# Shoreline West Bicycle Tour
## 2020 Rider Information

### Table of Contents

- Check-In ...................................................... 2
- Pre-Ride ....................................................... 3
- Bus Information ............................................. 3
- Mackinac Island Ferry Tickets ....................... 4
- Parking ......................................................... 5
- Lodging ......................................................... 5
- Getting to Michigan ........................................ 6
- Luggage & Luggage Transport ......................... 6
- Rider Meetings .............................................. 7
- Meal Information .......................................... 7
- Route Markings ............................................ 8
- SAG Information ........................................... 8
- Safety .......................................................... 9
- Cancellation & Refund Policy ......................... 10
- Messages & Text Alerts .................................. 11
- Emergency Preparedness ................................ 12
- Tour Essentials ............................................ 13
- Take the Safety Pledge .................................... 14
CHECK-IN

FOR 7-DAY RIDERS:

Montague High School - 4900 Stanton Blvd, Montague 49437

Check-in is **Saturday, August 1, 2:00 – 6:30 pm** and **Sunday, August 2, 7:30 – 8:30 am**. Please bring photo ID 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, 5:00 – 7:00 pm. **Your wristband** is your meal ticket and admission to use showers and other facilities.

FOR 3-DAY RIDERS:

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

Check-in is **Wednesday, August 5, 3:00 – 5:00 pm**, and **Thursday, August 6, 6:30 – 8:00 am**. Please bring photo ID to check-in.

It is possible that entertainment will be scheduled during the check-in period. We encourage you to arrive early enough to check in, set up camp, and join the fun. **Depending on the timing of the entertainment, the 3-Day rider orientation may be held during Thursday breakfast.**
Please bring your confirmation letter or ID to check-in. Camping will be at the Civic Center. The first meal will be breakfast on Thursday, 6:30 – 8:00 am. Your wristband is your meal ticket and admission to use showers and other facilities. Please place on your LEFT wrist.

**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 4 from 3:00 – 5:00 pm**. Early check-in grants you access to camping, showers, the optional route on Old Mission Peninsula or Suttons Bay, and dinner on Tuesday night. **Please do not arrive on Tuesday if you did not opt for the Early Check-in during registration.**

**PRE-RIDE**

For 7-Day riders wishing to stretch their legs before the tour starts, we have mapped a 30-mile route out of Montague and back, with options for more or less. A route map is included in the rider booklet you are given at check-in. The route takes you along some excellent swimming beaches on Lake Michigan, Block House Hill and past the White Lake Lighthouse. **Please note that this route does not feature SAG support.**

**BUS INFORMATION**

**PRE-TOUR BUS SCHEDULE:**

The pre-tour bus will leave from Mackinaw City Recreation Complex (see map below) on Saturday August 1st no later than 10:00 am. If you miss the bus, it is your responsibility to arrange transportation to Montague. The trucks will begin loading the bicycles at 7:00 am. Please allow at least one hour to check in and load your bike onto the truck. You must arrive no later than 9:00 am to load your bike onto the trucks and baggage onto the buses. Buses will make a lunch stop (not included in tour pricing) and arrive in Montague at approximately 3:00 pm. There is no camping in Mackinaw City prior to the tour.

**POST-TOUR BUS SCHEDULE:**

The post-tour bus will leave Mackinaw City High School on Saturday August 8 at 2:00 pm for both 3- and 7-day riders. Please allow enough time for yourself to take a shower and be at the staging area no later than 1:00 pm to load their bikes onto the trucks and baggage onto the buses. If you miss the bus, it is your responsibility to arrange transportation to Montague. The post-tour buses will stop for dinner (not included in tour pricing) and arrive in Traverse City at approximately 5:00 pm, then Montague at approximately 9:00 pm. Trucks travel a little slower and may arrive later than the buses. The truck drivers appreciate your patience. **NOTE: If you are riding the Post-tour bus you will not have time to visit Mackinac Island.**

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

**BUS LUGGAGE:**

See the "Baggage" section below for the baggage requirements. LMB reserves the right to weigh bags to ensure they meet the baggage weight limits.
PREPARING YOUR BICYCLE:
It is your responsibility to prepare your bike for loading on the trucks. This includes taking pedals off, turning the handlebars sideways, removing all loose items, and putting protective padding on the frame. Anything attached to the bike could be knocked off in transit. Tools will be available at the loading area for this task. You may protect the bicycle frame by wrapping it with newspaper, pipe insulation, or athletic wrap. The bike must move freely. We try to be as careful as possible, but we are not responsible for damage.

BUS LOADING SITE:
Mackinaw City Recreation Complex - 507 W Central Ave, Mackinaw City 49701
Just east of the high school.

MACKINAC 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 the 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.
PARKING

7-day riders taking the pre-tour bus may park at the Mackinaw City Recreation Complex (see ‘Bus Loading Site’ above).

All other 7-day riders may park at Montague Middle School (4700 Stanton Blvd, Montague 49437). It is located right next to Montague High School, our check-in and camping location. Riders may use the high school parking lot for unloading, but only private SAGs will be permitted to park there overnight.

All 3-day riders may park at Traverse City Civic Center - 1213 Civic Center Dr, Traverse City 49686

Riders wishing to leave a car must register their vehicle when they check in. Please be sure to only park in the designated areas! Unregistered vehicles or those parked outside of the designated areas will be towed. If you’re unsure about the designated parking, 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 for camping at each site, with shower and toilet facilities. There will be shower and toilets available in Mackinaw City only on the Saturday at the end of the tour. 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 10:00 pm to 6:00 am are designated quiet time. Please do not make loud noises, put up/take down tents, pack luggage, rustle plastic bags, bang porta-john doors, or run in the camp area during this time. Please report any disturbances to a staff member.

Indoor camping is not allowed. In case of severe storms, all facilities will permit use of indoor space for shelter.

Bubba’s Pampered Peddlers offers tent services to all riders, with optional daily fresh towel and folding chair. For fees and more information visit www.bubbaspamperedpedalers.com. LMB assumes no responsibilities in connection with these services.

LIST OF CAMPSITES:
Saturday – Montague High School, 4900 Stanton Blvd, Montague
Sunday – Ludington High School, 809 E Tinckham Ave, Ludington
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 – Charlevoix High School, 5200 Marion Center Rd, Charlevoix
Friday – Harbor Springs Middle School, 800 State Rd, Harbor Springs
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 [www.michigan.org](http://www.michigan.org)
- West Michigan Tourist Association, 800-442-2084 [www.wmta.org](http://www.wmta.org)

**Or local chambers of commerce and visitor bureaus:**

- Montague – White Lake Area Chamber: [www.whitelake.org/lodging](http://www.whitelake.org/lodging)
- Ludington Area Chamber of Commerce: [www.ludingtoncvb.com](http://www.ludingtoncvb.com)
- Frankfort – Benzie Area Visitors Bureau: [www.visitbenzie.com](http://www.visitbenzie.com)
- Traverse City – Traverse City Visitors Bureau: [www.visittraversecity.com](http://www.visittraversecity.com)
- Charlevoix – Charlevoix Visitors Bureau: [www.visitcharlevoix.com](http://www.visitcharlevoix.com/)
- Mackinaw City – Mackinaw Area Visitors Bureau: [www.mackinawcity.com](http://www.mackinawcity.com)

**GETTING TO MICHIGAN**

**ARRIVING BY AIR:**

- **Muskegon Airport** is about 25 miles from Montague by car and 32 miles by bike.
- **Gerald Ford airport** in Grand Rapids is a larger airport and is about 70 miles away by car. Car rentals are available at each of these airports.
- **Pellston** is the closest airport to Mackinaw City.
- **Traverse City** has its own airport.

We do not provide a shuttle to and from airports. Check with individual airports regarding ground transportation options.

**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](http://lake-express.com) for more information.

**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

7-Day Riders will have an orientation meeting at Montague High School on Saturday from 6:45 – 7:30 pm. Please bring your rider booklet and a pen.

3-Day Riders will have an orientation meeting at the Traverse City Civic Center on Wednesday evening. Please bring your rider booklet and a pen.

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 each riding day. There are many restaurants and markets along the route which can provide you with lunch. At registration, you will be issued a wristband which will be your ticket to all provided meals. These should 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. Once you have finished your meal, be sure to take your conversation to other locations in order to make seating available to others.

FIRST MEALS:
The first meal for 7-Day riders is dinner in Montague on Saturday. For 3-Day riders, the first meal is breakfast in Traverse City on Thursday. Those 3-Day riders who opted for early check-in may eat dinner on Tuesday and afterwards.

The final meal for all riders will be breakfast at our last overnight, Harbor Springs.

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

Supplemental electronic route files will be sent out several days prior to the start of the tour. Detailed 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 are marked with orange flags and magnetic LMB 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 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! As usual, volunteers will be serving watermelon at the top of Arcadia Hill (aka Watermelon Hill).

**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 on the route and in camp. 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. 13).
• 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
• 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 a refund or credit.

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.

Until June 2, refunds will be issued minus a 25% handling fee. For requests between June 2 and July 17, 2020, refunds will be issued minus a 50% handling fee. No refunds or transfers will be issued for requests made on or after July 17. 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 given for the following reasons:
• 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 items 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 July 17, 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.

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 and amenities.

**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 WESTLMB to 84483. This will be used exclusively for the Shoreline West tour and 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 AND ISSUES

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

NIGHT ISSUES:
An number 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 Shoreline West text alerts by texting WESTLMB 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 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.

BIKE REPAIR:
D & K Bike Service of Saint Johns will accompany the tour. Charges for necessary labor and replacement parts are to be paid directly to Dave and Keith the mechanics.

SOCIAL MEDIA:
Please ‘Like’ our Shoreline West Facebook page and add the hashtags #ShorelineWest and #LMBTours to any photos you post. You can also follow us on Twitter and Instagram at @MIBicyclists.

MERCHANDISE:
Extra T-shirts, tour 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):
- Helmet – REQUIRED
- Rain and cold weather gear
- Photo ID
- Insurance card
- Credit card/ cash
- Sun block
- Sunglasses
- Insect repellant
- Tire repair kit - REQUIRED
- Cell Phone
- Riding gloves
- Water bottle (or two!)
- Bike lock
- Medication as necessary
- Basic first aid supplies

CHECK LIST – in your duffel bags:
- Sleeping bag and sleeping pad
- Tent
- Ground cover
- Flashlight
- Extra plastic baggies and bags
- Camp clothes
- Bike cover
- Swimsuit and towel
- Clothes line with pins
- Personal items, toiletries, and clothing
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. LMB recommends the use of 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.*

© 2018 League of Michigan Bicyclists