

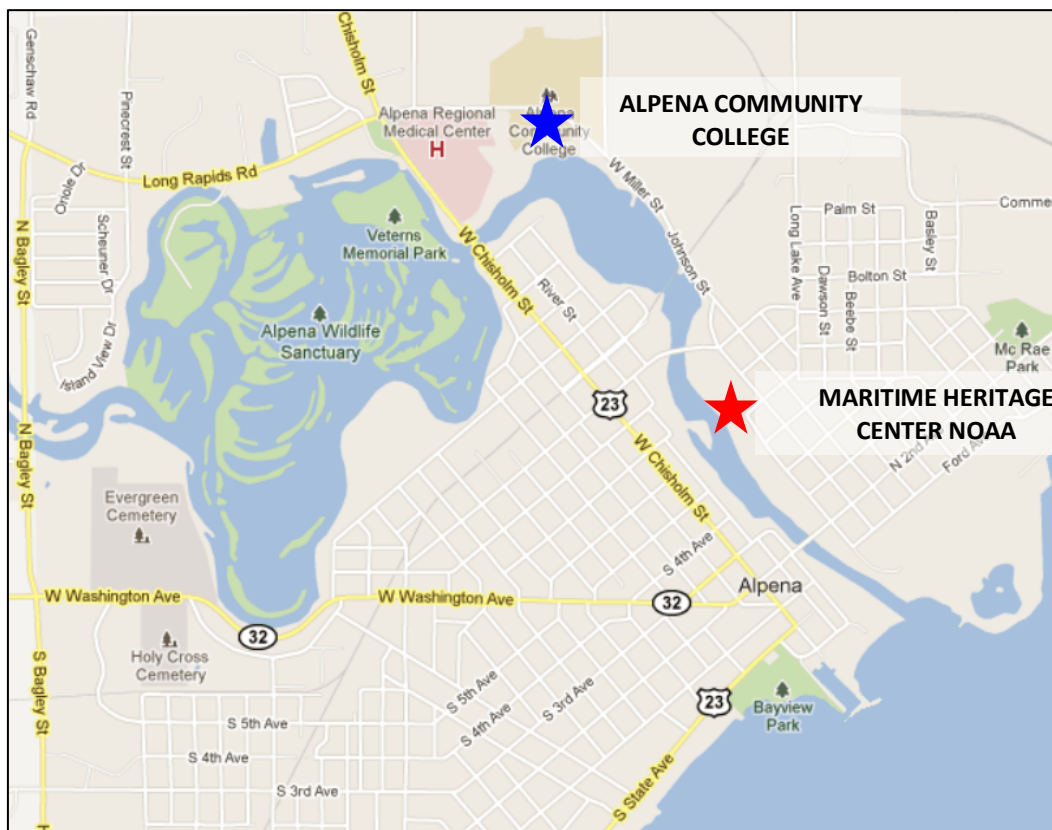
Sunrise Adventure 2019 Rider Information



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CHECK-IN & HOME BASE



Check-in is **Thursday, June 13th from 2:00 to 6:00 pm** at the Alpena Maritime Heritage Center, located at 500 W Fletcher St, Alpena 49707. Please bring photo ID to check-in. After checking in, a reception and introductory rider meeting will be held there from 6:00 – 8:00 pm.

Alpena Community College (ACC) will serve as our home base throughout the weekend.

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

THURSDAY, JUNE 13TH

- 2:00 – 6:00 pm** Check-in at Maritime Heritage Center
- 6:00 – 7:00 pm** Wine & Cheese Reception at Maritime Heritage Center
- 6:30 – 7:30 pm** Riders' Meeting in auditorium of Maritime Heritage Center

FRIDAY, JUNE 14TH

- 7:00 – 8:30 am** Breakfast at ACC (for those who purchased breakfast option)
- 7:30 am – 4:00 pm** Ride in Hubbard Lake Area
- 12:00 – 5:00 pm** Free time to enjoy Alpena
- 5:00 – 6:30 pm** Dinner at ACC (for those who purchased dinner option)
- 6:00 pm** Rider Meeting

SATURDAY, JUNE 15TH

- 7:00 – 8:30 am** Breakfast at ACC (for those who purchased breakfast option)
- 7:30am - 4:00 pm** Ride to Wooden Boat Show (10:00 am – 5:00 pm) and Presque Isle Lighthouses
- 12:00 – 5:00 pm** Free time to enjoy Alpena
- 5:00 – 6:30 pm** Dinner at ACC (for those who purchased dinner option)
- 6:00 pm** Rider Meeting

SUNDAY, JUNE 16TH

- 7:30 – 8:15 am** Breakfast at ACC (for those who purchased breakfast option)
- 8:15 am – 2:00 pm** Ride along the Thunder Bay River and the North Eastern State Trail

ROUTE DETAILS

On Friday and Saturday, riders will be able to choose from a variety of routes. Each route is a loop, but some are longer than others. Your map booklet will contain additional details. The options are outlined below:

- Friday – Hubbard Lake** 35, 48, or 62 miles – All start and end at Alpena Comm. College
 - Saturday – Presque Isle**
 - 21 miles – Starts and ends at Presque Isle Township Hall
 - 39 miles – Starts and ends at the Maplewood Tavern
 - 59 miles – Starts and ends at Alpena Community College
- All routes go to the Presque Isle harbor and lighthouses.

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 ACC. Check back soon for a possible camping option.

RIDER MEETINGS

All riders are required to attend an orientation meeting on Thursday at the Maritime Heritage Center. The meeting will begin at 6:00 pm sharp. Please attend, as important route and safety topics will be discussed.

There will be brief rider meetings on Friday and Saturday after dinner at Alpena Community College. We will review the next day’s itinerary and point out any changes and/or additions.

MEALS

Riders are responsible for their own lunch each day. For those who purchased a meal plan at registration, you **MUST** wear the proper wristband before proceeding through the line. All tour-provided meals are served at Home Base. Riders who did not purchase the meal option will find Alpena to have a great variety of small-town restaurants. For health reasons, riders are required to use hand sanitizer before eating. Serving times are as follows:

- Breakfast:** 7:00 – 8:30 am (Friday, Saturday, and Sunday)
Dinner: 5:00 – 6:30 pm (Friday and Saturday)

ROUTE MARKINGS

Detailed map booklets with cue sheets will be provided at check-in. The recommended routes for each day will be marked with “Dan Henry” 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 7:30 am and ends at 5:00 pm. SAG vehicles have their headlights on and are marked with yellow magnetic decals. To stop a SAG, tap the top your helmet vigorously. The driver will move ahead and pull over to assist.

Remember these SAG essentials:

- SAGs only 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 the next night's stop.
- **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. Gatorade 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.

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.

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. 9).
- 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 the League of Michigan Bicyclists
- Riders asked to leave the tour will not receive any type of monetary refund

CANCELLATION AND REFUND POLICY

REFUNDS:

Until 30 days prior to the tour start date, refunds will be issued minus a 30% handling fee. For requests within 30 days of the tour start date, refunds will be issued minus a 50% handling fee. No refunds will be issued for requests made on or after the tour start date. We do not offer exceptions for medical or other emergencies.

Refund requests must be made in writing to tours@LMB.org. Refund checks or credits will not be issued until written documentation is received by LMB. Due to limited staffing, refund requests made within 30 days of the tour may be held for processing until the conclusion of the tour.

No refunds will be given for the following reasons:

- Participant arrived late to the tour
- Participant was asked to leave the tour for safety or behavioral reasons
- Participant paid for food, lodging, or side trips which they did not use

Additionally, participants who purchased an LMB membership with their tour and then canceled cannot have their membership refunded.

LMB reserves the right to cancel tours due to low enrollment or other reasons, in which case the participant's tour fees will be refunded in full.

CREDITS:

Riders may choose to request a credit for **the full amount minus a 10% handling fee**, to be used on another open LMB tour in the current or following tour season, by writing to tours@LMB.org. Riders will be required to pay any difference in fees. After one year, this credit will expire.

TRANSFERS:

Riders who find themselves unable to participate in the tour may transfer their spot to another rider. **Until 14 days prior to the start of the tour, LMB will permit transfers for any reason.**

Transfers between registrants are only allowed within the same calendar year for the same tour.

Both riders must notify LMB of the transfer in writing. The name of the original rider and their registration details along with the substitute rider details must be emailed to tours@LMB.org prior to the tour.

If any side trip, transportation or upgrade options are desired by the new rider which were not included in the original rider's details, they may purchase these options by visiting our [tour page](#).

In the case of transfers within 30 days of the tour, LMB cannot guarantee the correct t-shirt size for the substitute rider.

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

TRAVEL INSURANCE:

LMB sincerely wishes for every trip participant to attend and complete the tour of their choice. In an effort to plan for unexpected personal emergencies, health issues, weather and transportation problems that might cause you to cancel or shorten your trip, travel insurance is strongly advised.

MESSAGES & TEXT ALERTS

MESSAGES AND SITE INFORMATION:

Notes of interest to all riders will be posted near the information table at Home Base. Rider-to-rider messages may also be posted.

TEXT ALERTS:

Opt in to receive emergency alerts and updates from LMB staff regarding site info, route changes, schedule reminders, etc. This is a free service but standard text messaging rates may apply.



If you would like to take part in this service, please sign up by texting **SUNRISELMB** to **84483**. This will not add you to any other mailing lists. We will be very mindful of the number of messages we send. To learn more please visit www.LMB.org/alerts

EMERGENCIES

NIGHT EMERGENCIES:

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

MEDICAL 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 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 east coast can change quickly. It is **highly advisable** that riders sign up for Sunrise Adventure text alerts by texting **SUNRISELMB** to **84483**. 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 |
| <input type="checkbox"/> Rain and cold weather gear | <input type="checkbox"/> Riding gloves |
| <input type="checkbox"/> Photo ID | <input type="checkbox"/> Water bottle (or two!) |
| <input type="checkbox"/> Insurance card | <input type="checkbox"/> Bike lock |
| <input type="checkbox"/> Credit card/ cash | <input type="checkbox"/> Swimsuit and towel as necessary |
| <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 repellent | |

SAFETY PLEDGE

I WILL RIDE SAFELY BY:

- Wearing a helmet every time I ride
- Obeying all Michigan traffic laws, including stop signs and traffic lights
- Being predictable to drivers and riders at all times
- Eating and drinking frequently
- Riding single-file whenever there is vehicle traffic behind me
- **Never riding more than two abreast**
- Announcing myself as I pass other riders, and yielding to those who pass me
- Riding as far to the right as is safely practicable
- 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
- Signaling other riders of dangerous road conditions

I WILL RIDE DEFENSIVELY BY:

- Being 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 about potential hazards
- Wearing bright clothing so that I am visible
- Riding with proper lighting after dark
- Being alert for opening car doors
- Controlling speed and being extra vigilant during downhills
- Riding in a straight line and maintaining a comfortable follow distance during uphills
- 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.

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.