



Welcome to the 2014 Minneapolis Bike Tour! The following is helpful information as you prepare for the event. **We encourage you to read all information carefully.**

#### **Participant Check-in Times**

**Location:** Boom Island (724 Sibley St. NE Minneapolis, MN 55413)

**Dates/Times:** **Saturday, September 13<sup>th</sup>**, 11am-1pm

**Sunday, September 14<sup>th</sup>**, 6:30am-8am

*All participants must be on the route by 8:00am on Sunday. (T-shirts will be available for pick-up at check-in.)*

#### **Transportation/Parking:**

**Saturday:** Regular (including street) parking in the area will be available.

**Sunday:** Free parking for approximately 1000 vehicles will be available in parking lots at 1100 Marshall St NE, 385 9<sup>th</sup> Ave NE, 800 Marshall St NE and at 52 9<sup>th</sup> Ave NE. Please allow yourself extra time if you plan to use these lots due to high traffic volume.

The Minneapolis Park and Recreation Board encourages Minneapolis Bike Tour participants to arrive by bike on Sunday, if possible, to minimize vehicular traffic around the Boom Island Neighborhood. Multi-modal transportation is also encouraged. There will also be a rider/bike drop on Sunday at B.F. Nelson Park (434 Main St. NE Minneapolis, MN 55413).

*Please be advised that affected parkways along the route will be closed the day of the event by 6:00am.*

## General Information

- Each participant is required to wear a helmet throughout the duration of the ride.
- For safety reasons, the use of headphones and cell phones on the route is prohibited.
- Please bring a water bottle.
- Please prepare for the weather.
- For the duration of the ride, slower riders should **STAY TO THE RIGHT** to avoid congestion for all.
- Please bring an ID (for safety purposes on the route) and cash with you for food and/or merchandise at the event afterwards.
- Please bring only what you need and can carry for the ride, as there will be no place to store your personal items during the ride.
- Check your tire pressure, brakes, chain and wheels prior to arriving at the event.

## Water Stops

There will be one water stop and one pit stop along the 16 mile course, three water stops along the 25 mile course and four water stops and one pit stop along the 32 mile course. Each water stop will have water and snacks; however sports drink will not be available. You are welcome to bring sports drink of your own on your ride! The water stops will have varied food such as: fruit, cookies and snacks. Pit stops will only have bathrooms and water. Water and snacks will also be available at the Finish Line and additional food will be available for purchase at the event afterwards.

The water stops will follow strict opening and closing hours, and segments of the parkway will re-open at designated times. Anyone still on the route after water stops and segments of the route closure may choose to move off the parkway and complete their ride on the paved trails, or they may have a SAG Wagon transport them and their bikes back to Boom Island.

### Water Stop Hours:

Water Stop 1 - Open from 7:45am-9:45am (Short Route)

Pit Stop 2 - Open from 8:00am-11:00am (Short Route)

Water Stop 1 - Open from 7:45am-9:45am (Intermediate & Long Routes)

Water Stop 2 - Open from 8am-11am (Intermediate & Long Routes)

Water Stop 3 - Open from 8:30am-12:00pm (Intermediate & Long Routes)

Water Stop 4 - Open from 9:00am-1:00pm (Long Route)

Pit Stop 5 - Open from 9:15am-1:40pm (Long Route)

### Please plan accordingly

#### Estimated Route Times (including time for water/pit stops)

Type of Rider	16-mile route	25-mile route	32-mile route
Casual (6mph)	3 hours	4 hours	--
Interim (10mph)	2 hours	3 hours	4.5 hours
Experienced(15mph)	1.5 hours	2.5 hours	3.5 hours

**16 mile route times: 7:30am-11:30am (Short Route)**

**25 mile route times: 7:30am-1:30pm (Intermediate Route)**

**32 mile route times: 7:30 am-2:00pm (Long Route)**

*Participants may start the route anytime between 7:30am and 8am. Riders will be sent off in waves to ease congestion. **Slower riders are encouraged to stay to the right. All riders must be on the course by 8am.***

*Parkways and roads will reopen to vehicular traffic following the last riders on the course within the times listed above, with the entire course open by 2:00pm.*

**See you on Sunday, September 14<sup>th</sup>!**

**Minneapolis Bike Tour Staff**