



# **AMERICA BY BICYCLE**

# **RIDER KIT**

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# *America by Bicycle, Inc.*

April 2016

Dear Across America North Rider,

Welcome to the America by Bicycle family! Thanks for your commitment to participate on our upcoming **Across America North**. We are certain you will find this to be one of the most memorable adventures of your lifetime.

Attached for your review is the **2016** Rider Kit. This is a comprehensive information pack. Read through this kit carefully. Once you have read it, read it again! It is important you take your time and completely understand all the pre-ride requirements. This kit will help you train and be better prepared for the tour. The more prepared you are, the better your experience and the easier your transition to life on the road.

Please fill out and return any outstanding forms to the office by **May 27, 2016**, along with any additional premiums you owe. If you have a question on what forms you are missing, please call the office.

Please note: The Across America North Ride travels through the U.S.A. and Canada. As we cross international borders, you will be asked for identification and country of origin (birth). Therefore, plan to bring a passport. If you are a U.S. resident, you can no longer rely on your drivers license and passports are now required.

If any unexpected changes arise in your schedule and you are unable to attend the tour this year, please notify us immediately. This will allow us to make changes in our ride logistics. If you have any questions or issues accessing the Rider Kit, please reply to this email or call the office directly.

We look forward to meeting you in just a few short months and riding together.

Sincerely,

*Douglas Torosian*

Douglas Torosian

Director

& all the Staff at America by Bicycle

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# America by Bicycle, Inc.

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With a few months left until we meet, we are writing now to help you plan for the busy days ahead. When you finish reviewing this material, if you have any questions, give us a call. There is someone in the office Monday through Friday between 9:00 a.m. - 5:00 p.m. EDT.

## **ASTORIA, OREGON - OPENING DAY:**

We will be gathering at the Holiday Inn Express, 204 W. Marine Drive, Astoria, Oregon on Sunday, June 19. Plan to arrive 12:00 p.m. for registration/orientation sessions scheduled for that day. Please note, Astoria is 100 miles (three hour car ride) from the Portland Airport. If you cannot arrive before 12:00 p.m. (June 19), plan to arrive a day earlier. The purpose of opening day is to welcome in all the cyclists, assist in reassembling bicycles out of shipping boxes, host registration and have an informal mixer so cyclists get a chance to meet each other. We will also have a comprehensive orientation session, to run through how our support system works, what you can expect from America by Bicycle and what we expect from you, the cyclist. We begin covering the hotel accommodations that evening. On Monday, June 20, we'll get up, have breakfast and begin cycling. Please review the enclosed schedule of events for opening day and plan to attend all the activities.

A tradition for cross country cyclists is to touch the Pacific Ocean when departing Oregon and again upon arriving in New Hampshire, the final day at the Atlantic Ocean. On Opening Day (June 19), after your bicycle has been assembled and safety checked, plan to cycle over to the Oregon Coast and touch the Pacific Ocean (wheel dip). There will not be time on Monday (June 20) as we will begin cycling east toward Portland.

If flying, plan to fly into Portland, Oregon. For transportation to Astoria and the Holiday Inn, there are a few options, but the cost is up to you. With the increase in the price of fuel, the bus is by far the cheapest bet to Astoria. You may also rent a car with drop off in Astoria.

**Rental Car** - Hertz at 800-654-3131. Pickup car at Portland Airport and drop off in Astoria.

**Shuttle Service** - Raja Tours\* at 503-524-4386 ([rajatourspdx.com](http://rajatourspdx.com)) or Airport Time Shuttle at 503-849-4521.

**Bus Service** - Greyhound (Cowlitz) 800-231-2222 or 503-243-2333. Portland to Astoria - \$20 per person (one way) 9:10 AM and 6:00 PM (approximately 3 hour bus ride).

The bus can be easier than you think, a 2005 Alumni suggests: "I arrived at Portland International around 12:30 p.m., collected my luggage, purchased a 2 hour limited use train ticket from a vending machine for \$.75 and walked out the end of the terminal to the train tracks. A train arrived within 10 minutes. After arriving in downtown Portland, I had to walk about 1 1/2 blocks to catch a bus to the train station to connect with my 6:00 p.m. Amtrak bus to Astoria. I made my bus reservation on the Internet on the Amtrak website. The bus ticket cost is \$20.00 and \$14.75 for those over 65. The bus dropped me off in front of the Holiday Inn Express in Astoria. The train station had a place where I could check my luggage for \$1.00 per bag. I did that due to the amount of time I had to kill in Portland. The train station is an easy walk (without luggage) to downtown Portland.

If flying into Portland International Airport, check with **ALL** airlines to secure a flight at a reasonable rate. If you need to fly to Portland and home from Boston Logan International Airport, ask your Airline or Travel Agent for an "Open Jaw" Ticket. This is a round trip ticket **that** starts and ends at your home location and the rate will be cheaper than obtaining 2 one-way tickets.

## **SUPPORT TEAM:**

To help you achieve your cycling goal, we've assembled a friendly, highly experienced support team. They were all handpicked for their expertise, attention to detail and dedication to serve as support staff to enable you to have a successful and enjoyable experience. Whether it's cycling across town or coast to coast, you will not find a friendlier, more experienced group of people than on an America by Bicycle support team. This year's support team includes: Karen Bauer, Jim Benson, Judy Clawson and Pam Shedd.

## **TRAINING:**

You don't need to be a Tour de France contender to do a ride like this! Just about any healthy individual can do it with the proper training. The key is consistent riding. You don't have to be fast, just persistent. You can ride at your own pace with one goal in mind...finish the day, then do it again tomorrow. Training for a ride like this is important, but you don't have to kill yourself in the process.

For the average cyclist, plan to train for 6 to 9 months prior to the ride start. For new or novice cyclists, use a 12-18 month time frame. If you cannot get on the bike as often as you would like because of weather or time restraints, etc., try other cross training activities that will condition your cardiovascular system and endurance. Ride as often as possible to give yourself time on the bike. Follow the Century Training Guide to build up to cycling a century. Once you can complete a century comfortably, keep riding consistently, generally 150-200 miles per week. If you can ride 150-200 miles a week for 2-5 months and can stretch it out to 250-350 miles per week the last 5-8 weeks before you show up, you'll have no problem on an America by Bicycle long distance bicycle tour that averages 80 miles a day. Ride regularly during the week and do back-to-back 75-100 mile days on the weekend to get used to consecutive long days in the saddle.

Be sure you are incorporating hills in your training program. You will find the Across America North Tour will have some significant climbing. Remember, a coast-to-coast, ocean-to-ocean tour, means you will see and cycle on every type of terrain ... from rolling hills, to dead flat, to mountain passes, you will need to be prepared. Make sure you are comfortable climbing and have appropriate gearing to get over all the hills.

The more you ride before the tour begins, the better you'll feel on the ride. People who don't train enough, have a couple tough days until they get used to the daily mileage. The best advice, once you start the ride, don't push it too hard. Give yourself a few days to get accustomed to the long days on the saddle. You'll be doing 500-600 mile weeks on the ride, so give yourself a few days to get used to that kind of mileage. If you get too tired early in the ride, it's very hard to recover daily.

## **BICYCLES:**

Everyone realizes the importance of starting a ride of this magnitude in top physical condition, many overlook the importance of bringing a bicycle in top shape and up to the mileage challenge, too. We are not implying you need a new bicycle to do this ride (even a new bike may not be mechanically ready for a ride like this if it's not prepped properly), but it is your responsibility to bring a bicycle that fits you correctly, you are comfortable on, and one that's in sound, mechanical condition.

A trip to the local bike shop for a "tune up" is not enough, your bike will require more. A tune up only checks for obvious loose bearings and adjusts your shifting. Your bike of choice needs a complete overhaul within 6 months of the ride start to include a thorough disassembly, cleaning, lubrication, and replacement of any worn or corroded parts. See the enclosed bike service checklist. You absolutely **need to** start with a new chain and free-wheel/cassette, tires, tubes and rim strips. The start of a long distance tour is not the place to realize you need a new chain or have a cracked rim.

Out on the road, you'll ride in every imaginable condition you probably haven't ridden before, so your bike will have little squeaks that will drive you mad if you don't take care of it before you leave. If you neglect this important pre-ride step, you stand a good chance of spending an inordinate amount of time broken down along the side of the road or at the mechanics van in the evening replacing broken or worn out parts instead of enjoying time off the bike sightseeing, being with friends, or just relaxing at the pool. America by Bicycle provides mechanical service, but you shouldn't expect a free overhaul on the road. You need to bring a recently serviced, "perfectly" functioning bike when you arrive. Have your bike shop complete the enclosed bike service checklist and return it to America by Bicycle before the start of the ride.

## **WHEELS:**

The most common major breakdown on the road is wheel failure. Before you leave home, check your wheels carefully for hairline cracks in the rims, corroded spokes, cracked hubs, and badly worn bearings. If you have any of these problems or if you have older wheels with mid to high mileage, we recommend a new wheel set. If you do replace your wheels, make sure you ride them for at least 500 miles. Then check to make sure the spoke tension is balanced and true. If you are going to have problems with new wheels, it will usually show up by then.

Wheels designed for racing or labeled as "lite" are not the best choice for a ride across the country, neither are high profile aero rims that have control issues in high wind conditions. Super light racing wheels are more susceptible to damage from road debris or the constant beating of long days, especially if the rider is on the heavy side. Another consideration is to have a wheel that can be serviced if it does have problems ... a standard wheel with round spokes and a triple cross pattern is the best choice. Finding exotic parts out in the middle of nowhere is impossible. But if you do bring a wheel with non-standard spokes, you should also bring a few replacement spokes ... ensure they are the right length for your wheels and you have the spoke tool to fit them.

## **TIRES:**

A fallacy many riders fall into is, "if it costs more it is better." A trip like this is really tough on tires. You are not riding in your local riding area where you know every pothole and hazard. You will be riding on roads that have a fair amount of debris that will ruin racing tires. Those expensive tires are made to be light and fast for racing, not touring. They will wear out much faster than a medium or lower priced Kevlar tire.

We recommend at least a 700x23 or a 25 if your frame will take it. The wider tires give you more room to prevent pinch flats and a more comfortable ride than real skinny tires. Most people who ride touring bikes or sport frames run from 700x25s to 38s. Some people even put a Kevlar strip inside the tire to help prevent flats...not a bad idea, but leave the puncture seal at home. That stuff's a mess if it gets into your valve stem or leaks out.

Don't bring tubular tires. They are expensive, impractical, fragile, and a pain to fix. Our mechanic doesn't have time to properly glue on your tires and you don't want to take the time to do it either. We recommend Kevlar belted Specialized Armadillos or Michelin Erilliums.

## **EQUIPMENT:**

Even though we provide mechanical support throughout the ride, you should carry a small tool kit with enough tools to fix most common, on the road problems you may encounter. Cyclists may get spread out over 30 miles on a typical day, therefore, mechanical support may not always be there when you need it. You can (and should) be able to handle many routine repairs and adjustments yourself, or with the help of your riding companions. Having the right tools along will help keep you rolling! Bring enough tools to adequately service your bike for usual roadside problems. As a rule of thumb, plan to bring any items you would normally have along on a day ride. As you know, flat tires are the most common problem on such a ride, so be sure to bring four (4) extra NEW spare tubes with you, and a NEW spare tire as well. Your tool kit should include:

- 3, 4, 5, 6 Allen wrenches - multi tools are great
- regular and Phillips screwdrivers
- wrenches to fit any bolts you have on your bike
- chain break tool
- spoke wrench (be sure it fits your spoke nipples)
- 2 spare tubes
- 1 patch kit (be sure the glue is fresh)
- tire tools
- frame pump
- something to boot a tire (dollar bill, PowerBar wrapper or duct tape)
- cell phone or spare change for a phone call
- tweezer (getting debris out of tires)
- spare rear derailleur hanger
- chainlube (and miscellaneous bike cleaning equipment)
- **Small flashlight or headlight (for 1 mile tunnel ride in Wisconsin)**

## **OTHER EQUIPMENT: Helmet/Shoes/Gear Ratios/Cycling Computers/GPS**

It goes without saying you **MUST** bring a helmet and wear it anytime you have your leg over the top tube on this tour. Headphones (bluetooth or earbuds), talking on cell phone, listening to music, taking pictures while riding **or** anything that will distract your ability to ride safely is prohibited.

There's no substitute for shoes that are comfortable and functional. You will be on and off the bike throughout the day. Consider leaving the racing shoes at home with the Look, Speed Play, Time or any other cleat that makes walking uncomfortable. SPD type cleats are much more practical and will enable you to walk comfortably when you are off the bike. You are going to be in those shoes 4-10 hours a day, so comfort is paramount.

You should consider your climbing ability when choosing a gear set. Even strong climbers will get a strenuous workout on long days with a lot of climbing. Remember, you'll be riding everyday so your legs won't be as fresh as they would be if you were home. You can't just turn around and go home if you feel a little weak on a certain day, so add a bailout gear or two. You'll also be carrying a little more gear than at home, the extra weight makes climbing harder. We highly recommend a triple crank for non-competitive riders and at least a 26 or possibly a 30-rear cog. For stronger riders, we recommend a compact crankset and a 25 or 27 cogset. On those long climbing days, you'll be glad to have an extra low gear or two.

Make sure you have and know how to use and set your cycle computer/odometer. You will need one on the tour to follow the daily cue sheets/directions. Replace your batteries before you arrive. If you are bringing a GPS, we may have data downloads available. Talk with a support team member on Opening Day.

If you are using a specific Nutritional Supplement training food (i.e. PowerBars, Gu Products, Clif Bars, Cytomax, etc.), you will want to bring along an adequate supply for use on the road. If your additional equipment is too heavy to meet the luggage weight limits, you'll want to break it down into a weekly supply. Package it up and leave it with family/friends to mail to you along the route.

A great time to experiment with new equipment is during training. Try aero bars, clipless pedals, PowerBars, etc. Experiment now! Find out what you like, what works best for you and what doesn't. Fine-tune your riding style and equipment before the start of the tour, you'll cycle more efficiently, with less problems on the road.

## **MECHANICAL SUPPORT:**

America by Bicycle provides mechanical support during the tour. From bicycle assembly and safety inspection on opening day to basic adjustments and repair on the road (throughout the tour), to assistance on the final day packing up the bikes, our mechanics will be there to help you. Major repairs (i.e. broken wheels, cracked frames, etc.), will be coordinated through a local bike shop on the road (the cost of these repairs will be up to you.) We ask general routine maintenance (i.e. cleaning bike, lubing chain, etc.) be taken care of by the individual cyclist. Make sure to bring the appropriate supplies with you to do this (tool kit, chain lube, etc.)

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## **SHIPPING BIKES:**

There are many ways to get your bike to the ride start. For folks who are not local to the ride start city, the most popular option is to UPS or FedEx the bike directly to our starting hotel. Some people bring the bike on the airplane when they travel. Just be sure to check with airlines (Greyhound or Amtrak) as to their requirements for bringing bikes. In most cases, a cardboard box is required. When shipping, be sure to allow plenty of time for the bike to arrive at the starting hotel (7-10 business days). Once the hotel receives, they will hold under lock and key until you arrive. We've had cyclists who started the ride without their bike. That's a bummer...starting a bike vacation without a bike. We've even had a couple of people who have purchased a new bike the first day. Anytime you buy a new bike it's exciting, but the first day of a long distance trip is exciting enough without the added stress of trying to find a new ride.

If you can bring your bike by car, or other means, intact to the ride start, it will save you putting it together and reduce the chances that something will break or need adjustment. If you are going to ship your bike, by all means pick someone you trust to pack the bike (like your trusty local bike shop) and have them tighten up all the connections they loosened while packing. The biggest problem we run into when assembling bikes, is missing small parts that fell off during shipping. Things like derailleur cable screws, stem wedges, pedals, brake cable screws left loose in the box is likely not to make it to the beginning of the ride. Scrambling to find small parts only adds to the stress of opening day.

If you own a hard-sided bicycle carrying case, plan to use it. It will provide extra protection for your bike. However, our support vehicles will be full of luggage and extra equipment and **will not** have room to transport them. You can ship your empty case from the ride start city to our office in New Hampshire, home or to the location most convenient for you at the end of the ride. We will assist you with shipping logistics, but the shipping costs are your responsibility.

Another great option for shipping your bicycle is **shipbikes.com - aircaddy.com** – Here you will find information about a new bicycle boxing system designed exclusively for bicycles and FedEx Ground Service. It is a good deal, reusable and protects your bike much better than a standard cardboard box.

If you are shipping your bicycle to the ride start, send it to:  
**Holiday Inn Express, 204 W. Marine Dr., Astoria, OR 97103**

Make sure you add to the package "hold for America by Bicycle"  
and your name for identification.

## **HOTELS:**

A master list of hotels on the Across America North is enclosed for your reference. These are firm locations where you can receive calls, mail and parcels. You should leave a copy of this list with at least one person at home. If they need to reach you, have them contact you directly at the overnight hotel. Do not call the America by Bicycle office to forward messages, unless it's an emergency. Ask any mail sent to you include the notation:

<b>Return Address</b>
<b>HOTEL NAME</b> Address City, State, Zip
<b>Hold for America by Bicycle</b> <b>(Rider's Name)</b> <b>Arriving on _____</b>

## **ACCOMMODATIONS:**

Once you arrive at the start hotel, you will find the accommodations first rate. We stay only at Business Class, AAA rated hotels chosen for consistency, comfort and quality. Cyclists can choose the accommodation level they prefer - from the economy level of three cyclists to a room (Triple - 2 beds and a rollaway); to the preferred choice of two cyclists in a room (Double); to the privacy of Single room accommodations. Generally, rider's will keep the same roommate(s) for the entire tour. If you enjoy your personal space, have a private routine, \*snore or just enjoy a little more privacy than three people in a hotel room, you should upgrade to a double or single room (please contact office for pricing). **\*Chronic snorers or CPAP users, we respectfully require you to upgrade to the single room supplement.**

Comfort Tip: With three people, three bikes, luggage, and equipment in one hotel room, it can fill up quickly. A double or single room allows for an easier daily routine, with less clutter and compromise. Fewer people sharing the bathroom each morning will be nicer and for the cost, it is a bargain. Space is limited and available on a first come first serve basis. America by Bicycle highly recommend upgrading to the double or single room accommodations.

Once the ride has closed out, we will create a rooming block based on rider rooming requests, gender, age, geographic location and registration date. Occasionally, the rooming block does not work out evenly. If this happens, we will upgrade any outstanding cyclist's room to a double or single room at the cost to the participant. This does not happen often, but could affect a cyclist choosing triple room accommodations.

## **WEATHER:**

The weather on the Across America North can vary. We will see a wide range in temperatures, generally in the 60-90°s+ range. Climbing into the mountains the temperatures will get cooler, 40-60°. In the morning temps could be chilly, in the low 40°s, but will warm up as the day goes on. Once in Idaho, we generally see summertime temperatures, 80-90°s+ and these temperatures should carry us to New Hampshire.

Remember, weather is unpredictable and we could certainly see temperatures cooler or warmer than the above-mentioned ranges. Rain is impossible to predict. While we have had crossings with no rain during cycling hours, you can expect to have a few days on the road where we will see some precipitation. You will cycle in a variety of conditions, make sure you bring a variety of clothing.

## **LUGGAGE:**

In all the crossings we have hosted, the most glaring fact is almost everyone brings way too much "stuff." Don't bring anything you "might" need. You do not need the kitchen sink to be happy. Only consider bringing what you have to have. Remember, you'll have to lug that heavy bag everyday to your room in the afternoon and back to the luggage truck in the morning. General rule: If you can't carry it comfortably, you have packed too much. If you need help to put your bag in the luggage truck, you have packed too much. Suitcases and bags with legs, or metal luggage carriers tend to get damaged and tear other bags.

To pack your equipment, first, lay out everything you think you need a couple of days prior to packing. Then, take half of it and put it back into your dresser and wait another day. Finally, only pack half of what's left. You'll still have plenty and won't use it all ... promise. You'll wear the same shorts, t-shirt, sandals, and underwear for a couple of days since you won't be in those clothes but for a couple of hours after your shower and before bed. You don't need a change of clothes for everyday of the week. The prepared cyclist only takes about 2 or 3 (4 at the most) cycling outfits...you can wash them out everyday in the sink or do laundry every 3 or 4 days.

Each cyclist is allowed ONE full sized suitcase or duffel and ONE small carry-on type bag (laptop computers count as carry-on). **Each bag should weigh no more than 35 lbs with a total weight for both bags of 50 lbs.** If there is any question about weight, bags will be weighed and you will be asked to send home anything that exceeds those parameters. Please NO spare wheel sets or extra bicycles; we will not have room to carry any extra equipment. We will bring spare wheels, an extra bike and a huge assortment of spare equipment. Leave your personal tire floor pump and the kitchen sink at home.

## **MEALS:**

Meals provided daily are breakfast and dinner. Lunch is the cyclist's responsibility. In an effort to create a flexible schedule during rest days, no organized meals will be planned. This will allow freedom for you to plan and enjoy your rest day. It will also enable you to sample local food. **Meals on rest days are your responsibility.**

## **EVENT CANCELLATION, REFUNDS AND INSURANCE**

All cancellations must be received in writing. If you must cancel your tour for any reason note your cancellation penalty below. No exceptions can be made to this cancellation policy for any reason, including personal injury or emergency. There is no compensation for no-shows or services missed or cancelled by registrant while on tour.

<b><u>Number of days before Tour begins</u></b>	<b><u>Cancellation Fee (per person)</u></b>
71 or more days	\$250
51 to 70 days	\$700
35 to 50 days	50% of Tour Fee
20 to 34 days	80% of Tour Fee
0 to 19 days	100% of Tour Fee
During the tour	No Refund

**Travel Insurance –** We recommend that all riders purchase trip cancellation insurance as we are unable to make exceptions to our cancellation policy for any reason, including personal emergencies. Travel insurance\* can cover the cost of your America by Bicycle tour and other travel expenses in case you cancel for any number of covered reasons. There are restrictions on cancellations related to existing medical conditions, including being affected by the time lapsed from your initial deposit with America by Bicycle. Allianz Global Assistance (see below) requires travelers to purchase trip cancellation insurance within 14 days of making the initial deposit as one condition to cover existing medical conditions. Other insurance providers may vary.

We recommend, but do not require, working through Allianz Global Assistance. To receive a quote and coverage information for trip insurance, call 800-284-8300 or visit their website <http://www.allianztravelinsurance.com>. America by Bicycle recommends the [Classic Plan](#) for basic coverage. Please provide the ACCAM Number: **F026752** for America by Bicycle.

\*Terms, conditions, and exclusions apply. Insurance benefits underwritten by BCS Insurance Company or Jefferson Insurance Company depending on insured's state of residence. AGA Service Company is the licensed producer and administrator of these plans.

## **INTERNATIONAL TRAVEL:**

The Across America North Ride travels through the U.S.A. and Canada. As we cross international borders, you will be asked for identification and country of origin (birth). The current requirement is for a passport, therefore, plan to bring one. If you are a U.S. resident, you can no longer rely on your drivers license.

### **SPENDING MONEY:**

While America by Bicycle does provide a well rounded tour that includes - overnight lodging, meals (breakfast and dinner), on road support, SAG, mechanic, luggage transportation, etc., you should plan to bring spending money as you would on any vacation. How much you bring is at your discretion and taste. ATMs are in most communities we cycle through, therefore, it is not necessary to carry large amounts of cash.

### **PHOTOS:**

We are interested in seeing any photos you produce that capture the essence of the America by Bicycle Across America North--the special people, places and atmosphere that make this the adventure of a lifetime. We always receive requests for quality photos, and look to you to help us fill our photo files! We look forward to seeing your photos and to being able to provide photo credits for your work in future publications and promotional pieces.

### **SUNSCREEN:**

You are going to be out all day in the baking sun. Many cyclists wear long sleeve clothing for protection, even on hot days. If you are more of a purist, you'll become very familiar with sunscreen. Wear it everyday. Put it on every exposed part of your body right after you brush your teeth in the morning and apply it throughout the day...even on cloudy days. Only apply it from your eyes down to keep the sweat from washing it into your eyes during the ride. Your helmet and sunglasses will protect you above that level. If you have a bald head...apply it lightly to the top of your head too or you'll be the talk of the ride with those funny tan lines on your noggin. If you don't wear sunscreen, you will bake on the long days in the saddle. Don't forget to have a good lip balm with sunscreen. We recommend SPF of 30 ... 50 is better.

### **PORSCMOUTH, NEW HAMPSHIRE:**

While our destination city may seem a long way off, there are a few items about the finale we would like to share with you now. The plan for the final day includes a wheel dipping ceremony at Wallis Sands State Beach, Rye, New Hampshire and a side trip into Maine. We will then conclude at the Anchorage Inn & Suites, Portsmouth, New Hampshire. We have reserved a small block of rooms to ensure you a room if you choose to stay on Monday, August 8, but the cost is up to you. We highly recommend you plan to spend the night. The last day is a very exciting one, with plenty to do and see, as well as marvel in the spotlight of completing your goal of riding coast to coast. Don't ruin the day by rushing to finish, so you can pack and prep your bike, and get on the shuttle to go home. Take your time and enjoy your achievement.

You can reserve your own room by calling the Anchorage Inn at 603-431-8111 (**group rate is \$85 plus tax, you have to call hotel directly to get this rate**). We have a room for those who will be departing that evening to shower and clean up. When calling the hotel, mention you are with the America by Bicycle group. **The Anchorage Inn will hold our room block until July 8, so if you do plan to stay in Portsmouth, contact the hotel as soon as possible.**

America by Bicycle will run a van shuttle to Boston Logan International Airport (Massachusetts) departing Portsmouth at 7:00 a.m. on Tuesday, August 9. The cost of the shuttle is **\$25 per person**. If you are planning to travel home on August 9, make your flight arrangements for departure after 10:00 a.m. If you wish to stay on and tour New England, there are a number of transportation options.

#### **TRANSPORTATION:**

**Rental Car** - Enterprise Rent-A-Car, Portsmouth at 603-431-4707. Pick up in Portsmouth. Can drop off at Boston Logan Airport.

**Private Airport Shuttle Service** - Moonlight Limousine Company at 978-465-1287 - They provide excellent service directly from your hotel to Boston Logan Airport for \$125-\$150.

**Airport Shuttle Bus** - C&J Trailways at 800-258-7111. They run 20 shuttles a day from Pease Tradeport in Portsmouth to Boston Logan Airport \$23 per person. Cab ride to Pease is approximately \$16 one-way.

#### **BIKE SHIPMENT:**

We have lined up a bike shop who will professionally pack and ship your bike home for a fee. We are stockpiling bike boxes for those who want to package the bike themselves for travel on the airplane when you finish. We do recommend UPS or FedEx shipment, which is about the same price as most airlines, plus it arrives right at your door. We will have more information on this when we meet.

#### **WHAT TO EXPECT:**

The fantasy of crossing the country on a bicycle and the reality of doing it are two completely different things. But you can be sure of one thing, it will be something you'll remember for the rest of your life. Our goal is to help you safely across the nation and support you along the way. It will be your job to do the cycling. You may have doubts about your ability to complete the task at hand ... you can rest assured, if you are reasonably fit, you will succeed, as long as you maintain a positive attitude and focus on what lies before you.

Remember, it's not all fun and games...rolling out onto the roadways of America is serious business and you must realize and respect that fact. You will encounter new experiences everyday on your bike...things that will expand your comfort zone and make you a better cyclist as you venture across the U.S. You'll ride on days and in places you probably wouldn't ride if you were at home. Places like busy city streets and possibly in conditions of rain, heat, and wind. It's all part of the total package of a ride like this. We are not telling you this to discourage you from attempting this adventure, but to give you a heads up on what to expect. Our staff will do its best in orientation and at various times during the ride to prepare you for the challenges that lie ahead. It will be up to you to adhere to sound safety practices and follow lawful traffic principles as you turn the pedals across the country. When you triumphantly finish your journey, you will join a select group of other riders who have completed the experience of a lifetime.

A positive attitude will go a long way toward your success and enjoyment of a ride like this. You will have challenges everyday and how you respond to those challenges will affect everyone on the ride. If you are prone to get upset and stressed out at little things you have no control over or have trouble getting along with other people, you should seriously reconsider your choice to come on a ride of this nature. But if you like adventure ...

Now that you have something to contemplate, here's some of the great stuff you'll get to experience. You'll have days like you've never imagined. You'll have days when you get to the destination and you feel like you need to go back and do it all again, just because you are elated from the day. The victory of climbing an 11,000 foot pass and the screaming descent down the other side; the thrill of riding all day in a 20 MPH tailwind, a personal best on a century day; the feeling you get when all your senses are overloaded with the beauty of the day; the awe you experience when you imagine your forefathers doing this in a covered wagon just a short century ago, are all wonderful experiences you'll take from a ride like this. Even the tough days of riding into a headwind all day or dodging thunderstorms will make the group come together as the stories start to fly about everyone's day. That's the benefit of riding with a group. You will get energy, inspiration, and motivation from the group on days when you feel you are just too tired to go on. We've experienced so many great days, and great people while riding cross-country, no matter what adverse conditions seem to come along, it's always been well worth the effort to be there.

### **COUNTING DOWN THE DAYS:**

Once on the road you will find everything falls into place. You will have the chance to ride your bike and explore your world. To supplement the great times, we will play a few games. We traditionally have a poker run and a t-shirt swap, so be sure to bring an extra one to trade!

When considering equipment and cycling gear to purchase prior to the event, check out [americabybicycle.com](http://americabybicycle.com) and our online [Gear Store](#). It is packed with cycling jerseys, shorts, socks and all kinds of cycling products.

No doubt there are items that you will think of prior to our meeting. Please call us to sort out the loose ends. Keep going with your ride training. The closer the ride comes, the bigger it appears! However, it gets easier once we start riding together.

### **REFERENCE:**

1. "Serious Cycling", Edmund Burke, with forward by Chris Carmichael
2. "High-Performance Cycling", Asker E. Jeukendrup
3. "Stretching, Health & Fitness 2003", Bob Anderson
4. "The Cyclist's Food Guide, fueling for the distance", Nancy Clark, RD
5. "Effective Cycling", John Forester - Cycling handling and riding technique.
6. "The Haynes Bicycle Book", Bob Henderson – For maintaining and repairing your bike.

# America by Bicycle, Inc.

## Across America North 2016

DAY		DATE	LOCATION	MILES	TOTAL	CLIMB
0	Sun	June 19	Astoria, OR	29	29	0
1	Mon	June 20	St. Helens, OR	69	98	3,250
2	Tues	June 21	Welches, OR	75	173	3,150
3	Wed	June 22	Kah-Nee-Ta, OR	66	239	5,150
4	Thur	June 23	Prineville, OR	60	299	3,300
5	Fri	June 24	John Day, OR	117	416	5,000
6	Sat	June 25	Baker City, OR	81	497	4,650
7	Sun	June 26	Ontario, OR	83	580	2,100
8	Mon	June 27	Boise, ID	64	644	1,650
9	Tues	June 28	Boise, ID (Rest Day)	0	644	0
10	Wed	June 29	Mountain Home, ID	53	697	1,400
11	Thur	June 30	Twin Falls, ID	97	794	2,350
12	Fri	July 1	Burley, ID	39	833	1,150
13	Sat	July 2	Pocatello, ID	85	918	1,200
14	Sun	July 3	Idaho Falls, ID	66	984	760
15	Mon	July 4	Jackson, WY	91	1,075	5,500
16	Tues	July 5	Dubois, WY	86	1,161	3,800
17	Wed	July 6	Riverton, WY	79	1,240	1,250
18	Thur	July 7	Casper, WY	119	1,359	2,660
19	Fri	July 8	Casper, WY (Rest Day)	0	1,359	0
20	Sat	July 9	Lusk, WY	106	1,465	2,550
21	Sun	July 10	Hot Springs, SD	93	1,558	2,880
22	Mon	July 11	Rapid City, SD	74	1,632	5,100
23	Tues	July 12	Wall, SD	58	1,690	1,550
24	Wed	July 13	Kadoka, SD	58	1,748	3,000
25	Thur	July 14	Chamberlain, SD	114	1,862	2,500
26	Fri	July 15	Mitchell, SD	71	1,933	1,000
27	Sat	July 16	Sioux Falls, SD	73	2,006	1,000
28	Sun	July 17	Sioux Falls, SD (Rest Day)	0	2,006	0
29	Mon	July 18	Worthington, MN	71	2,077	1,300
30	Tues	July 19	Mankato, MN	110	2,187	1,000
31	Wed	July 20	Rochester, MN	98	2,285	2,400
32	Thur	July 21	La Crosse, WI	88	2,373	2,850
33	Fri	July 22	Mauston, WI	75	2,448	1,200
34	Sat	July 23	Fond du Lac, WI	92	2,540	1,800
35	Sun	July 24	Manitowoc, WI	58	2,598	1,350
36	Mon	July 25	Ludington MI (Ferry Ride)	6	2,604	0
37	Tues	July 26	Mount Pleasant, MI	112	2,716	2,410
38	Wed	July 27	Birch Run, MI	74	2,790	625
39	Thur	July 28	Port Huron, MI	87	2,877	800
40	Fri	July 29	London, Ontario	83	2,960	1,500
41	Sat	July 30	Brantford, Ontario	69	3,029	1,250
42	Sun	July 31	Niagara Falls, NY	74	3,103	1,400
43	Mon	Aug 1	Niagara Falls, NY (Rest Day)	0	3,103	0
44	Tues	Aug 2	Rochester, NY	87	3,190	1,550
45	Wed	Aug 3	Liverpool, NY	91	3,281	1,600
46	Thur	Aug 4	Little Falls, NY	79	3,360	1,610
47	Fri	Aug 5	Latham, NY	74	3,434	2,100
48	Sat	Aug 6	Brattleboro, VT	79	3,513	5,050
49	Sun	Aug 7	Manchester, NH	77	3,590	6,000
50	Mon	Aug 8	Portsmouth, NH	60	3,650	2,500

# *America by Bicycle, Inc.*

## Across America North



- 2 Red Oak Drive, Unit A • Plaistow, NH 03865 • Telephone (603) 382-1662 • FAX# (603) 382-1697 •
- E-Mail [ride@americabybicycle.com](mailto:ride@americabybicycle.com) • Website [americabybicycle.com](http://americabybicycle.com) • • • Page 14 of 24 •

# America by Bicycle, Inc.

## Across America North - Opening Day

### **DAY 0      SUNDAY, JUNE 19, 2016 – ASTORIA, OR**

#### UPON ARRIVAL AT PORTLAND, OREGON INTERNATIONAL AIRPORT:

Plan to arrive at the Holiday Inn Express (Astoria) on Sunday, June 19 by 12:00 p.m. for registration/orientation sessions planned for the day. See enclosed transportation options to Astoria, Oregon.

Check-in at the Registration Desk and get your room assignment. Follow the schedule below for the day.

#### **PROGRAM**

9:30 AM - 4:30 PM	Mechanic available to assist in assembling bicycles, safety check, etc. (Hotel Function Room)
9:30 AM - 4:30 PM	Registration (Hotel Function Room)
10:00 AM - 3:00 PM	Cycle to the coast for your "Personal Wheel Dip" in the Pacific Ocean (self-supported)
3:30 PM - 5:00 PM	Orientation Meeting (Hotel Function Room)
6:00 PM	Get Acquainted/Social Hour (Hotel Function Room)
6:00 PM	Dinner
7:30 PM	Staff & Volunteers Meet

Accommodations for the Across America North Ride will start on Sunday, June 19. If you choose to arrive a few days early, make your reservation directly with the Holiday Inn Express and identify yourself as an America by Bicycle Rider (**our group rate is \$169 per night plus tax**).

# America by Bicycle, Inc.

## Daily Schedule

### 6:00 AM - WAKE UP

Morning comes quickly. You'll be up early to have time for your morning routine.

### 6:30 - 7:30 AM - BREAKFAST (time will vary depending on days mileage)

Plan to attend breakfast at the posted hours. Eat breakfast, head back to your room and pack up your gear. Drop off luggage at luggage truck in hotel parking lot, then grab your bike and head out for the day.

### 7:00 - 8:00 AM - TRUCK AVAILABLE FOR LUGGAGE DROPOFF

Your luggage should be loaded on the TRUCK in the hotel parking lot no later than one half-hour after breakfast closes. The luggage truck will depart by 8:00 AM to get to the next hotel before the first riders arrive.

### 8:00 AM - 4:00 PM - SAG STOPS

SAG Stops are located to assist you with liquids, snacks and directions. Their location is marked on your daily cue sheets. Each day there will be 1 to 3 SAG stops (depending on mileage). Upon your arrival at the SAG stop, **BE CERTAIN THAT YOU CHECK IN!** We track your progress throughout the day at SAG Stops, therefore, it is important to sign in and be counted. If you plan to deviate from the days posted route for **ANY REASON** (sightseeing, visiting, etc.), be certain to tell the tour leader prior to departing the hotel. Checkpoints occasionally will be information relay locations. All cyclists must stop at SAG Stops (use them!)

### 2:30 - 6:00 PM - ARRIVE AT HOTEL

Check in at the hotel desk and get your room key, check the America by Bicycle bulletin board for special announcements, review your daily cue sheet for any special activities or instructions. It is expected that all riders will plan their riding day to be at the hotel by 6:00 PM. **THERE IS NO RIDING AFTER DARK.**

### 3:00 + - FREE TIME, MECHANICAL ASSISTANCE - DINNER

During your free time you can: Attend to a mechanical problem with the America by Bicycle mechanic or at a local bike shop, swim, sauna, take a tour of town, relax, write postcards or socialize with the group. Plan your evening activities to allow you to get on the road at the appropriate time.

### 7:00 - 9:00 PM

Try to take care of your needs ... eating, mechanical, socialization, etc., so you may head up to your room early in the evening, for your normal bedtime routine. You should try to hit the sack as early as possible. You'll need a good nights rest. Set a wake up call and have a good night, tomorrow you get to do it all over again!

# America by Bicycle, Inc.

## Hotel List - Across America North 2016

Day 0	<b>Sunday, June 19, 2016 (Laundry, pool, hot tub, WiFi)</b> Holiday Inn Express, 204 W. Marine Dr., Astoria, OR 97103 503-325-6222      FAX 503-338-4702
Day 1	<b>Monday, June 20, 2016 (Laundry, pool, hot tub, WiFi)</b> Best Western Oak Meadows, 585 S. Columbia River Hwy., St. Helens, OR 97051 503-397-3000      FAX 503-397-2782
Day 2	<b>Tuesday, June 21, 2016 (Laundry, pool, hot tub, WiFi)</b> The Resort at the Mountains, 68010 E. Fairway Ave., Welches, OR 97067 503-622-3101      FAX 503-622-5227
Day 3	<b>Wednesday, June 22, 2016 (Laundry, pool, hot tub, sauna, WiFi)</b> Kah-Nee-Ta Resort, 6823 Highway 8, Warm Springs, OR 97761 541-553-1112      FAX 541-553-1732
Day 4	<b>Thursday, June 23, 2016 (Laundry, pool, hot tub, WiFi)</b> Best Western Prineville Inn, 1475 NE Third St., Prineville, OR 97754 541-447-8080      FAX 541-447-1011
Day 5	<b>Friday, June 24, 2016 (Laundry, pool, hot tub, WiFi)</b> Best Western, 315 W. Main St., John Day, OR 97845 541-575-1700      FAX 541-575-1558
Day 6	<b>Saturday, June 25, 2016 (Laundry, pool, hot tub, WiFi)</b> Best Western Sunridge Inn, 1 Sunridge Ln., Baker City, OR 97814 541-523-6444      FAX 541-523-6446
Day 7	<b>Sunday, June 26, 2016 (Pool, hot tub, sauna, WiFi)</b> Clarion Inn, 1249 Tapadera Ave., Ontario, OR 97914 541-889-8621      FAX 541-889-8023
Day 8	<b>Monday, June 27, 2016 (Laundry, pool, hot tub, WiFi)</b> Courtyard by Marriott, 222 S. Broadway Ave., Boise, ID 83702 208-331-2700      FAX 208-331-3296
Day 9	<b>Tuesday, June 28, 2016 (Laundry, pool, hot tub, WiFi) (Rest Day)</b> Courtyard by Marriott, 222 S. Broadway Ave., Boise, ID 83702 208-331-2700      FAX 208-331-3296
Day 10	<b>Wednesday, June 29, 2016 (Laundry, pool, hot tub, WiFi)</b> Best Western Foothills, 1080 Highway 20, Mountain Home, ID 83647 208-587-8477      FAX 208-587-5774

- 2 Red Oak Drive, Unit A • Plaistow, NH 03865 • Telephone (603) 382-1662 • FAX# (603) 382-1697 •
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# *America by Bicycle, Inc.*

- Day 11    **Thursday, June 30, 2016 (Laundry, pool, hot tub, WiFi)**  
Best Western Plus, 1377 Blue Lakes Blvd. N., Twin Falls, ID 83301  
208-736-8000       FAX 208-734-7777
- Day 12    **Friday, July 1, 2016 (Laundry, pool, hot tub, WiFi)**  
Best Western Plus Burley Inn, 800 N. Overland Ave., Burley, ID 83318  
208-678-3501       FAX 208-678-9532
- Day 13    **Saturday, July 2, 2016 (Laundry, pool, hot tub, WiFi)**  
Best Western Cottontree Inn., 1415 Bench Rd., Pocatello, ID 83201  
208-237-7650       FAX 208-238-1355
- Day 14    **Sunday, July 3, 2016 (Laundry, pool, hot tub, WiFi)**  
Best Western Plus Cotton Tree Inn, 900 Lindsay Blvd., Idaho Falls, ID 83402  
208-523-6000       FAX 208-523-0000
- Day 15    **Monday, July 4, 2016 (Laundry, sauna , hot tub, WiFi)**  
Quality Inn & Suites 49er, 330 W. Pearl St., Jackson Hole, WY 83001  
307-733-7550       FAX 307-733-2002
- Day 16    **Tuesday, July 5, 2016 (Laundry, pool, hot tub, WiFi)**  
Stagecoach Motor Inn, P.O. Box 216, Dubois, WY 82513  
307-455-2303       FAX 307-455-3903
- Day 17    **Wednesday, July 6, 2016 (Laundry, pool, hot tub, WiFi)**  
Comfort Inn, 2020 N. Federal Blvd., Riverton, WY 82501  
307-856-8900       FAX 307-856-5444
- Day 18    **Thursday, July 7, 2016 (Laundry, pool, hot tub, WiFi)**  
Ramada Plaza Riverside, 300 West F St., Casper, WY 82601  
307-235-2531       FAX 307-473-3115
- Day 19    **Friday, July 8, 2016 (Laundry, pool, hot tub, WiFi) (Rest Day)**  
Ramada Plaza Riverside, 300 West F St., Casper, WY 82601  
307-235-2531       FAX 307-473-3115
- Day 20    **Saturday, July 9, 2016 (Laundry, pool, hot tub, sauna, WiFi)**  
America's Best Value Inn Covered Wagon, P.O. Box 236, Lusk, WY 82225  
307-334-2836       FAX 307-334-2977
- Day 21    **Sunday, July 10, 2016 (Laundry, pool, hot tub, WiFi)**  
Baymont Inn & Suites, 737 South 6th St., Hot Springs, SD 57747  
605-745-7378       FAX 605-745-3240

# *America by Bicycle, Inc.*

- Day 22    **Monday, July 11, 2016 (Laundry, pool, hot tub, WiFi)**  
Holiday Inn Express, 750 Cathedral Dr., Rapid City, SD 57701  
605-341-9300       FAX 605-341-9333
- Day 23    **Tuesday, July 12, 2016 (Pool, WiFi)**  
Econolodge, 804 Glenn St., Wall, SD 57790  
605-279-2121       FAX 605-279-2690
- Day 24    **Wednesday, July 13, 2016 (Pool, WiFi)**  
America's Best Value Inn, 401 SD Highway 73, Kadoka, SD 57543  
605-837-2188       FAX 605-837-2183
- Budget Host Sundowner, 510 SD Highway 73, Kadoka, SD 57543  
605-837-2296       FAX 605-837-2183
- Day 25    **Thursday, July 14, 2016 (Pool, hot tub, sauna)**  
Best Western Lee's Motor Inn, 220 West King Ave., Chamberlain, SD 57325  
605-734-5575       FAX 605-234-6555
- Day 26    **Friday, July 15, 2016 (Laundry, pool, hot tub, sauna, WiFi)**  
Quality Inn, 1221 S. Burr St., Mitchell, SD 57301  
605-996-1333       FAX 605-996-6022
- Day 27    **Saturday, July 16, 2016 (Laundry, pool, hot tub, WiFi)**  
Comfort Suites, 3208 S. Carolyn Ave., Sioux Falls, SD 57106  
605-362-9711       FAX 605-362-6696
- Day 28    **Sunday, July 17, 2016 (Laundry, pool, hot tub, WiFi) (Rest Day)**  
Comfort Suites, 3208 S. Carolyn Ave., Sioux Falls, SD 57106  
605-362-9711       FAX 605-362-6696
- Day 29    **Monday, July 18, 2016 (laundry, pool, hot tub, WiFi)**  
Comfort Suites & Conference Center, 1447 Prairie Dr., Worthington, MN 56187  
507-295-9185       FAX 507-295-9186
- Day 30    **Tuesday, July 19, 2016 (Laundry, pool, hot tub, WiFi)**  
Holiday Inn Express, 2051 Adams St., Mankato, MN 56001  
507-388-1880       FAX 507-388-1811
- Day 31    **Wednesday, July 20, 2016 (Laundry, pool, hot tub, sauna, WiFi)**  
Clarion Inn, 1630 S. Broadway, Rochester, MN 55904  
507-288-1844       FAX 507-424-4099

# *America by Bicycle, Inc.*

- Day 32    **Thursday, July 21, 2016 (Laundry, pool, hot tub, WiFi)**  
Best Western Plus Midway, 1835 Rose St., La Crosse, WI 54603  
608-781-7000       FAX 608-781-3195
- Day 33    **Friday, July 22, 2016 (Laundry, pool, hot tub, WiFi)**  
Best Western Park Oasis Inn, 1006 State Rd. 82, Mauston, WI 53948  
608-847-6255       FAX 608-847-7311
- Day 34    **Saturday, July 23, 2016 (Laundry, pool, hot tub, WiFi)**  
Comfort Inn, 77 Holiday Ln., Fond Du Lac, WI 54937  
920-921-4000       FAX 920-923-1366
- Day 35    **Sunday, July 24, 2016 (Pool, hot tub, WiFi)**  
Holiday Inn, 4601 Calumet Ave., Manitowoc, WI 54220  
920-682-6000       FAX 920-682-0301
- Day 36    **Monday, July 25, 2016 (Laundry, pool, hot tub, WiFi)**  
Best Western, 5005 W. US Highway 10, Ludington, MI 49431  
231-843-2140       FAX 231-843-1753
- Day 37    **Tuesday, July 26, 2016 (Laundry, pool, hot tub, WiFi)**  
Baymont Inn, 5858 East Pickard, Mt. Pleasant, MI 48858  
989-775-5555       FAX 989-775-5566
- Day 38    **Wednesday, July 27, 2016 (Laundry, pool, hot tub, WiFi)**  
Comfort Inn, 11911 Dixie Hwy., Birch Run, MI 48415  
989-624-7777       FAX 989-624-7273
- Day 39    **Thursday, July 28, 2016 (Laundry, pool, hot tub, WiFi)**  
Quality Inn & Suites, 1720 Hancock St., Port Huron, MI 48060  
810-987-5999       FAX 810-987-5954
- Day 40    **Friday, July 29, 2016 (Pool, WiFi)**  
TownePlace Suites, 800 Exeter Rd., London, Ontario N6E 1L5  
519-681-1200       FAX 519-681-6988
- Day 41    **Saturday, July 30, 2016 (Laundry, pool, hot tub, sauna, WiFi)**  
Best Western Plus, 19 Holiday Dr., Brantford, Ontario N3R 7J4  
519-753-8651       FAX 519-753-2619
- Day 42    **Sunday, July 31, 2016 (Pool, hot tub, WiFi)**  
Quality Hotel & Suites, 240 First St., Niagara Falls, NY 14303  
716-282-1212       FAX 716-282-0051

# *America by Bicycle, Inc.*

- Day 43    **Monday, August 1, 2016 (Pool, hot tub, WiFi) (Rest Day)**  
Quality Hotel & Suites, 240 First St., Niagara Falls, NY 14303  
716-282-1212       FAX 716-282-0051
- Day 44    **Tuesday, August 2, 2016 (Laundry, pool, WiFi)**  
Holiday Inn Express, 717 E. Henrietta Rd., Rochester, NY 14623  
585-272-7800       FAX 585-272-1211
- Day 45    **Wednesday, August 3, 2016 (Laundry, WiFi)**  
Hampton Inn, 417 7th North St., Liverpool, NY 13088  
315-457-9900       FAX 315-451-6600
- Day 46    **Thursday, August 4, 2016 (WiFi)**  
Travelodge, 20 Albany St., Little Falls, NY 13365  
315-823-4954       FAX 315-823-4507
- Day 47    **Friday, August 5, 2016 (Laundry, pool, hot tub, WiFi)**  
Holiday Inn Express, 400 Old Loudon Rd., Latham, NY 12110  
518-783-6161       FAX 518-785-0231
- Day 48    **Saturday, August 6, 2016 (Laundry, pool, hot tub, WiFi)**  
Holiday Inn Express, 100 Chickering Dr., Brattleboro, VT 05301  
802-257-2400       FAX 802-257-8616
- Day 49    **Sunday, August 7, 2016 (Laundry, pool, WiFi)**  
Comfort Inn, 298 Queen City Ave., Manchester, NH 03102  
603-668-2600       FAX 603-625-2081
- Day 50    **Monday, August 8, 2016 (Laundry, pool, hot tub, sauna, WiFi)**  
Anchorage Inn & Suites, 417 Woodbury Ave., Portsmouth, NH 03801  
603-431-8111       FAX 603-431-4443

# America by Bicycle, Inc.

## **BIKE LAWS - RULES OF THE ROAD:**

Our travel together will range from heavily populated metropolitan areas and shoulders on interstate highways to quiet rural countryside and lightly traveled country roads. The majority of your riding will be rural pedaling on state roads. Some of these roads have shoulders, and some do not. All of the route is rideable by cyclists who understand and practice Effective Cycling Technique. We ask you obey the bicycle laws as we cross America by Bicycle. Please consider the following tips on cycling safely.

**Bicyclists have the same responsibilities and the same rights as motor vehicle operators in all states.**

Help us project a responsible image to the non-bicycling public by obeying all traffic laws. This means you should stop at stop signs and traffic lights; yield at yield signs and when entering the road; signal your intention to turn, slow, or change lanes; and do all the other things responsible, law-abiding vehicle operators do.

Special provisions for bicycles found in most states:

- Bicycles, when traveling slower than traffic, must ride as far to the right as practicable and safe for them and other road users. Cyclists may move away from the right side of the road in the following situations:
  - To pass other vehicles or pedestrians,
  - To avoid conditions including parked cars, debris and other obstacles,
  - When the lane is too narrow for a bicycle and a motor vehicle to be safely side by side within the lane, and
  - When preparing for a left turn.
- Bicyclists may ride no more than two side-by-side, be sure to ride single file when a car approaches from the rear, in busy or narrow areas.
- Bicyclists may signal a right turn with the right arm and hand extended.
- There is always the requirement for lights after sundown or before sunrise. For this America by Bicycle tour there will be NO riding after sunset or before sun up. If you cannot make it in time for the evening route review, a SAG van will bring you in.

## **Motorists**

As we cycle, we will meet a diverse mixture of drivers. The treatment you receive on the road will vary, but it will almost always be good. Remember, rude gestures or words will do nothing but aggravate a situation; a smile and a wave may be real hard to produce, but is actually a more effective response.

# America by Bicycle, Inc.

## Safety Tips

Please take a minute to read and follow these Effective Cycling procedures each day as we ride. Those dealing with open highway riding are very important for us and are summarized below:

**MOTORISTS' OVERTAKING ERRORS** - On a two lane road with no shoulder, the chances are extremely small of being hit from the rear. Instead, such danger exists from the rear is that of being sideswiped or hit as a passing vehicle pulls back in.

**TO AVOID** - observe (with a mirror, or by looking behind), oncoming traffic, and the road situation (straight or curve, shadows, sun angle, etc.). If the car shows no sign of moving out to pass you, steer your bicycle so as to weave slightly from side to side, in order to catch their attention. The typical motorist response is to move over.

If weaving gets no response, get concerned fast and wave your left hand up and down vigorously, while both observing the overtaking traffic and evaluating the roadside ahead as a possible place to leave the road or be struck. **YOUR JUDGMENT SHOULD BE FAST AND DECISIVE.**

If a car or single unit truck passing you starts to pull back in too soon, due to oncoming traffic, braking hard on your part should let it move past you safely. On the other hand, if a large truck, bus or car/truck towing a trailer starts to pull back in too soon, pick the best route off the road and take it without hesitation. Again, **YOUR JUDGMENT SHOULD BE FAST AND DECISIVE.**

**POTENTIAL HEAD-ONS** - On a two lane road, a hazard which occurs periodically is when a vehicle coming toward you pulls out to pass, posing a real danger of a head-on collision with you. Almost always this results from the motorist not having seen you. Be **ESPECIALLY** alert when there is a line of vehicles coming toward you and there are none going your direction.

**TO AVOID:** Two actions you can take to minimize the possibility of potential head-on are:

1. Wear light, bright colored clothing, including a white, yellow or red helmet; and
2. Position yourself in the lane far enough from the edge of the road to give oncoming drivers a clearer view of you, without the visual clutter along the side of the road.

A motorist coming toward you may still fail to see you, or perhaps misjudge your speed and/or distance. If they do start to pass, you must take **IMMEDIATE** action. Your first thought should be to evaluate the roadside ahead for a possible place to leave the road. At the same time, you must assess the speed and distance of the passing vehicle, to **JUDGE WHETHER OR NOT YOU HAVE THE TIME TO ATTRACT THE DRIVER'S ATTENTION AND CHANGE THEIR ACTION.**

**IF YOU DO HAVE TIME**, sit upright (if you are not already doing so), begin slowing up, and vigorously waving your left hand and arm, up and down in a large arc. Continue to wave until the driver either pulls back in or you must leave the road. **REMEMBER**, allow sufficient time to leave the road if you must.

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IF YOU DO NOT HAVE TIME to attract the driver's attention, brake hard and pull off the road, coming to a complete stop. Even if leaving the road will result in a fall, it is preferable to almost certainly being killed in a head-on collision. AGAIN, YOUR JUDGMENT MUST BE FAST AND DECISIVE.

STOPPING ON THE ROAD - (Whether to check with a stopped SAG wagon or just to smell the daisies). Remember to pull ALL the way off the road as far as possible when you stop. The closer you are to the road, the greater the possibility an errant driver might strike you. This is especially true on the interstate highways and on the wide-open stretches of road where motorists do not feel they have to pay as much attention.

GETTING ON THE ROAD - Simple as it may seem, be cautious of conditions that may distract you from observing and yielding to traffic on the road, such as a rough road edge, loose gravel, or other cyclists. Enter the road only when you are certain you can do so safely.

## **Other on-road thoughts**

STOPPING AN ABB SUPPORT VAN - Hold the top of your helmet with the palm of your hand, rather than just waving. If the brake lights come on then they have seen you and will be stopping just ahead where it is safe.

KEEP YOUR ENERGY and strength up by drinking as much as possible and eating something while on the road. The weather could be hot. Drink, Drink, Drink and Drink. If you're thirsty, you have waited too long. Each van has water, Gatorade and things to eat.

WEAR YOUR HELMET AT ALL TIMES! Helmets are MANDATORY on this ride!

SUMMER SUN ON "WINTER SKIN" makes a painful combination. Use sunscreen liberally on all sensitive areas, especially the thighs and backs of your legs. Avoid putting sunscreen on your forehead. As you sweat, it will run in your eyes and STING! Try a visor on your helmet to protect your forehead.

IF CHAFFING and saddle sores become a problem, take care of it early. Protect your bottom with a liberal application of either A & D ointment or Cortaid. They prevent chaffing and saddle sores by setting up a protective moisture barrier on your skin. Bonus for using them - your chamois stay soft and pliable.

ALWAYS WATCH FOR CAR DOORS OPENING INTO YOUR PATH!!

FOLLOW THE WRITTEN DIRECTIONS ALWAYS, even if you have to stop to read them. We highly recommend a map holder or carrier!

DURING THE DAY please avoid any alcohol consumption until the days ride is over.

## **PRACTICE COMMON SENSE AT ALL TIMES !!!!**

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## Sample Cue Sheet

**Day 33 (96) Thursday, July 10th  
Kirksville to Quincy, IL (Elev. 488')**

0.0	0.0	R	Rt. 63
2.5	2.5	R	Rt 11 N - Illinois Street
22.1	24.6	ST	CR "K" Cross Hwy 15 Town of Barring <b>SAG STOP @ CAFE</b>
18.1	42.7	ST	CR "E" (Store)
6.3	49.0		Town of Williamstown
12.7	61.7	R	Rt. 81 South (STOP)(T)
7.3	69.0	L	Rt. 16 E to Canton - (Food)
1.2	70.2	BL	N. 4th Street (T) Follow Signs for Ferry!
0.1	70.3	R	Henderson Ave. Follow Signs for Ferry!
0.2	70.5	L	Stop and wait for Ferry! <b>SAG STOP - HERE</b>
Once you cross the Mississippi River and get off the boat on the Illinois Side, Go STRAIGHT follow the paved road to 1st paved intersection.			
6.0	76.5	R	E. 500th Street (STOP) Follow the Sign to Ursula.
4.5	81.0	L/R	N2150th Ave. (STOP)(T)
1.2	82.2	R	E 603rd Ln. & N. Bottom Road.
9.7	91.9	L	Broadway (STOP)(T)
0.2	92.1	BR	North 3rd. Street

0.3 92.4 L Main Street (LIGHT)

2.8 95.2 L 36th Street (LIGHT)

0.2 95.4 R Broadway (LIGHT)

0.4 95.8 R Into Hotel.

**Overnight:** Comfort Inn (217) 228-2700  
4122 Broadway  
Quincy, IL 62301

Dinner - Emperor House - Chinese Buffet  
Breakfast - Village Inn

### Cellular phones:

Luggage Truck - 603-571-8517

Green SAG Van - 603-247-2069

White SAG Van - 603-247-2022

**PLEASE NOTE: This is a sample cue sheet.  
Do not worry if it is not for the tour you  
are taking. SAMPLE! Its purpose is to  
familiarize you with the America by  
Bicycle Cue Sheet format.**

**L = Left Turn**

**R = Right Turn**

**L/R = Left Turn then Quick Right Turn**

**BR = Bear R**

**BL = Bear L**

**ST = Straight through intersection**

**Rt. = Route**

**CR = County Road**

**(STOP) At the Stop Sign**

**(LIGHT) At the Set of Lights**

**(T) At the T intersection**

**(Food) Town / Area with restaurant**

**(Store) Town / Area with store**

**(Elev) is the Elevation from sea level of  
our destination city.**

**You can fold the cue sheet in 1/2 and then  
in 1/2 again to make a small size that will  
easily fit in a jersey pocket or map holder.**

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## Equipment List

<u>BIKE</u>	<u>LUGGAGE</u>	<u>LEISURE CLOTHES</u>
<p><i>In ride-ready condition; with:</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> new tires, tubes, rim strips, chain and freewheel</li> <li><input type="checkbox"/> proper gearing (to get you over all the hills!)</li> <li><input type="checkbox"/> racks and bags to carry your daily needs and wants</li> <li><input type="checkbox"/> bike-mounted air pump with a valve that fits your tubes/presta/schrader</li> <li><input type="checkbox"/> water bottles and cages (two are recommended)</li> <li><input type="checkbox"/> four new spare inner tubes/one new spare tire</li> <li><input type="checkbox"/> extra special nuts/bolts/etc that your bike requires</li> <li><input type="checkbox"/> spare rear derailleur hanger</li> <li><input type="checkbox"/> six extra spokes to fit your wheels (We will have many sizes but may not have yours. You can duct tape them to the rear chain stay)</li> <li><input type="checkbox"/> bicycle computer - must have and know how to use!</li> <li><input type="checkbox"/> any special equipment you normally use: tool kit, lube, WD-40, grease</li> </ul>	<p>One medium-size suitcase <b>OR</b> duffel bag and a small carry-on type bag (bags will be shipped by truck daily hotel to hotel)</p> <p>Plan to have a small bike bag to carry your daily needs on the bike</p> <p><b>NOTE:</b>  <b>35 lb limit per bag; laptop computers count as carry-on.</b>  <b>50 lb total weight</b></p> <p><b>CYCLING CLOTHES</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 3 short-sleeve jerseys</li> <li><input type="checkbox"/> 1 long-sleeve jersey</li> <li><input type="checkbox"/> 4 pairs cycling shorts</li> <li><input type="checkbox"/> 1 pair cycling longs or tights</li> <li><input type="checkbox"/> 1 wind breaker or cycling jacket</li> <li><input type="checkbox"/> 1 pair wind/rain pants</li> <li><input type="checkbox"/> 1 rain jacket</li> <li><input type="checkbox"/> 1 pair cycling shoes</li> <li><input type="checkbox"/> 2 pairs padded cycling gloves</li> <li><input type="checkbox"/> 5 pairs socks</li> <li><input type="checkbox"/> 2 pairs sunglasses/goggles</li> <li><input type="checkbox"/> 1 helmet</li> <li><input type="checkbox"/> arm/leg warmers</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 pair slacks/skirt</li> <li><input type="checkbox"/> 1 shirt/blouse</li> <li><input type="checkbox"/> 2 pairs shorts</li> <li><input type="checkbox"/> 2 t-shirts - polos</li> <li><input type="checkbox"/> 1 light sweater</li> <li><input type="checkbox"/> 3 changes of underwear</li> <li><input type="checkbox"/> 3 pairs socks</li> <li><input type="checkbox"/> 1 pair comfortable shoes</li> <li><input type="checkbox"/> 1 swimsuit</li> </ul> <p><b>PERSONAL</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> toilet kit (toothbrush, toothpaste, razor, brush, comb)</li> <li><input type="checkbox"/> sunscreen/lip balm</li> <li><input type="checkbox"/> camera</li> <li><input type="checkbox"/> monetary media (credit cards, bank card, travelers checks)</li> <li><input type="checkbox"/> driver license/other i.d.</li> <li><input type="checkbox"/> health insurance i.d./800#</li> <li><input type="checkbox"/> stamps, address book, notebook, pencils, pens</li> <li><input type="checkbox"/> glasses and prescription</li> <li><input type="checkbox"/> prescription medicines</li> <li><input type="checkbox"/> idiosyncratic items without which you cannot function</li> </ul>

# America by Bicycle, Inc.

## Bike Service Check Sheet

We've put together this bike shop checklist for you to use when you have your bike serviced before the ride. You can use it yourself or have your favorite shop sign off on each item to ensure a complete service. If you attend to all the items below, we guarantee you will have a more enjoyable ride...and so will your bike!

### Drive Train

- Chainrings** - check for wear, disassemble, clean, lube chainring bolts.
- Cassette** - clean, check for wear, ensure adequate for terrain to be ridden - **Replace before ride.**
- Derailleurs** - clean, adjust, lube pivot points and pulleys (replace worn pulleys).
- Derailleur Cables** – check for fraying and corrosion, lube housing if needed, replace if needed.
- Chain** – clean, lube, inspect for wear or stretch (replace every 2000 miles) - **Replace before ride.**
- Derailleur hanger** – check alignment (if you have a breakaway hanger, it is highly recommended to bring a replacement for your specific bike).
- Bottom Bracket** – disassemble, check for wear, clean, replace using plumber's thread tape and tighten to manufacturer's specs. Lube splined teeth on axle, lube crankarm bolts and tighten to manufacturer's specs. Do not lube tapered BB axle, but lube bolts.
- Pedals** – check for wear, disassemble and lube bearings if needed.
- Shifters** – ensure proper operation and adjustment, lube pivot points and ratchet mechanism.

### Wheels – ensure true both laterally and round

- Rims** – inspect for cracks, clean and check braking surfaces for wear.
- Spokes** – check for even tension, replace damaged spokes, ensure spoke nipples are not stripped or corroded, bring spare spokes and special tools needed for exotic spoke nipples (i.e., Rolf, Cane Creek or Ksyrium).

NOTE: Of course you can bring what ever wheelset you want, but we recommend a standard 32 or 36 spoke wheelset that is serviceable on the road. We do not carry all the special tools to fix most exotic wheelsets, so expensive racing wheelsets with exotic spoke patterns are best left home for competitions. Although we do have a limited number of spare wheels at our disposal for roadside breakdowns, you are taking a chance of not being able to ride for a few days while you are waiting for a replacement to be mailed to the ride.

- Hubs** – disassemble, clean, lube, replace bearings if needed, for loose bearing hubs check for wear on cones, check spoke hole flange for hairline cracks.
- Skewers** – ensure proper operation, lube binder nut and locking mechanism, lube shaft for insertion into axle.
- Tires/Tubes/Rim tape** – inspect for wear, cuts, and dry rot. Replace if necessary (recommend Kevlar tires for these trips. High cost racing tires are not appropriate and will not stand up long against the road conditions encountered on a cross country ride) - **Replace all of these before the ride.**

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## Brakes

- Brake Levers** – ensure proper operation and adjustment, lube pivot points.
- Calipers** – ensure proper operation, lube pivot points, check tightness of binder bolt.
- Brake Cables** – check for fraying and corrosion, replace cables and housing if needed, adjust for proper braking power (should have space between brake lever and handlebars when fully applied).
- Brake Pads** – inspect for wear, replace if necessary, ensure proper clearance and alignment on rim, ensure binder bolt is securely tightened.

## Headset

- Threadless** – lube all binder bolts and tighten to manufacturer's specs, ensure proper adjustment to eliminate play, clean and lube bearings (even sealed cartridge bearings should have a slight coating of grease to help ward off moisture that may contaminate and cause creaking in the headset).
- Threaded** – disassemble, check for pitting on bearing races, clean, lube bearings, adjust bearings to manufacturer's specs. Lube inside steerer tube for quill insertion. Lube quill binder wedge and fixing bolt. Tighten to manufacturer's specs.

## Miscellaneous

- Frame** – check for hairline cracks (especially near dropouts, seatpost, and tube connections).
- All Fixing/Binder Bolts** – check for wear/corrosion (replace if heads are striped), lube, and adjust to manufacturer's specs (anything that has threads should be removed and lubed yearly... includes water bottle cage bolts, seatpost binder bolt, aerobar binderbolts, seat binder bolt, stem bolts, brake cable binder bolts, derailleur binder bolts, skewers, brake caliper bolts, rear trunk rack bolts, crankarm bolts, etc.)
- Cosmetic Items** – replace worn handlebar tape, check frame for paint chips, clean all exterior parts (we find that many problems associated with shifting and proper operation of the bicycle are caused by grime...a clean bike is a happy bike)
- Seatpost** – lube inside seat tube for steel, aluminum, and titanium frames. Do not lube carbon fiber seat tubes or any seat tube if you use carbon seat posts.
- Computer** – you need a computer to follow our route sheets. Ensure yours is in good working order with fresh batteries and you know how to operate it. Plus bring the instructions with tire size setting.
- Helmet** – straps adjusted properly and helmet inner and outer shell free of cracks or damage. If your helmet is three years or older, you should replace it.
- Shoes/Cleats** – check cleats for wear. Lube binder bolts. You should have a spare set of cleats or shoes with you on tour.

I have reviewed the above requirements and attest my bicycle is in appropriate shape for the bike tour.

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Rider Name

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Signature

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Date

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Bike Shop Name

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Mechanic Signature

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Date