



Cycle for Shelter

Sunday, September 19, 2021

Northern Essex Community College (Haverhill campus)
100 Elliott St., Haverhill, MA

Shine Ride Only! If the ride needs to be canceled because of SEVERE inclement weather, we will notify all riders via email and social media (Facebook/Instagram) by 5 a.m. on Sunday, Sept. 19.

15-Mile Rider Information

This year the ride begins and ends from the **Sport and Fitness Center** at Northern Essex Community College.

1. After getting your rider packet, be sure to get your goodie bag!
2. Collected pledges may be turned in at the Registration Table.
3. Riverside Cycle will provide bike checks near the starting line at the college, and at the Hampton and JAMACO (Amesbury) Rest Stops.
4. Please gather at the start line by **10:15 a.m. for the 15-mile ride**. Riders with Cycle for Shelter jerseys will be asked to move to the front and lead riders through the start!
5. If you need information or assistance during the day, please ask any of our volunteers who will be wearing gray volunteer T-shirts, or our event staff who will be wearing purple polo shirts or Cycle for Shelter jerseys.
6. Route support can be identified by yellow flags and/or window signage. All have First-Aid kits, water, and basic bike repair kits.
7. Radio operators are based at rest stops and on the route. They are able to communicate with the college, support vehicles, and all rest stops.
8. The 911 system **must be used** if there is a serious injury.
9. *If a radio operator is not available, call 351-215-1469 if you need assistance, if you are lost, or to report if you are unable to return to the finish. This emergency # is on your wristband and map.*
10. The Route is marked by eye-level route signs that are color-coded: Blue for 62-miles; Purple for 25-miles; and Orange for 15-miles.
11. NOTE: Temporary signs can be tampered with. If in doubt, rely on your map/cue sheet, or GPS directions.
12. The post-event cook-out party will start at 11:30 a.m.
13. **Restrooms in the C building and the Sport and Fitness Center. THIS YEAR WE WILL NOT BE HAVING SHOWERS. We will have a supply of body wipes on hand—please see the rider check-in table after your ride for a body wipe should you need one.**
14. This is NOT A RACE. This is a guided ride with one rest stop.

*****PLEASE TURN OVER*****

DO NOT FORGET TO CHECK IN SO WE KNOW YOU ARE BACK SAFELY.

Please call 351-215-1469 if you decide to go home without checking in. We need to know you are safe. If you do not check in, we will be calling you, and if we cannot get you, then we will be calling your emergency contact.

SAFETY ON THE ROUTE

The top priority of this event is your safety and the safety of others.

- Helmets must be worn at all times.
- No headphones, please.
- Parents/guardians are responsible for riders under 18.

Be careful when riding in groups, passing slower riders, and while cars are trying to pass you. The pavement conditions on route vary from new and smooth to patched and pot-holed. Work crews may be operating today. Please ride single-file.

OBEY ALL THE RULES OF THE ROAD

Law-abiding actions send a message:

“I belong here & I’m going to share the road in a predictable and courteous way; just as I expect you to.”

Have a safe ride! Thank you for ALL your support!

You are given until October 1, 2021 to collect all donations and meet the minimum fundraising requirement of \$250. You can do it!

If you have any questions or concerns, please contact Margot Regan, Event Manager, at 978-241-3425 or at margot@emmausinc.org.

15- milers please be aware on route:

***There are no bathrooms at the Rest Stop at Biggart’s. If you need to use the bathroom, please stop at the Dunkin’ Donuts or the Mobile Station located just before the rest stop.**

***The ride will take you along Route 110 at two points. There is a wide shoulder, but please use caution.**

***The Ride will cross the on and off ramps to Route 495 from Route 110 at mile 11.2. There will be police officers to guide you across these ramps.**

***Enjoy your Ice Cream!!**

Enjoy the Ride!