



Cyclist Information

Thank you for registering for the cycle portion of our event. Please take note of the following information.

- ⌚ There are 2 rides – 50 Mile and 20 Mile. Please be sure to register for the ride you are prepared to complete.
- ⌚ Each route will be well marked with arrows pointing toward the cycling direction.
- ⌚ Each ride will have the appropriate number of “Ride Leaders” and SAG wagons. Ride Leaders will Lead the way of the route and set the pace. The Ride Leaders will position themselves along the group at different pace levels. (fast pace ahead, slower pace behind)
- ⌚ Each cyclist must be self-sufficient for the ride distance that they register for.
- ⌚ SAG support are vehicles that follow the tail end of the cyclist group. If a cyclist has a bicycle malfunction the cyclist and bicycle will be picked up and transported (follow the tail end of the ride). If a cyclist is having a hard time keeping up with the group, SAG support must transport the cyclist to the upcoming rest stop in order to rejoin the group. When offered SAG support a cyclist shall not turn it down. In turning down a SAG support, the SAG support will move up the line to rejoin the tail end of the larger group of cyclists.
- ⌚ There will be minimal technical support available on either ride therefore each cyclist shall carry 2 extra tubes in the event of a flat. Ride Leaders will assist in changing flats, or minor repairs such as dropped chains or minor adjustments, but will not carry additional tools nor provide cycling supplies.
- ⌚ Each cyclist should carry at least one water bottle in order to keep hydrated.
- ⌚ There will be 2 rest stops on the 50 mile ride and 1 stop on the 20 mile ride. At each rest stop each cyclist may refuel with provided water, gatoraide, oranges, bananas, peanut butter and jelly sandwiches. If you require additional fuel please be prepared to bring it with you.
- ⌚ Please refrain from using headphones while riding. Please be alert to all surroundings.
- ⌚ Cyclists must follow all rules of the road. All cyclists shall ride with traffic, stop at red lights, stop signs, etc. All Cyclists shall call out or signal turns, stops, cautions, etc.
- ⌚ All cyclists must wear a cycling helmet. Cyclists not wearing a helmet on ride day will not be able to participate in this event.
- ⌚ Ride maps, Que sheets and gps files will be available to registered riders one week prior to the event.

VERY IMPORTANT

50 Mile Cyclists will be starting at a location TBD NOT at Savin Rock.

Cycle Jersey's are available for purchase at an additional fee. Please check the website for more information.

Still have questions??? Call the EFCT office at 800-899-3745 or email allison@epilepsyct.com

THANK YOU!!!