepackaged snacks.

PRIVATE SAGS:

Some riders may choose to bring along a private SAG, a friend/ family member who assists them when needed. Private SAGs must register for the tour and **pay the non-rider fee.** Please notify staff at check-in that you have registered as a private SAG so that you can be given additional instructions on parking, routes, etc. Maps of alternate routes and sights of interest will be provided to private SAGs. Private SAGs will receive a ride t-shirt, but not the rider gifts.

For safety reasons, private SAGs should not drive on the bicycle route if possible.

BE SAFE

HELMETS:

Helmets are required for all riders. You must wear your helmet **whenever** you are riding your bicycle, even if it is just around camp. You will be asked to leave the tour if you are seen riding without a helmet.

CONTACTING THE SAG COORDINATOR:

At the orientation meeting, riders will be provided with a phone number to call in the event of a breakdown or other emergency. If you become lost, call or ask a local for directions.

RIDING WITH MINORS:

Children of all ages are welcome on the tour. Due to legal and insurance restrictions, however, a responsible adult must accompany those under the age of 18 **at all times**. Parents or guardians must fill out a waiver form at check-in and identify the responsible adult who will be with the minors.

Under Michigan Vehicle Code, **any child under the age of 8 and less than 4'8" must be seated in a car seat**. 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. **Children under 18 are not, at any time, to ride with SAGs by themselves.**

RIDER BIB:

Rider bibs will be provided at check-in. **It is required that you attach it to your back or to the back of your bicycle**. Bibs 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. **Riders who fail to follow these rules, or who consistently attach their bibs incorrectly, may be asked to leave the tour.**

HEADPHONES & CELL PHONES:

Headphones of any design are prohibited while riding. Safety is our primary concern. This includes bone conduction headphones as well.

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.

CRASHES:

Unfortunately, crashes do occur. Should you witness or be involved in a serious crash, **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.

CRASHES, CONT'D

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

- Adhere to the **Safety Pledge** (pg. 11).
- 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.
- 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.

PARTICIPATION:

Riders may be asked to leave the tour for any of the following reasons:

- Repeated violation of the rules set forth in this document
- Failure to obey Michigan traffic laws or other local, state or federal laws
- Inability to make the daily mileage
- Unwanted harassment of other participants and staff
- Failure to obey directions of ride staff or for any conduct that is deemed to be detrimental to participants or the League of Michigan Bicyclists
- Riders asked to leave the tour will not receive any type of monetary refund

MESSAGES & TEXT ALERTS

MESSAGES AND SITE INFORMATION:



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 **Sunrise** to 517-940-8649 during or after orientation.

This will be used exclusively for the Sunrise Adventure tour and will not add you to any other mailing lists.

EMERGENCIES

IF YOU OR SOMEONE YOU'RE WITH IS EXPERIENCING A MEDICAL EMERGENCY: FIRST CALL 911

NIGHT ISSUES:

An after-hours number will be provided during the orientation meetings in case assistance is needed after hours.

MEDICAL ISSUES & ILLNESS:

FOR NON-EMERGENCIES: Participants are encouraged to speak with the tour staff in the event of any medical issues. Riders may be referred to local medical facilities if treatment is needed.

FOOD-BORNE ILLNESS:

While LMB Tours have never had a reported incidence of food-borne illness, the potential is always there. Other rides have suffered from outbreaks in the past, which could have been prevented if riders had practiced better personal hygiene. Frequent hand washing is essential. Riders are required to use hand sanitizer at SAG stops and before each meal. Those who refuse to do so will not be permitted to eat with the rest of the group.

If you begin exhibiting symptoms of food-borne illness (vomiting, diarrhea, etc.), notify the tour staff immediately. With rest and plenty of fluids, most people fully recover in one-to-two days. If you do become sick, try to stay away from other riders to prevent passing it on.

WEATHER-RELATED EMERGENCIES:

Weather along Michigan's west coast can change quickly. It is **highly advisable** that riders sign up for Sunrise Adventure text alerts. 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.

- Take immediate shelter at a house or business if available.
- If no shelter is available, find a clearing away from trees. 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.
- A **tornado watch** means that conditions are favorable for funnel cloud formation. A **tornado warning** means that rotation has been spotted in the clouds or a funnel has touched down. If there is a **warning**, take cover **immediately**.

- If there are no houses or caves nearby, find a culvert and lie flat. Better yet, crawl into a drainage ditch if one is available. **Do not** take shelter under highway overpasses. Tornadoes can create a vacuum effect and suck you out.

TOUR ESSENTIALS

LOST AND FOUND:

We will maintain a lost & found box throughout the tour, which is kept at the information table at Home Base. If you believe you left something behind after the tour, contact the LMB office at (517) 334-9100. You will be responsible for the shipping cost of returning the items to you.

PREPARING FOR THE TOUR:

- Riders must be able to ride 30-80 miles a day. Some of the terrain is hilly.
- Riders must carry a tire repair kit (spare tube, patches, tire levers, pump or CO2 cartridge) and be able to change a flat.
- Riders must have at least one bottle (preferably two).
- **Prepare your body** – RIDE! The tour is much more enjoyable if you have been practicing.
- **Prepare your bike** – Have your bike serviced by an experienced mechanic prior to arriving. Make sure that you have “broken in” your bike if it is new.

CHECK LIST – on your bike (or person):

- | | |
|---|--|
| <input type="checkbox"/> Helmet – REQUIRED | <input type="checkbox"/> Tire repair kit - REQUIRED |
| <input type="checkbox"/> Rain and cold weather gear | <input type="checkbox"/> Riding gloves |
| <input type="checkbox"/> Photo ID - REQUIRED | <input type="checkbox"/> Water bottle (or two!) - REQUIRED |
| <input type="checkbox"/> Insurance card | <input type="checkbox"/> Bike lock |
| <input type="checkbox"/> Credit card/ cash | <input type="checkbox"/> Cell Phone |
| <input type="checkbox"/> Sun block | <input type="checkbox"/> Medication as necessary |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Basic first aid supplies |
| <input type="checkbox"/> Insect repellant | |

SAFETY PLEDGE

I WILL RIDE SAFELY AND PLEDGE TO:

- Wear a helmet every time I ride
- Obey all Michigan traffic laws, including stop signs and traffic lights
- Be predictable to drivers and riders at all times
- Eat and drink frequently
- Ride single file whenever there is vehicle traffic behind me
- **Never ride more than two abreast**
- Announce myself as I pass other riders, and yield to those who pass me

- Ride as far to the right as is safely practicable
- Stay well off the road whenever I stop
- Be vigilant at all intersections
- Use caution riding over gravel, sand, rough roads, in rain/fog, or down steep hills
- Signal other riders of dangerous road conditions

I WILL RIDE DEFENSIVELY AND PLEDGE TO:

- Be aware of riders, vehicles, pedestrians, and road hazards. Consider a rearview mirror.
- Use common sense and courtesy towards motorists and other cyclists
- Communicate my intentions to drivers by signaling and maintaining eye contact
- Communicate with other riders about potential hazards
- Wear bright clothing so that I am visible
- Ride with proper lighting after dark
- Be alert for opening car doors
- Control speed and be extra vigilant during downhills
- Ride in a straight line and maintain a comfortable follow distance during uphill
- Use 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.

CANCELLATION AND REFUND POLICY

<https://lmb.org/cancellation-refund-policy/>

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.**

By signing the General Release provided at check-in, you agree to obey this Safety Pledge. Encourage others to ride safely, set a good example, and let other riders know if they are not riding correctly. Riders not following the Safety Pledge may be removed from the ride.

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