
2016 Bike Virginia Event Manual



Bike Virginia Staff (left to right) Shane, Event Director, Kim, Executive Director, Cynthia, Health & Safety Coordinator, Christine, Accounting, Sam, IT Director

Welcome to Bike Virginia 2016! Thank you for choosing to be a part of our riding family this year as we visit the delightful communities of Woodstock and Harrisonburg. The staff, board, and volunteers are very excited to host you for this annual bike-cation tradition in a region known for amazing riding and warm hospitality. This manual has been created to help you have a smooth vacation from arrival to departure.

Safety Program

We take your safety seriously. Our safety program includes education, rider pledge, on route activity, signage, and a culture of responsibility. In 2010, Bike Virginia introduced a safety orientation required for every rider. That first year we saw a 1/3 reduction in crashes. In 2016, we offer that safety briefing online for the second year. Be sure to complete watching the video online and sign the online rider pledge before you arrive. An email with instructions will be sent to every rider one week before the event. Your completion will be verified at check-in. Thank you for helping us keep all of our riders, volunteers, and staff safe.



Arrival

Headquarters 1- Woodstock

Friday June 24-Sunday June 26

We kick off the 2016 event in Woodstock Virginia. There you will find registration, camping, parking, and other event services at Masanutten Military Academy.

This lovely facility has many amenities and is just 1 block from downtown. Please follow the signs directing Bike Virginia to the appropriate areas for parking and registration.

Please wear walking shoes and watch where you step. Carry a flashlight for walking at night.

Woodstock On-Site Parking

There are 3 parking lots at the surrounding headquarters, plus overflow off-site. We also have an "airport" style gear drop area.

All camping cyclists should use the gear drop unless planning to carry camping gear from the parking areas. See more Gear Drop in the "Gear" section below.

Woodstock Off-Site Parking

Overflow parking is off-site. During specific hours shuttles will provide to transport you (no bikes), or you can ride your bike or walk the 1/2 mile distance to headquarters.

Woodstock RV Parking

An RV parking pass is required for trailers and van camping. See map for details on location.



Headquarters #1 Address

Massanutten Military Academy

614 S Main St,
Woodstock, VA
22664

militaryschool.com

June 24-26, 2016

Headquarters #2 Address

Rockingham County Fair

4808 S Valley Pike,
Harrisonburg, VA
22801

rockinghamcountyfair.com

June 27-29, 2016

Save These Numbers in Your Phone Now

SAG [804-564-3467](tel:804-564-3467)

EVENT [804-569-5135](tel:804-569-5135)

Numbers not active until June 24, 2016

Check-in & Rider Packet

Registration

Check-in is held at the headquarters each day.

Friday-Sunday- Woodstock

Monday-Wednesday- Harrisonburg

Follow the guide signs at the event for the location.

A first priority when you arrive is checking in. At registration you will receive your rider packet.

Hours: Friday 10-8pm, Sat-Wed 6-9am



Inside your rider packet you will find:

- Wristband- to be worn at all times, gets you access to activities.
- Number Plate- display on bike at all times.
- Information Brochure- Schedules of activities, your go to guide for fun.
- Daily Map Brochures- Ride details for a single day. Includes general map, highlights of the day, elevation, and rest stop information.
- Lunch Meal Tokens- Weekend Registration (2 tokens), 6 Day registration (5 tokens), 3 Day Weekday registration (3 tokens), single day (1 token). These are like cash. Don't lose them. No replacements are available.
- Breakfast Plan wristband- If you purchased a breakfast plan you will receive an additional wristband to wear.

You can enhance your ride materials with our **Phone App on Guidebook**. You will receive an email with specific links for downloading the app in the days just prior to the event.

Jerseys and T-shirts will be distributed at the Bike Virginia Store. Stop in any time during the event to get your gear (included with 6 day and weekend/weekday registrations made by April 1).

Additional merchandise available for purchase.

Camp Set-up



A Typical "Gear Drop" zone at Bike Va.

About 1/2 of riders choose to camp at the event headquarters. We have specific arrival and set up instructions for tent camping. Please read below about approved areas and set up procedure.

Woodstock Tent Camping

Upon arrival follow signs to the "airport" style gear drop area with your vehicle. There, you will be allowed to "pause" long enough to unload your gear in a location convenient to the camping area. No parking is allowed there. Just set out your gear and move your car to a designated parking area. This allows everyone to drop their gear easily. Volunteers can help unload and watch over gear.

After parking select an approved camping area. We offer a bike parking area to help keep the less cluttered.

Harrisonburg Tent Camping

The Harrisonburg location does not require a gear drop zone as all parking is nearby camping. When you arrive simply go to the designated parking lots. Camp in only approved areas.

Approved Camping Areas

See the maps on pages 14 & 15 to study the allowed camping areas. Do not camp in "no camping zones." This is very important for health department, fire marshal, EMS, and safety team.

Camping Rules

Please keep your space contained in a reasonable area, others will be walking around in the dark. No cooking is allowed and no pets due to health department regulations. Tents set up in unapproved areas will be moved. Quiet hours are from 10pm-6am.

RV Camping

An RV parking pass is required for RV, trailers and van camping. See map for details approved location. No hookups are available in Woodstock. Harrisonburg offers hookups. A portable bathroom will be available nearby. Quiet hours are from 10pm-6am. No generators between 10pm and 6am. See the maps on pages 14 & 15.

Hotel Guests

Parking Woodstock

- ▶ Park in a designated event parking lot for check in and riding.
- ▶ Follow the signs to Registration.
- ▶ Follow signs to overflow parking if needed.
- ▶ You may also wish to ride your bike to the headquarters from your lodging site.
- ▶ In Woodstock we offer hotel shuttles to official event hotels from school to overflow parking at fairgrounds to official hotels.

Parking Harrisonburg

In Harrisonburg simply use general event parking at the Fair Grounds.

Riding Start/Finish

All Bike Virginia routes begin and end at the event headquarters. There you will find signs that guides you to the day's route options.

Hotel Shuttle Bus Service

Shuttle Buses to Woodstock Overflow Parking and Hotels runs Friday 12-10, Saturday /Sunday 5:30-9, 12-10, Monday 5:30-9. No hotel buses in Harrisonburg due to convenient on-site parking.

Security

Security

Protect your valuables. It's always a good idea to lock up your bike when unattended. Do not leave valuables in your tent. Our staff cannot provide security of the camp area. At each camp location we provide a designated place to lock your bike. Bike Virginia is a friendly and fun environment but securing your own gear should be a priority for each rider. We cannot assume responsibility for stolen or lost property.

Bike Lock Up

Secure your bike in our "parking area" if you like, the tennis court fence in Woodstock and Livestock Barn in Harrisonburg.

Carry a Lock

Bring a lock to use around camp and to carry when you are on the route in case you want to leave your bike unattended.

Move Day Logistics



On Monday, June 27, 2016, all of us will pack up camp, load our cars and drive over to Headquarters 2 at the Rockingham County Fair Grounds in Harrisonburg. Moving your car forward to the next location gives you the freedom to carry extra gear, and use your car around town if you like. This also lets us finish at camp 2 on Wednesday so you can leave at your leisure.

The recommended Monday Schedule is as follows:

6-8am break camp, pack up the car. We will be operating a reverse gear drop pick up area. Enjoy breakfast in Woodstock (pre-purchased plan only).

6-9am drive to Rockingham County Fair Grounds, park your car at the designated lot, set up the camp or mark your spot with your gear.

9am- riding begins from Headquarters 2 at the Rockingham County Fair Grounds

Camp Closure at Woodstock

The event headquarters and camp 1 will close at 9am on Monday, June 27. All cars, RVs, and camps must be off site by that time.

Camp Opens in Harrisonburg

Event headquarters and camp 2 opens at 6:30am at the Rockingham County Fair Grounds. Please do not arrive before that time.

Parking at Harrisonburg

At Camp/Headquarters 2 you will park in the general event parking area. Please wear appropriate shoes each time and carry a flashlight for nighttime walking. The terrain is grassy and uneven, and may have hard-to-see hazards.

Showers and Services

Showers will close in Woodstock at 8am. Showers will open in Harrisonburg at 1pm. Hospitality services will be open starting at 6:30am on Monday



Showers and Restrooms

Showers

For the 2016 event we have a combination of indoor and shower truck showers. Shower truck service provided by the beloved No Sweat Showers

Woodstock- Camp 1

- ▶ 2 open room showers- 6 heads each for men and women
- ▶ 12 individual lavatories for each men and women
- ▶ 2 shower trucks. with 6 men's & 6 women's showers each, plus sinks

Harrisonburg

- ▶ 4 men, 5 ladies indoor individual showers,
- ▶ 2 shower trucks. with 6 men's and 6 women's showers each
- ▶

Portable Toilet Tips

We make every effort to keep restrooms clean & well stocked. Some campers like to carry a roll with them just in case!

Please remember to let the door close quietly on portable toilets at night. Banging is unnerving!

Let staff know right away if there is a problem. We'll try to remedy it quickly.



Woodstock Restrooms

4- Men's indoor toilets

5- Women's indoor toilets

Additional Portable Toilets provided by Bike Virginia:

16- Portable Toilets

6- Handwashing Stations

Harrisonburg Restrooms

20- Men's indoor toilets

34- Women's indoor toilets

Additional Portable Toilets provided by Bike Virginia:

10- Portable Toilets

4- Handwashing Stations

Food

Cyclists love to eat and we work hard to keep you well fed.

Food Vendor Hours

On site vendor
Token exchange
& sales.

Friday-Tuesday
11:30am-8:30pm

Wednesday Lunch
11:30-3pm



Breakfast

Pre-purchased breakfast plan participants will enjoy a catered breakfast from 5:30-8:30 am each day. Be sure to wear your breakfast wrist band for admission. Breakfast Plan is catered by local caterers. Breakfast plan includes a hot entree, carbohydrates, fruit, cold cereals, yogurt, coffee, tea juice,

Breakfast Goodies will also be for sale including coffee and bagels with cream cheese. Look for this service in the Vendor area.

Lunch

You will receive a specific number of meal tokens for lunch. Tokens are exchangeable for a meal on any day of the ride.

- ▶ Woodstock 3 on site food vendors will provide meals plus 4 restaurants have agreed to accept our tokens for lunches. See Blog for details. They will also sell other meals, snacks, and add-ons.
- ▶ In Harrisonburg 3 on site food vendors will honor lunch tokens and sell additional food and drinks. See Blog for details.
- ▶ We have a "very long lunch." Vendors honor tokens between 11:30am and 8:30pm (Fri-Tues) 11:30-3pm (Wed.) for a designated Bike Va approved meal.

Dinner

On site vendors operate until 8:30pm and will be selling dinner and beverages. See individual vendors for menus and pricing.

Drinks

We offer a beer and wine garden for cash drink sales. Hours of operation are 1-9 Fri-Tues. Wednesday- No beer and wine sales offered. Food vendors and the hospitality tent sell soft drinks, water, and tea. A water station is available at all hours for filling your bottles.

Gear

Gear Drop

At tour locations where parking is not next to camping we use "Gear Drops". This "airport" style gear drop area lets you place gear near the camping. You will be allowed to "pause" long enough to unload your gear.

No unattended cars or parked cars allowed here. Just set out your gear and move your car to a designated parking area. This allows everyone to drop their gear easily.



Reverse Gear Drop- Monday Move

On Monday morning from 6-9 we will offer a reverse "gear drop." Just take your gear to the drop zone for staging. Then go pick up your car from parking. Swing through, grab your gear and hit the road.

Packing

See a sample packing list on our Blog.

Wheel Barrows

Look for the Bucket Brigade wheel barrow crew, volunteers that help move gear around camp on Friday. Wheel barrows are available for use at other times too.

New Format- Your Car Every Day

Bike Virginia is using the Double Vision format in 2016. On Monday, June 27, all of us will pack up camp, jump in our cars and drive over to Headquarters 2. That format gives you the freedom to carry extra gear, and use your car around town if you like.

Riding for Monday, Tuesday, and Wednesday will be based in Harrisonburg Virginia at the Rockingham County Fairgrounds. We will not be returning to Camp/Headquarters 1 in Woodstock.

New Format = No Luggage Truck

Our new format puts you in control of your gear. You will be moving your car and gear on Monday morning, June 27. This also means on Wednesday when you are done riding, you pack and leave when you like, no waiting on Luggage trucks to arrive.



SAG

Support and Gear "SAG" service features aid trucks on the route during event hours. SAG drivers can give you a lift for mechanicals, cramps, and such. SAG is not an ambulance service. If you need medical care call 911.

- ▶ SAG carries a limited supply of water, snacks, tubes, and band-aids.
- ▶ Not all SAG drivers can change bike tires. Be sure to know how, and carry supplies.

To request SAG, call the number on your wristband and Tour Map.

Family Camping

Family camping zone is being offered for the first time in 2016. In this area you will find:

- ▶ dedicated portable toilet
- ▶ shade canopy
- ▶ games
- ▶ table and chairs for art, etc...
- ▶ strider bike course



Nightly Music & Jams



Relax to some great musicians at camp each evening. Here event favorites and new performers this year.

Like to play? We've got a nightly Jam session this year too. See details on the Blog.

Riding

Official routes are marked with signs and operate during specific hours of the day. All riders must begin within 2 hours of route opening. Route options offer different distances and challenges. Use your Tour Guide Maps to plan each day, you control your own destiny!

Pick Your Ride

Consider

- ▶ elevation profiles (on back of map)
- ▶ difficulty rating,
- ▶ plus mileage on each route

At Bike Virginia you can ride hard one day and relax the next, ride easy every day, or go hard all 6 days! Ride within your abilities, but enjoy the challenge, knowing we are there to support you along the way.



Color Signs

Route options are marked like hiking trails,

- ▶ “blazes” of color on eye level signs
- ▶ We use pink, red, blue, and orange signs to mark specific routes.

ALL ROUTES START AND END WITH THE PINK ROUTE.

Follow pink signs when you start. Shortcut and extension options will be marked with a different color. Look for signs that indicate the start of a particular route option (second color). Choose an option or stay on the Pink, it's your choice at that moment. Refer to your Tour Guide Maps for details, some options are short and some are long. Start on pink, turn on second color until it rejoins pink or arrives back at headquarters.

Riding Hours

Friday June 24, 2016

12pm-5pm

34 mile route loop

Must begin by 3pm

Saturday June 25, 2016

7am-5pm

33, 54, 103 mile options

Must begin by 9am

Sunday June 26, 2016

7am-5pm

13, 36, 52, 64 mile options

Must begin by 9am

Monday June 27, 2016

7am-5pm

Check rest stop times.

Tuesday June 28, 2016

7am-5pm

28, 58, 104 mile options

Must begin by 9am

Wednesday June 29, 2016

7am-5pm

18, 47, 53 mile options

Must begin by 9am

Rest Stops- Comfort Stations



Rest Stop Open Hours
Rest stops are only open during very specific hours. Be sure to plan your riding around these times. No services will be available before or after hours.



Rest Stop Amenities

- ▶ About Every 20 miles
- ▶ Portable Toilets
- ▶ Water Filling Station
- ▶ Gatorade
- ▶ Concentrate Liquid
- ▶ Snacks & Fruit
- ▶ A good SAG pick-up location.

Premium Rest Stops

Additionally, each day we offer a premium comfort station with a special catered treat in addition to standard amenities. See your Tour Guide for details.

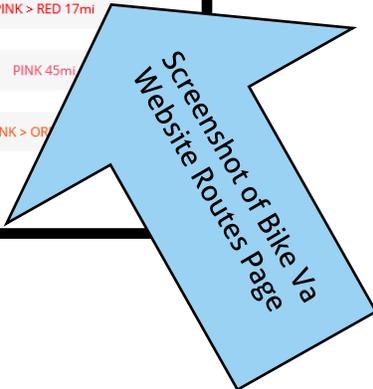
GPS Files

We offer a GPS file for each route in addition to easy-to-follow signs. Please note that last minute route changes due to emergency circumstances may not be included in GPS files. Read below for directions on accessing the route option GPS files.

Route Maps

Each button below corresponds to a route option available on the day. Click the button to view the route map and elevation profile. You may also export a GPS-compatible file.
Please note that all routes are subject to change and approval by local and state authorities. Route maps are hosted offsite by a 3rd party not affiliated with Bike Virginia.

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
PINK 34mi	PINK > RED 33mi	PINK > RED 15mi	PINK > RED 9mi	PINK > RED 25mi	PINK > RED 17mi
	PINK 54mi	PINK > BLUE 37mi	PINK 35mi	PINK 57mi	PINK 45mi
	PINK > ORNG 99mi	PINK 52mi	PINK > ORNG 61mi	PINK > ORNG 101mi	PINK > OR
		PINK > ORNG 64mi			



To see the RideWithGPS maps and files visit
<http://bikevirginia.org/2016-tour/routes/>

Scroll to the bottom of the Routes Page at the link above. Select the route you want to download .

Clicking one of the boxes on the Bike Virginia website will direct you to the "RideWithGPS" website. Look at the upper right hand side of the page for a tab called "Export"

Once you select the export tab you can then decide which GPS file is right for your device

If you need an further assistance check out this link or simply ask ridewithgps for help, they are the experts

<http://ridewithgps.com/help/get-the-most-out-of-your-gps-device>

Map of Headquarters 1

Woodstock, Masanutton Military Academy



Map of Headquarters 2 Harrisonburg, Rockingham Co. Fairgrounds

