



2019 ALS TDI TRI-STATE TREK HANDBOOK

Please note that the details in this handbook are subject to change.

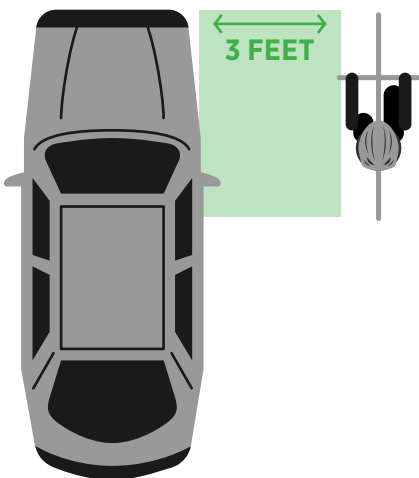
**June 21-23, 2019
The Ride to End ALS**

Safety is our first and foremost concern. We need everyone's help in order to get from Boston to Greenwich and back safely.

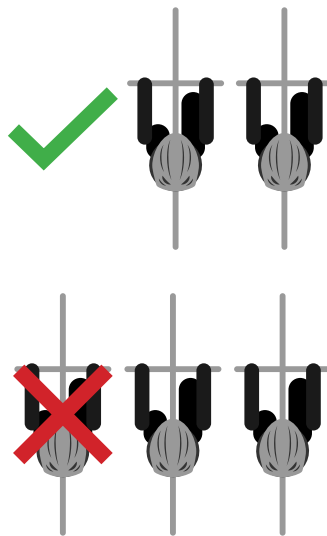
IMPORTANT REMINDERS

- Stay alert at all times. Watch for cyclists, cars, and other obstacles. Drive with care. Do not speed. Obey all traffic laws and police.
- DO NOT drive behind or next to cyclists for prolonged periods of time. Use care when passing the riders. Use your hazards. Find a safe place to pass, and overtake the riders.
- Use care when parking. DO NOT park or idle on the route. Obstructing the route is dangerous. Find a safe place to pull over off the route.
- DO NOT use cell phones while driving
- DO NOT text while driving.
- The only vehicles allowed on the route, including in rest stops and lunch stops, are route support and rest stop/lunch stop Three-Day Crew vehicles at their respective stops.
- There are First Aid Kits in each Road Support Vehicle and at each Rest Stop.
- Head injuries must be cleared by the Medical Crew.
- The number for Dispatch is 617-441-7211.

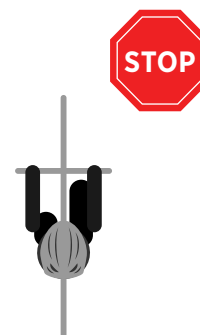
VEHICLES SHOULD MAINTAIN A DISTANCE OF NO LESS THAN 3 FEET, WHEN PASSING BICYCLES



DO NOT RIDE MORE THAN TWO AHEAD



FOLLOW VEHICULAR TRAFFIC LAWS



EMERGENCY PROTOCOL

Start Line Location

Boston College | 200 St. Thomas More Road Chestnut Hill, MA

Thursday, June 20

3:00PM	Participant Check-In Opens
3:00PM	Bike Tech Opens
6:00PM	Dinner Opens at Corcoran Commons
7:30PM	Participant Check-In Closes
8:00PM MANDATORY	Crew Review at Corcoran Commons

Friday, June 21

4:45AM	Check-in Opens / Crew Meets
5:00AM	Breakfast Opens at Corcoran Commons
5:50AM	Route Overview at Starting Line
6:00AM SHARP!	Ride Out!

Friday Overnight & Saturday Departure Location

University of Connecticut | Snow Hall, South Campus, Storrs, CT

Friday, June 21

12:00PM	Welcome BBQ Opens
1:45PM	Riders Begin to Arrive
5:00PM	Dinner Opens
6:00PM	All Riders In
7:00PM	Bus to Boston
8:30PM	Dinner Closes

Saturday, June 22

6:30AM	Breakfast Opens
7:30AM	Ride Out!

Saturday Overnight & Sunday Departure Location

University of New Haven | Westside Hall 300 Boston Post Road, West Haven, CT

Saturday, June 22

1:00PM	Welcome BBQ Opens
1:30PM	Riders Begin to Arrive
6:00PM	All Riders In
6:00PM	Dinner Opens
7:00PM	Speeches and Awards

Sunday, June 23

4:45AM	Breakfast Opens
5:00AM	Slower Rider Ride Out (Riders: Please Use Glow Sticks)
7:30AM	Faster Rider Ride Out

Finish Line Location

Roger Sherman Baldwin Park | 100 Arch Street, Greenwich, CT

Sunday, June 23

11:00AM-2:00PM	Riders Climbing John Street in Greenwich, CT
1:00PM-2:30PM	Finish Line Opens
2:00PM	All Riders Leave John Street
3:00PM	Finish Line Picnic Begins
4:00PM SHARP!	All Riders Expected In
5:00PM	Shuttle Back to Boston

Additional Scheduling Information

Optional Thursday Night Accommodations

Thursday, June 20 accommodations in the Boston College dormitories are available at cost (\$50, based on double occupancy). Select the option during your Trek registration. **YOU MUST PROVIDE YOUR OWN PILLOWS, TOWELS, AND LINENS**

Kick Off Dinner

Thursday, June 20, on the Boston College campus at 6:00PM. RSVP on registration, first come-first serve. The dinner will be paid for by the Tri-State Trek.

Crew Meeting 8:00PM Thursday

All Crew must attend a Crew Meeting to go over job positions, load-in event equipment and discuss general weekend logistics. The Crew Meeting will take approximately 25 minutes. Contact will be made by Crew Captains in June to discuss the coordinating of responsibilities.

Friday Morning Breakfast and Check-In

Friday morning check-in opens at 4:45AM and participants who did not check-in on Thursday will need to do so Friday morning. We will provide coffee and breakfast items starting at 5:00AM. Riders can fill their water bottle with water and/or Gatorade.

Luggage Drop

Riders and Crew should bring all personal luggage each morning to the luggage truck. All luggage will be transported by our crew to our overnight locations and finish line. Day bags are highly encouraged to carry any items that you would like to have throughout the day. Please carry all prescription medication with you at all times.

INFORMATION FOR RIDERS AND CREW

SAFETY

Safety is our first concern. We do everything possible to make certain we are producing an event that is safe and we need your help. We ride on open roads and there are inherent dangers and hazards in doing so. Please help us make sure your experience in the Tri-State Trek is a safe one.

- Riders - An approved SNELL or ANSI helmet is required for all riders
- Riders - Ride responsibly, under control and always obey all traffic laws
- Crew and Riders - Stay well fed and well hydrated
- Crew and Riders - Stay alert and aware at all times
- Crew and Riders - Carry a cellular phone for emergency purposes, Riders, please make sure your cell phone is securely stored.
- **Friends & Family – USE CARE driving on our route. NEVER Park or Live Park on the route.**
- **Do Not Text While Driving Or Riding.**

THINGS TO KEEP IN MIND

- Each one of us has at least one thing in common, the desire to help. Let that spirit flow throughout the weekend. Help each other. If you see someone struggling with their gear, give them a hand. If you pass a stopped rider, ask if they're okay and assist if you can.
- Riders and Crew – stay hydrated. If you notice someone not drinking, hand them some water and encourage them to drink.
- Replace the salt. Another danger is Hyponatremia (water intoxication), a condition where your body takes in too much water causing a dilution of the salt content in your body. While drinking water, make sure you consume electrolytes/sodium/salt -- enjoy the pickles!
- Eat. If you want to be able to keep pedaling you'll need to keep that tank full, and you don't want to wait until you're hungry. If you wait until your stomach is growling before you eat, your body won't have enough energy to digest the food.

QUICK OVERVIEW

- The Tri-State Trek is a ride, not a race. Every cyclist travels at his or her own pace.
- The course is difficult - there are hills - but, it's not impossible. Train hard and you'll do great!
- There are rest stops every 15 to 20 miles and plenty of support vehicles for riders who need to be picked up, but participants should go into the event expecting to ride 270 miles.
- We ride out of Boston College in Chestnut Hill, MA at 6:00am on Friday, June 21. All meals and snacks are provided.
- A shuttle from our finish in Greenwich CT, to the Start Line at Boston College is available on Thursday June 20, and Sunday June 23. There will also be a shuttle from UConn to the Boston College on Friday evening for any Day One riders. There will be NO shuttles offered from University of New Haven back to the Start Line on Saturday evening.
- Long term parking is available in Chestnut Hill, MA and Greenwich, CT.
- We finish at Roger Sherman Baldwin Park with a Finish Line Picnic.

WHAT TO PACK (Riders and Crew)



- Please pack as lightly as possible and bring only those items essential to the weekend.
- Overnight luggage will be placed on luggage trucks and sent ahead to our locations.
- Riders and Crew should consider bringing a small backpack or day bag. **Please make sure you pack a sealable bag! If you pack an open-top tote or canvas bag, your belongings will fall out.**

- Personal Items:
 - Daytime clothing – light, comfortable fabrics
 - Sneakers, sandals and or flip flops
 - Rain Gear
 - Comfy clothes for overnights
 - Identification, Money, Credit Card
 - Prescribed Medication (Please carry with you on the road. Do not pack meds in your luggage.)
 - Towels and a Toiletry Kit
 - Bedding – **Bedding is not provided**
 - Sleeping Bag, Top Sheet, Pillow

- Cycling Gear:
 - Tuned-up Bicycle with Pump
 - Saddle Bag with Repair Kit
 - Two (2) Inner Tubes
 - Two (2) Water Bottles
 - ANSI or SNELL Approved Cycling Helmet
 - Cycling Shorts (at least 2 pair), Cycling Jerseys (at least 2)
 - Cycling Socks (at least 3 pair)
 - Cycling Gloves
 - Raingear, Sunglasses, Sunscreen, Lip Balm

- Suggestions for Crew:
 - Day bag or backpack
 - Sturdy shoes
 - Sunglasses, Hat, Sunscreen
 - Raingear

PARKING, TRAVEL, DRIVING DIRECTIONS & OTHER LOGISTICS

SHUTTLE SERVICE

- There are shuttles available to our start line in Chestnut Hill, MA from our finish line in Greenwich before and after the event. Shuttles to the Trek leaves Greenwich, CT at 12:00pm on Thursday, June 20. The shuttle to Boston leaves at 5:00pm on Sunday, June 23.
- We have a shuttle on Friday from UConn to Chestnut Hill for one-day riders.
- Riders sign up for a shuttle bus at time of registration but can adjust this option at any time afterwards.

WEEKEND PARKING



- Start Line: Boston College, Beacon Street Garage, 2599 Beacon Street, Chestnut Hill, MA.
- Finish Line: Greenwich, CT at Horseneck Parking Lot, Horseneck Lane and Arch St.
Click [Here](#) for a map.

BIKE SHIPPING: PLEASE NOTE BIKE SHIPPING DETAILS HAVE CHANGED, READ CAREFULLY

- **Riders are responsible for bike shipping details. All we do is suggest with whom to organize shipping.**
- Please ship for arrival by June 15 to Urban Adventours.
- Urban Adventours is located at the address below and can be reached via phone at 617.379.3590
- We recommend you use UPS to ship your bike to Urban Adventours. You MUST buy a return shipping label and include it in the package to get your bike returned to you.
- Bikes will be assembled at Urban Adventours and transported to the Boston College starting line.
 - Urban Adventours
103 Atlantic Ave.
Boston, MA 02110
ATTN: Tri-State Trek

BIKE RENTALS FROM Urban Adventours

Not sure if your bike is up to snuff or not interested in paying for shipping? You can rent from Urban Adventours by visiting their website. Participants must make their own rental arrangements. Urban Adventours will deliver your rental to Boston College and pick it up from a Tri- State Trek representative after the ride.

OTHER BIKE TRANSPORTATION

- We can transport bikes to our Start Line in Chestnut Hill, from the finish Line in Greenwich on the shuttle pre-ride if you have paid to take it.
- Bicycles will be available for pickup at Boston College when riders return Sunday evening. Bikes not picked up on Sunday night will be available by appointment Mon-Tues of the following week at a place to be determined.

FRIDAY AND SATURDAY OVERNIGHT INFORMATION

- Participants will be staying in dormitories at UCONN and University of New Haven, and will be paired up randomly, unless a preference is specified in advance. (If you have not requested a roommate we will assign you a room with someone of the same gender. We will also do our best to keep teams roomed together or near each other.)
- The rooms at UCONN and University of New Haven are dormitories and are all air-conditioned. **In the past these rooms have been very cold.** Please pack sheets and blankets.

THURSDAY EVENING INFORMATION

- Riders and Crew coming from out of town can stay at Boston College dormitories at cost (\$50, based on double occupancy) on Thursday, June 20.
- For other hotel options around Boston College visit <http://www.bc.edu/admission/undergrad/visits/campusvisit/hotels.html>



- We offer a kick-off dinner on Thursday Evening on the Boston College campus on Thursday, June 20. The dinner is free, but space is limited, you must RSVP during registration to secure your spot. Dinner is served at 6:00pm. This is your chance to greet old friends and meet some new ones.

FRIENDS AND FAMILY INFO

START LINE

- We leave the Boston College Campus in Chestnut Hill, MA at 6:00AM on Friday morning.
- Come see us off! We love the support!

FINISH LINE

- The finish line picnic in Greenwich, CT is an event not to miss. Riders can arrive at any time, but the group is expected at 3:00PM.
- Tickets for friends and family at \$15 per person to be paid at the registration table. There is no charge for crew and riders.

HILL CLIMBING ON JOHN STREET IN GREENWICH, CT

First riders are expected on John St. by about 11am and the group will depart for Roger Sherman Baldwin Park at 2pm.

All Riders are expected at the finish line by 3:00pm for our finish line picnic.