

MUP Bicycle Tour 2020 Rider Information

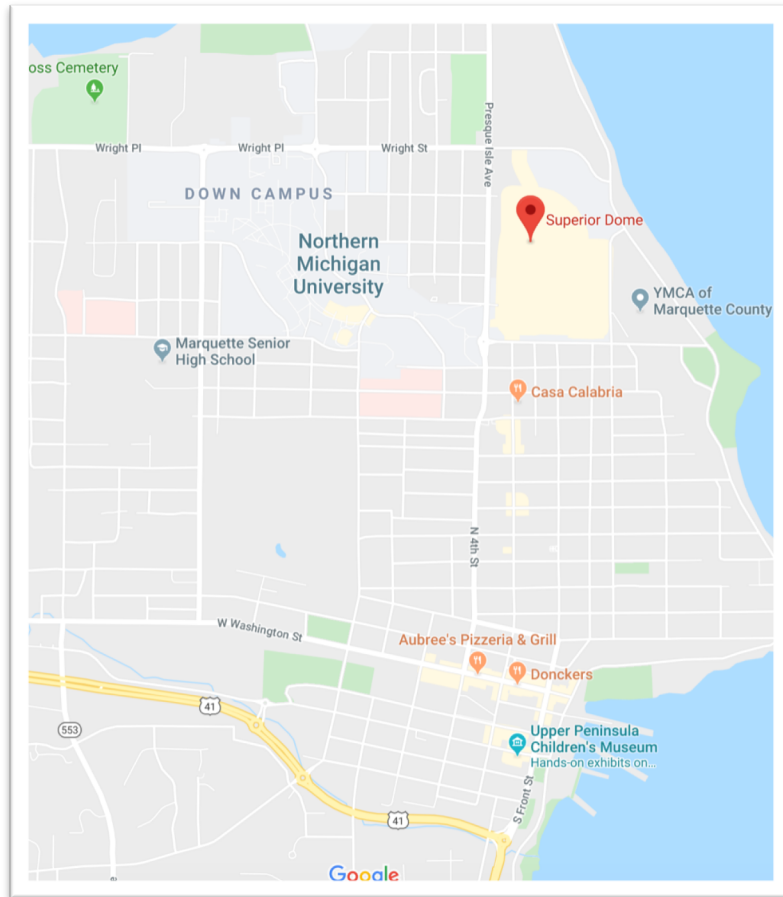


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CHECK-IN

Superior Dome - 1401 Presque Isle Ave, Marquette, MI 49855



Check-in is **Saturday, July 11th from 1:00 - 5:00 pm. Please bring your confirmation letter or ID to check-in.** Camping will be inside the Superior Dome! Rider Orientation begins at 5:15 pm in the Superior Dome. The MUP Welcome Reception will be held on Saturday from 6:30 – 8:00 pm. The first meal will be breakfast on Sunday, 6:30 – 8:00 am. **Your wristband** is your meal ticket and admission to reception, camping, use showers and other facilities. Please place on your LEFT wrist.

Come ready to have fun! Unless otherwise indicated, the tour will run on Eastern Time. All routes are available online: <https://ridewithgps.com/events/84784-mup-2020>

PRE-RIDE

“Summer, 1891. Fredrick Law Olmsted, a landscape architect most famous for his role in designing New York City’s Central Park visits Marquette to work on a design project. To make the most of his visit, the city also directs him to a large peninsula just north of town in hopes of designing a management plan to turn it into a suitable park. Upon touring the land he gives the city relatively straight-forward advice that can be summed up in three words:

Don’t touch it.

Presque Isle Park is one of the most visited sites in Marquette County for good reason. With ease of access, this 323-acre forested peninsula extends into the water offering visitors unmatched views of Lake Superior.” – Travel Marquette

For those wishing to stretch their legs before the tour starts, we have mapped a relaxed 12-mile route to scenic Presque Isle. Note that the route will not be marked but cue sheets are available at registration and through RidewithGPS.

PARKING

Vehicle parking for the duration of the tour will be permitted in the designated Superior Dome parking lot. Please be sure to **ONLY** park in the designated areas! **Vehicles parked outside of the designated areas may be towed.** If you are unsure where the designated parking area is, please check with tour staff!

Parking lots are unsecured areas. Even though we have arranged with local police to patrol regularly, it is not advisable to leave valuables in your car.

LODGING INFORMATION

CAMPING:

Space will be provided at each site, with shower and toilet facilities. **No bikes or cycling shoes with exposed cleats are permitted in any school, as they can damage the floors.**

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.

The hours of 10:00pm to 6:00am are designated quiet time. Please do not make loud noises, put up/take down tents, pack luggage, rustle plastic bags, bang port-a-john doors, or run in the camp area during this time. Please report any disturbances to a staff member.

Indoor camping is not allowed. The exception will be Saturday and Sunday night when you will be camping inside the Superior Dome. In case of severe storms, all facilities will permit use of indoor space for shelter.

Comfy Campers offers tent services to all riders, with optional daily fresh towel and folding chair. For fees and more information visit <http://comfycampers.info/>. LMB assumes no responsibilities in connection with these services.

LIST OF CAMPSITES:

Marquette: Superior Dome, 1401 Presque Isle Ave, Marquette, MI 49855

Munising: Munising Public Schools, 810 Highway M-28 West, Munising, MI 49862

Manistique: Schoolcraft County Fairgrounds, Lake St., Manistique, MI 49854

Eben Junction: Superior Central Schools, E2865 State Rd M-94, Eben Junction, MI 49825

HOTELS:

Alternative lodging may not be available in every town. If you plan to stay in motels or B&Bs, be sure to book early. LMB does not provide shuttles to motels. Plan to take an overnight bag to the motel with you and leave your other bags in the truck. We will transport your larger items to the next location. For more information, contact:

- Michigan Travel Bureau (800) 644-2489 michigan.org
- Manistique: Schoolcraft Tourism & Commerce (906) 341-5010 discovermanistique.com
- Marquette: Marquette County CVB (906) 228-7749 travelmarquettemichigan.com
- Munising: Munising Visitors Bureau (906) 387-1717 munising.org

ARRIVING BY AIR

Commercial air service is available into the Sawyer International Airport (MQT) near Marquette, MI (sawyerairport.com).

If you are flying, **you may ship your bicycle to Quick Stop Bike Shop** in Marquette. Contact Eric Carlson at **(906) 225-1577** for details.

LUGGAGE & LUGGAGE TRANSPORT

LUGGAGE REQUIREMENTS:

Personal luggage is limited to **two soft-sided bags weighing less than 40 pounds each**. An [additional bag](#) may be purchased for \$35. Bags may be weighed if we feel they exceed this limit. Please do not strap any items to the outside of your bag.

We reserve the right to deny any bag that is too heavy or cumbersome, or require you to pay the additional bag fee. Please do not pack delicate purchases; mail them home instead. **We are not responsible for damage to luggage or contents.** While we will make our best effort to keep bags dry in the event of inclement weather, it is possible your gear could get wet. It is suggested that you stow your essentials inside plastic bags within your luggage or invest in a waterproof bag. Baggage identification tags will be provided at check-in. You may want to mark your bags distinctively to help you locate them.

LOADING:

Trucks will be available for loading at 7:00 am each morning. **Riders are responsible for loading their own luggage onto 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.

UNLOADING:

The trucks will be available for unloading as soon as they arrive on-site. Any riders who have finished the route are encouraged to assist with unloading, as it is a big job. All unloaded bags will be arranged on the ground during this process. **We want to thank in advance all riders who are willing to help each day!**

RIDER MEETINGS

Orientation Meeting – There will be an orientation meeting for all riders on **Saturday at 5:15 pm** at the Superior Dome. Please bring your rider booklet and a pen. We will cover any changes regarding this information. All riders are urged to attend this meeting.

Daily Route Briefings – Daily briefings will be held each night after dinner. They will provide detailed information about the next day's route, any changes, things to see, history of the area, etc.

MEALS

LMB will provide **breakfast and dinner** to all riders on most riding days. There are many charming restaurants and markets along the route which make great lunch stops. At registration, you will be issued a wristband which will be your ticket to all of the provided meals. These must **only** be worn on your wrist.

For health reasons, you are **required** to use hand sanitizer before each meal. Please do not take any breakfast food for your lunch. **Remember** that there are animals in the UP that would love any food that you might leave in your tent. Please plan accordingly.

FIRST MEAL:

The first meal for riders is breakfast on Sunday morning, served from 6:30 – 8:00am. Lunch and dinner in Munising on Wednesday **will not** be provided. Riders and family members are encouraged to enjoy the many fine restaurants in the Munising area.

The **final meal** for all riders will be breakfast at our last stop, Eben Junction.

MEAL SCHEDULE:

Breakfast is served from 6:30 – 8:00 am, with coffee available at 6:15 am. Dinners are served at 5:00 – 7:00 pm, unless otherwise noted. All lunches will be on your own. There are plenty of charming eateries along the route, so have fun exploring!

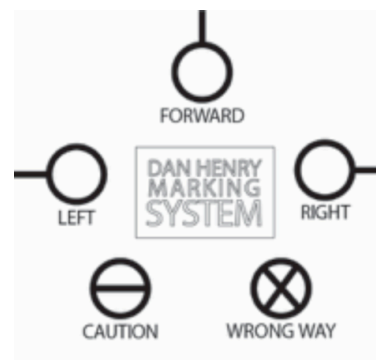
MENU:

Menus meet requirements for a standard American diet. Vegetarian choices are available. Local organizations provide many of our meals as a means of fundraising. Please express your appreciation for their efforts! Note: Our meals are **not** Gluten-free.

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. Supplemental electronic route files will be sent out several days prior to the start of the tour.



SAG SERVICE

SAG stands for "Support Assistance Group." SAG service begins at 7:30 am and ends at 5:00 pm. SAG vehicles are marked with orange flags and magnetic LMB decals. To stop a SAG, tap the top of 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 transport bikes to mechanics or bring injured/ sick bicyclists 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 at (517) 334-9100. 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. There are many towns and fruit stands along the route that can provide food and beverages. Please buy local!

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. Where cell phone coverage is weak, text messages may be more successful than calls.

RIDING WITH MINORS:

Children of all ages are welcome on the tour. Due to legal and insurance restrictions, 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. You will find that cell coverage is **often spotty or absent** in the Upper Peninsula.

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. 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 for any reason
- Harassment of other participants or 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

CANCELLATION AND REFUND POLICY

REFUNDS:

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 exceptions in our cancellation policy (including family, medical, or employment situations). We cannot offer credits.

To protect your investment, we recommend discussing trip insurance with your trusted provider.

Please read our Refund Policy carefully as it has changed effective November 1.

Before May 9, refunds will be issued minus a 25% cancellation fee. For requests between May 9 and June 26, 2020, **refunds will be issued minus a 50% cancellation fee. No refunds or transfers will be issued for requests made after June 26.** This includes the price of any add on items including bus, ferry and extra baggage fees. We do not offer exceptions for medical or other emergencies.

Refund requests must be made in writing via traditional post or email 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 issued during MUP for any reason, including:

- Participant arrived late to the tour
- Participant departed early from the tour
- Participant was asked to leave the tour for safety or behavioral reasons
- Participant paid for food, lodging, transportation, tickets or any other item which they did not use

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

CREDITS:

Unfortunately, we can no longer provide credits for any reason.

TRANSFERS:

Riders who are unable to participate in the tour may transfer their spot to another rider. Until June 26, 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.

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 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.

Both riders must notify LMB of the transfer in writing. 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 name, email, mailing address and phone number.

TRANSFERS, CONT'D:

If any side trip, transportation, or upgrade options are desired by the new rider which was not included in the original rider's registration, they may purchase these options by visiting LMB.org/tours and navigating to Shoreline West tour page. LMB will not act as an agent in any financial transactions between riders. Riders assume all financial risks in these transactions.

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.

Tour Cancellation:

The League of Michigan Bicyclists (LMB) reserves the right to cancel tours due to low enrollment in which case the participant's fees will be refunded in full.

The League of Michigan Bicyclists (LMB) may cancel or reroute an event due to the occurrence of any force majeure event or credible threat thereof, including but not limited to any Act of God, 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 a 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 a LMB Event due to a force majeure event.

MESSAGES & TEXT ALERTS

MESSAGES AND SITE INFORMATION:

Notes of interest to all riders will be posted near the information table at each site. Rider-to-rider messages may also be posted. Local site hosts will be on site to help direct you to area attractions.

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 **MUPLMB** to **84483**. This will be used exclusively for the MUP tour and will not add you to any other mailing lists. We will be very mindful of the number of messages we send.

EMERGENCIES AND ISSUES

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.

EMERGENCIES AND ISSUES, CONT'D:

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 in Michigan's upper peninsula can change quickly. It is **highly advisable** that riders sign up for MUP text alerts by texting **MUPLMB** 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 and found box throughout the tour, which is kept at the information table at each site. 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.

NIGHTLY SLIDESHOW:

SOCIAL MEDIA:

Please 'Like' our MUP [Facebook](#) page and add the hashtags **#MUPTour** 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!

MERCHANDISE:

LMB merchandise including past and current t-shirts, jerseys and other LMB merchandise will be on sale throughout the tour. Only merchandise authorized by LMB may be sold.

PREPARING FOR THE TOUR:

- Riders must be able to ride 30-80 miles a day, for 7 days. The terrain can be hilly.
- Riders must carry a tire repair kit (spare tube, patches, tire levers, pump or CO2 cartridge) and be able to change a flat tire.
- 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 repellent | |

CHECK LIST – in your luggage:

- | | |
|---|---|
| <input type="checkbox"/> Sleeping bag and sleeping pad | <input type="checkbox"/> Bike cover |
| <input type="checkbox"/> Tent | <input type="checkbox"/> Swimsuit and towel |
| <input type="checkbox"/> Ground cover | <input type="checkbox"/> Clothes line with pins |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Personal items, toiletries, and clothing |
| <input type="checkbox"/> Extra plastic baggies and bags | |
| <input type="checkbox"/> Camp clothes | |

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.

SAFETY PLEDGE, CONT'D:

I WILL RIDE DEFENSIVELY BY:

- Being aware of riders, vehicles, pedestrians, and road hazards. Consider a rearview mirror.
- 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 uphill climbs.
- 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.

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