



## 2014 ATHLETE GUIDE

Dear Athlete –

In 2001, a small group of elite riders from Team Psycho made the inaugural B2B ride after Harpoon purchased a second brewery in Windsor, VT. A SAG wagon, armed with water, tires, tubes, and some tools, was the only support. Upon arriving in Windsor, a keg was rolled out from the brewery for the post ride celebration. Since that time, the field of cyclists has grown, the course has been lengthened, and the vertical increased. The spirit, however, has remained the same: a tough, bare bones ride with the reward of a great party at the finish.

This year, as we embark with you upon the 14th edition of the B2B we have a new name, the B2VT. Our memories will remain forever strong after 13 incredible years under the B2B domain – and we hope new traditions will be born over the next 13 years.

The B2VT Ride, though epic, is not for everyone. It is one of the most challenging bike rides in New England. We know you are ready to embark on an amazing experience. Our team has been working around the clock to ensure we exceed your expectations.

Please take a moment to review this Athlete Guide as it contains important details of what to expect on ride weekend. The one theme is... this ride is tough in keeping with the tradition of the B2B and we are not going to hold your hand. Be prepared to fix your own flats, get refueled at convenience stores if you can't make it to the next water stop, and most importantly... be prepared to finish all 132 miles, we don't offer shuttle service to the finish unless you have a major mechanical issue, you must pedal your bike to get there!

Finally, please, please use common sense and show good camaraderie with your fellow riders, our volunteers, and the residents along the course.

Good luck and thank you for your support.

The B2VT Team



## Summary of Key Rider Information

- Be on time and follow the schedule
- Depart in the peloton based on the speed you indicated at registration. You are not allowed depart sooner in a slower group.
- Please familiarize yourself with pre-ride procedures.
- Mandatory – must wear the bib number on the back of your jersey (attached to the back pocket) at all times, bike helmet number goes on the front of your helmet, and bike frame number on your top tube.
- Optional - Friday packet pickup at the Cycleloft in Burlington, MA to save you time in the morning
- Arrive 30 minutes before your schedule peloton departure time, you still need to pick up your timing chip in the morning, even if you picked up your packet the night before.
- Ride safely and lawfully!!! Read the “Cycling Safety and Etiquette” section carefully and note that **INFRACTIONS** will result in exclusion from future B2VT events and may result in fines from local police

## PRE-RIDE LOGISTICS

### Packet Pick Up

We are offering to offer you TWO options to pick up your race packet:

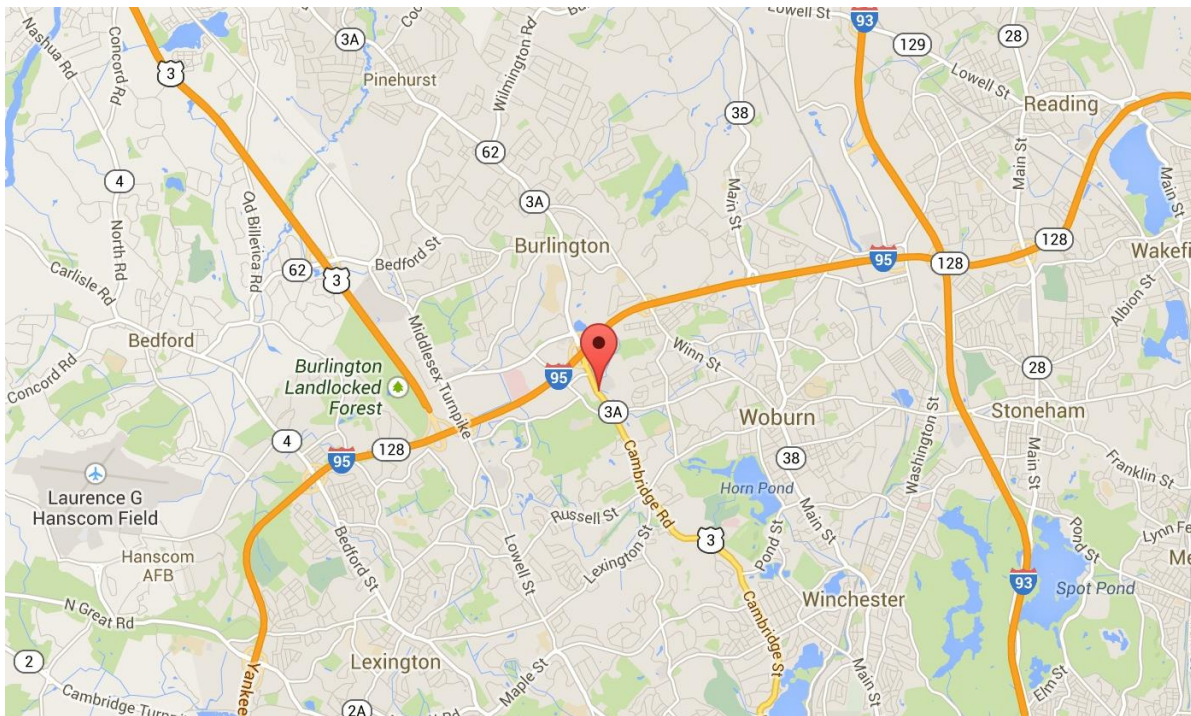
Option 1 - Friday, June 13<sup>th</sup>. To accommodate our athletes and to beat the lines we encourage you to pick up your packet at Cycleloft, our long time sponsor, in Burlington, MA. On **Friday, June 13<sup>th</sup>** from **3:00 PM – 8:00 PM**, Cycleloft is located at 28 Cambridge Street, Burlington, MA (see map).

Option 2 – Saturday, June 14<sup>th</sup>. Pick up your pack the morning of the ride on race morning at the start venue. See the race timeline below.

NOTE: All pre-registered entrants are expected to pick up their own packet in person due to insurance purposes. You may not pick up a packet for a friend. You are not allowed to give your number/packet to someone else who is not registered for the ride. **All participants must show a photo ID. NO EXCEPTIONS.**



Location of Cycleloft 28 Cambridge Street, Burlington, MA



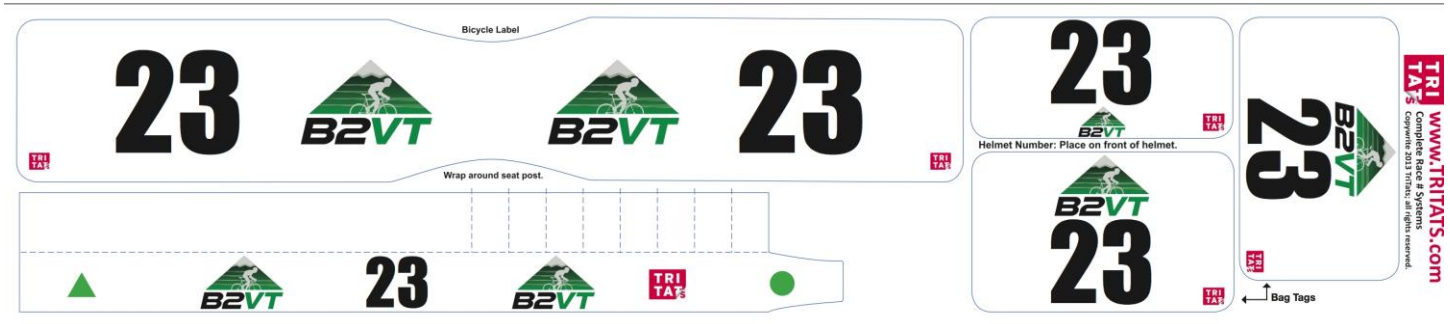
During the Packet Pick up process you will receive:

- **Your Packet, which includes:**
  - **Bib Number and pins** (you must wear your bib number on the back of your cycling jersey, attached to the back pocket, it should not be cut, folded or cropped in any way)
  - **Bike Frame Number** (see Example A – next page - this must be attached to the top tube of your bike for the duration of the event)
  - **Bike Helmet Number** (see Example A - next page - this must be attached to the front of your helmet for the duration of the event)
  - **Bag Stickers** (affix to your bag(s) to be transported to Vermont)
- **2014 B2VT Jersey** – you must wear this jersey during the ride
- **Bus Transportation wristband** – if you purchased a bus ticket you will receive a wristband that must be worn during the entire ride. You cannot get on the bus without this wristband.





Example A – Sticker Sheet  
(includes, bike frame number, bike helmet number, two bag stickers)



Example B – Bib Number  
(personalized with your name and color of your pace group)



## TIMELINE



## CHECK IN, PREP AND DEPARTURE PROCEDURES FOR SATURDAY MORNING

**4:30 AM** - Packet Pick Up Opens for the 16 MPH Pace Group. Location: 32 Wiggins Avenue, Bedford, MA

Please do not arrive in Bedford more than 1 hour prior to your scheduled departure (20 minutes is plenty of time to park and make your way to the starting area with your bike). Please do not come to the starting area until about 40 minutes prior to your group's first departure as we need to stage departures according to the schedule. You will not be allowed to leave earlier than your groups scheduled departure.

**NOTE:** All riders, **MUST** check in at the tables at the start (Even if you already picked up your packet the night before) You must get a timing chip the morning of the ride. You will not be allowed to leave without a timing chip affixed to your ankle. We do this for safety- to ensure that everyone who departs, also arrives at the finish.

Groups of 30 riders will gather into a corral and be released officially from the announcer. If you plan to ride with friends, join up early and get in the queue together. You will not be able to join a peloton at the last minute.

**5:15 AM** - 16 MPH Pelotons begin departure in groups of 30 riders leaving 5 minutes apart. The 16 MPH groups will take over an hour to depart so don't panic if you are running a tad late. (last 16 MPH Peloton departs at 6:20 AM)

**6:25 AM**- 17 MPH Pelotons begin departure in groups of 30 riders leaving 5 minutes apart (last 17 MPH Peloton departs at 7:15 AM)

**7:20 AM**- 18 MPH Pelotons begin departure in groups of 30 riders leaving 5 minutes apart (last 18 MPH Peloton departs at 7:50 AM)

**7:55 AM**- 19 MPH Pelotons begin departure in groups of 30 riders leaving 5 minutes apart (last 19 MPH Peloton departs at 8:05 AM)

**8:10 AM**- 20 MPH Pelotons begin departure

**8:15 AM**- 21+ MPH Pelotons begin departure

**\*Note:** Peloton start times are approximate. Early group will leave as scheduled, later groups may leave a bit earlier if earlier groups get off on time. If you are riding in the 19, 20 or 21+ pelotons, we encourage you to be at the starting line and ready to roll 30 minutes prior to your scheduled start time. We will not start the 19's any earlier than 7:30.



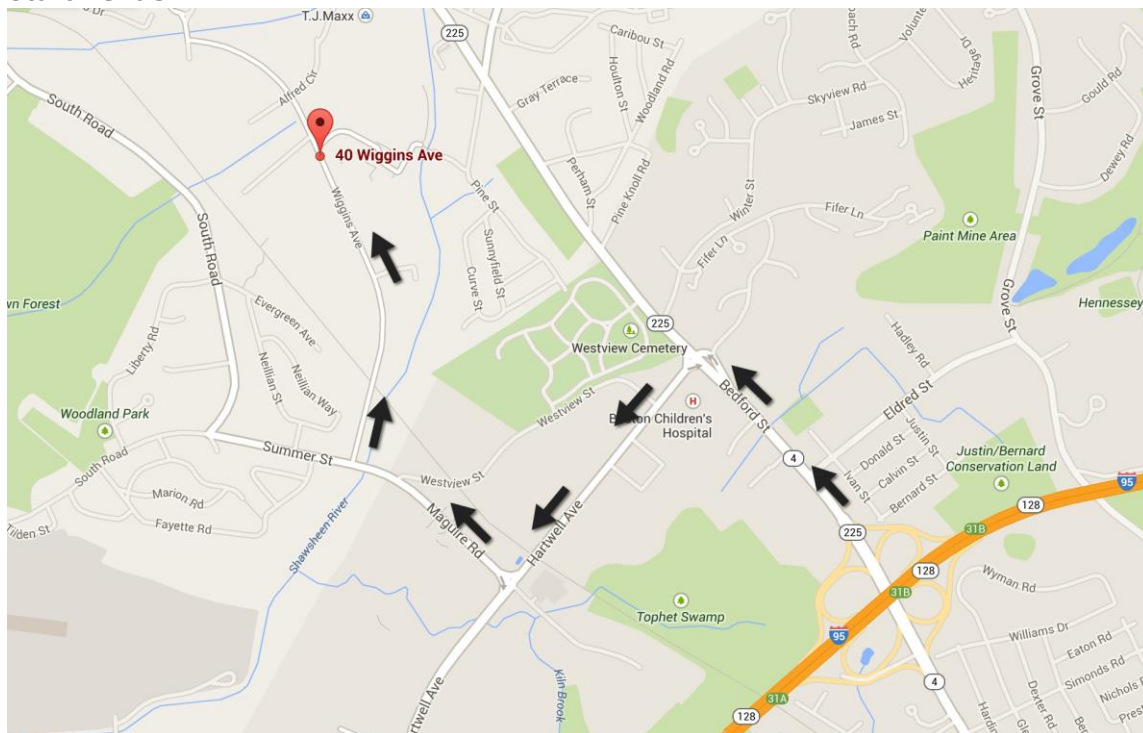
## PARKING AND THE START VENUE

Thanks to our good friends at the Spire Corporation, Anika Therapeutics, and Alexandria Properties we have found an ideal place to stage the start venue for the B2VT. Please set your GPS to **32 Wiggins Avenue, Bedford, MA**. But also, please only enter Wiggins Ave from Maguire Road, do not come in the back way or you will not be allowed to enter.

To get to the start venue:

- 1) Take the Route 4 North & Route 225 West to Bedford Exit off of I-95 (this is either 31B or 31A depending on the direction you are travelling).
- 2) Follow Route 4/225 for ½ miles to Hartwell Avenue. You need to take a left at the light but this must be done by going to the right (a jughandle for those from New Jersey) Look for the sign that says Hartwell avenue, Drummer Boy Lane
- 3) Follow Hartwell Avenue for approximately ½ miles and turn right on to Maguire Road
- 4) Follow Wiggins Avenue until you meet our Parking Coordinator(s) who will direct you to the specific parking lots.

### Map to the Start Venue







#### About the Parking:

- 1) Parking is free for all riders
- 2) Please try to carpool as much as possible.
- 3) Only park in B2VT designated parking lots. You will be directed where to park. If you decide to park on your own, your car could be towed if it is not in a B2VT designated area.
- 4) Whether you are coming home on the bus the day of the ride or staying up at Okemo for the night, all cars **MUST** be removed by 5:00 pm on Sunday, June 15<sup>th</sup>. No exceptions.
- 5) Finally, we can easily accommodate any “drop-offs” – that is, if you have a family or friend who plans to drop you off – in fact, we encourage this if and when possible.

Note: the B2VT and the properties where your car is parked are not liable for any stolen property. While we fully expect your vehicle to be safe – please lock your car and your belongings.

Remember: Please do not arrive in Bedford more than 1 hour prior to your scheduled departure (20 minutes is plenty of time to park and make your way to the starting area with your bike). Please do not come to the starting area until about 40 minutes prior to your group's first departure as we need to stage departures according to the schedule and we need space to stage this. There is no reason to arrive early as you will not be allowed to leave earlier than your groups scheduled departure. All bibs are color coded according to your departure group.

**Note that you should eat breakfast before you get to the start. Also make sure you pre-fill your water bottles and bring your own gels and bars, none will be available at the start. The first water/food stop is at mile 30.**



## **ON THE ROUTE**

### **INFRACTIONS OF RIDE GUIDELINES AND LOCAL/STATE LAWS**

The rules of the road exist to ensure the safety of all; we expect participants in the B2VT to follow the same rules. We are sharing the roads of New England with cars, pedestrians and your fellow cyclists. You are riding through other people's hometowns and home states, please be respectful at ALL times. We will not tolerate scofflaws as it challenges the future of the B2VT and compromises your safety and the safety of others.

Some very important guidelines:

- Single file riding is the standard. Only ride two abreast when conditions allow. Never ride more than two abreast. Riding 3 abreast is dangerous and violators will be removed from the course without refund.
- Keep pelotons small. For this reason, we prohibit other riders not registered in the B2VT from joining the ride in progress.
- Obey all traffic signs, all traffic lights, all road signs.
- Do not litter. Never.
- Do not urinate in public. We have increased the availability of portojons along the route significantly.

\*Infractions of laws and guidelines will result in cyclists losing the opportunity to ride in the B2VT in the future. Please read additional Cycling and Etiquette details at the end of the Athlete Guide.

*Note: Several towns along the route have stationed police officers on the roads and will record the bib numbers of any cyclists not abiding by the rules of the road.*

*INFRACTIONS will result in exclusion from future B2VT events and may result in fines from local police.*

You have been warned.





## SCHEDULED REST/WATER STOPS

There are three full rest stops planned for this event and multiple convenience stores along the route in case of emergency.

The B2VT official rest stops are planned as follows:

**Mile 30: Rest Stop #1 – West Townsend, MA. 483 Main Street, West Townsend, MA**

- **Full Rest Stop** with water, Gatorade, Clif Bars, bananas, oranges

**Mile 50: Mr. Mike's convenience store - Not an official B2VT water stop** but this is a popular stop for B2VT riders to purchase drinks and snacks. Portajons will be placed onsite for B2VT riders.

**Mile 80: Rest Stop #2 – Chesterfield, NH. Town Hall – 524 Route 63, Chesterfield, NH (top of the Leviathan)**

- **Full Rest Stop:** Full Rest Stop with water, Gatorade, soda Clif Bars, Clif Shot Bloks, bananas, Cape Cod Potato Chips, peanuts, pickles

**Mile 104: Rest Stop #3 – Bellows Falls, VT. 1 Automatic Drive, Bellows Falls, VT**

- **Full Rest Stop** with water, Gatorade, soda, Clif Bars, Clif Shots, Cape Cod Chips, peanuts, pickles, cookies, bananas.

**Support is available but be prepared!!** Though support is provided in the form of rest stops with food and beverages, on course technical support (Mavic, Cycle Loft mechanics) and EMT's for treatment of minor injuries, each rider is responsible for him/herself and should bring everything necessary to complete the ride with little or no support.



## ITEMS HIGHLY RECOMMENDED TO BRING

Each person has his or her own needs but at a minimum each person should bring:

- Cell Phone
- 2 spare tires/tubes
- Frame pump or CO<sub>2</sub>
- Portable multi-tool
- Money
- License and credit card
- 2 full water bottles
- 3-4 Clif bars and/or gel packets
- Salt tablets

## IN CASE OF EMERGENCY

Two options:

1. Contact local emergency response officials at 911. Use your cue sheet to specify your location.
2. Contact the B2VT Command Center by calling or texting (781) 923-0565. A limited supply of EMTs, bike mechanics, and other on-road support is available. Please contact the B2VT Command Center on your cue sheet to request assistance or report an incident.

Any rider who pulls out of the middle of the ride **MUST** call and report this to the B2VT Command Center at (781) 923-0565.

Plug this number into your phone now... **B2VT Command Center at (781) 923-0565.**

**Text is the best way to reach the command center** as the course is very rural and cell service can be weak but text messages can typically send even with a weak cellular signal. Command center personnel will text you back a response quickly.



## KING OF THE MOUNTAIN

New in 2014 is the “**King of the Mountain (KOM) Challenge**” an arduous 4.4 mile CAT3 timed climb up the hill known as the Leviathan. ALL riders will wear an ankle timing chip (which will be provided to you at the start venue). Beginning at about mile 75 the pain begins. We will time riders from the start to the end of this climb (the climb will not include the downhill at the end of the Leviathan). The start and finish lines of the KOM challenge will be clearly marked. Results of the KOM Challenge will be posted and four awards will be handed out for the fastest times according to age groups (40 and older, 39 and younger) and by gender.

All riders **MUST** wear an ankle timing chip. We do this for two reasons. First, for safety, as we will know when and if every rider crosses the start and timing lines along the course and at the finish. And, secondly, for the KOM Challenge.

All riders **MUST** return the chips back to the race organizer at the finish line. Athletes who do not return their chips will be charged \$50.00. Athletes who pull out of the ride in the middle of the event **MUST** call the Command Center at (781) 923-0565 to inform the B2VT organizing team.

## RIDE CUT-OFF TIMES

For the safety of our riders we will initiate ride cut-off times. Cyclists need to be able to finish the entire ride, including rest stops in about 9 hours. We cannot support riders still out on the course after 4:15pm.

### Cut-off times:

Location	Must Arrive Before
Rest Stop 1	10:00 AM
Rest Stop 2	1:00 PM
Rest Stop 3	2:30 PM

The SAG wagon will sweep the course and pick up riders in danger of missing the cut-off times. The SAG wagon will advance riders along the course, or deliver them to Rest Stop #3 by 2:30 PM so they can finish on time.

At 3:15 PM, the SAG wagon will sweep from Rest Stop #3 (28 miles from the finish) to the end of the course and pick up any riders who don't appear to be able to complete the ride by 4:15 PM.





## POST RIDE

### GENERAL TIMELINE

**2:20 pm-** First riders expected to cross the finish line at Okemo Mountain

**2:00 – 7:00 pm-** Party at Okemo Clock Tower Base Lodge – food, music, beer, refreshments, camaraderie

*\*NOTE: Buses will depart as they fill, There are 10 buses taking riders back to Bedford but no bus will depart until it is full and thus it is impossible to predict exactly when any particular bus will depart Okemo or arrive in Bedford so please plan accordingly. The schedule below is only an approximation.*

**4:15 PM-** First truck leaves Okemo to bring bikes back to Bedford for riders taking bus back. Last truck full of bikes will depart at approximately 5:30 PM after the last rider arrives at Okemo.

*\*Note: that if you arrive late, do not get on an early bus as your bike may not be unloaded and ready for you when you get to Bedford. This will be clearly communicated to you as you arrive at Okemo Mountain at the end of the ride.*

**5:15 pm-** First bus begins to load and leaves Okemo to take riders who signed up back to the start venue (Bedford, MA)

**7:15 pm-** Last bus begins to load

**7:30 pm-** Last bus leaves Okemo to take riders (who purchased a bus ticket) back to the start venue (Bedford, MA)

**Approximately 8:30 pm-** First bus arrives at the start venue in Bedford, MA

**Approximately 10:15 pm-** Last bus arrives at the start venue in Bedford, MA



### **Check-in at the finish**

All cyclists must cross under the finish line arch so your timing chip records your finish. Immediately after the arch there will be road crew to remove your chip. If you are going back to Bedford by bus you must give your bicycle to the road crew to load onto the truck. Olympia Moving will be packing bikes wrapped in blankets. If **you are not taking the bus back, do not give the volunteers your bike to be loaded onto a truck!** Take it to your car or leave it on the racks that will be provided.

### **Mavic and Cycle Loft Equipment Exchange**

If you have and Mavic Wheels or any other equipment with Mavic or Cycle Loft, **do not put your bike on the truck until you have returned the equipment to Mavic or Cycle Loft.** There will be a designated location near the finish for equipment exchange. Look for the Mavic Tent. Mavic and Cycle Loft will be along you're your equipment to exchange after they have completed their work on course. Once you have exchanged equipment, you may load your bicycle on the truck.

### **Pick up your SWAG**

Just up the stairs from the finish line you will pick up your finishers tee shirt, B2VT pint glass, and your meal and beer tickets. Do this right away before you change your clothes as you need to show your bib to get the SWAG. If not, you will have to go back and get your BIB so do it immediately after finishing

### **Post ride shower and dry clothes**

After grabbing your SWAG, cyclists can pick up their bag that will have been delivered via truck from Bedford and head to the showers to clean up. We will have a large shower tent set up for men with 20 shower heads and a changing tent. Women: you will have a separate shower and a changing area as well.

### **Medical Tent Post ride shower and dry clothes**

This years B2VT will again include a post-ride medical tent staffed by medical doctors, chiropractors, massage therapists, athletic trainers, and physical therapists. All members of the medical staff have experience working with professional and elite athletes.

### **Party time...cold Harpoon beer and barbecue**

After changing into some nice dry clothes, cyclists can join the post ride party. Two Harpoon beers and the BBQ from Okemo Mountain are included in the fee for the ride. Additional beer, wine, alcohol and soft drink tickets are available for purchase. Any friends or family members meeting you in Vermont can also attend the party and purchase food/drink tickets on site. Vegetarian food is available.



### **Visitors to Okemo Mountain**

Please set your GPS to 77 Okemo Ridge Road, Ludlow, VT. This will bring visitors up the access road. Visitors must park in the designated area. When reaching the Clock Tower, near the fork in the road, you will be directed to go left into the visitor parking lot.

### **Bus transportation back to Bedford**

For all cyclists who have selected the bus transportation option to have themselves, their gear and their bike transported back to the starting point in South Bedford, trucks will be taking bikes back wrapped in blankets as soon as they are loaded.

Buses will leave as they fill starting at 5:15pm. Please carry all your gear, except for your bike, on the bus. The trip back is approximately 2.5 hours. There are NO reservations for seats on the bus; seats are available on a first-come, first-served basis. Buses will not depart until they are completely full! The last bus will depart at 7:30pm.

See previous page for the complete bus and truck schedule.

Once you arrive in Bedford, MA you will find your bike in the racking area right near where you started the ride.

### **Staying over in Vermont?**

Anyone not taking the bus back should have made your own arrangements for transportation, lodging, etc.

### **QUESTIONS?**

Feel free to email Bill Burnett at [bill@streamlineevents.com](mailto:bill@streamlineevents.com). If you have any questions during the morning of the event you may contact the B2VT command center (call or text) at (781) 923-0565.





Finish Area Map







Thank you to all our wonderful partners, volunteers, and the leadership of the jurisdictions we ride through who help make this event possible!



#### **B2VT Ride Committee**

(left to right, Bill Burnett, Jim Bunnell, Karen Smyers, Skip Thomas, Carmen Monks, Scott Shaunessey  
not pictured: Eric Snyder)

HAVE FUN, RIDE SAFE!



## CYCLING SAFETY AND ETIQUETTE

1. DO NOT LITTER. Please put all wrappers, empty gel packs, etc. back in your pocket and dispose of them at the next rest stop.
2. Do not urinate in public. There are porta-potties at all rest stops. If you have to go and can't wait until the next stop, please use a public facility.
3. Obey all traffic signs and signals. This includes traffic lights and stop signs. If in doubt what the laws are ... check.
4. Stay to the right, except to pass. Pass on the left side only. Do not pass on the right. Ride in a single file.
5. Use the cue sheet and do not leave the course.
6. Do not cross center line regardless of passing zone.
7. Use proper signals when turning. Make left turns from the center of the road or left turn lane. Cross railroad tracks at right angles.
8. Ride in control of your bike at all times (i.e. being able to stop within a reasonable distance.)
9. Ride defensively, in consideration of your fellow riders.
10. Don't use Aero bars in a group.
11. Point out and call out any road hazards ahead. These include potholes, drain grates, stray animals, opening car doors, sticks or stones, parked cars, etc.
12. Do not overlap wheels. A slight direction change or gust of wind could easily cause you to touch wheels and fall.
13. Pedal down hill when you are at the front of the group. Cyclists dislike having to ride under brakes.
14. When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill which can cause a sudden deceleration. This can often catch a rider who is following too closely, resulting in a fall from a wheel touch.
15. Communicate with your fellow riders, using proper cycling terms, such as *"On your left,"*
16. Use Vocal Warnings as described below:
  - **Slowing** - When someone yells out "Slowing", this means that there is something that is causing the pack to slow down. This can be anything from a light, a slower pack of bikes, a car up ahead. Prepare to slow down. Tap your brakes and repeat the yell "Slowing". This is to indicate to others that you've heard them and you are also slowing. This will also alert those behind you that you are slowing down.
  - **Stopping** - When someone yells out "Stopping", this means that there is something that is causing the pack to stop. This can be anything from a light, a slower pack of bikes, a stop





sign or a car up ahead. In any event, prepare to stop. Tap your brakes and repeat the yell "Stopping". This is to indicate to others that you've heard them and you are also slowing to a stop. This will also alert those behind you that you are slowing to a stop. It's VERY important not to slam on your brakes especially if there are others behind you!!

- **Rolling** – When the riders in the front of the pack yell “rolling” this means that it is safe to roll through an intersection. No cars are approaching and the group can proceed through without stopping. Riders should be sure to look in all directions for cars even if the rider in front of them moved through the intersection. If no cars are in sight then riders should also yell “clear” to let the people behind them know that the intersection is still clear of cars.
- **Hold your line** - When someone yells, "Hold your line", this means that you need to stay in a straight line as best you can. In most cases, the person yelling this out to you is attempting to pass. If you swing out or if you don't keep your bike steady, you could cause the other cyclist trouble.
- **On your Left** - When someone yells, "On your Left", this means that they are passing you on your left. No need to take this personally. Let them pass as they have the right of way. You should never hear "On your Right". That is, a bicyclist should never pass on the right. However, there are many bicyclists with varying experience. Be on the look out for those that will pass on your right. If someone does this, kindly remind him or her that they should pass on the left. Also, it is common courtesy to say "Thank You" to the person yelling "on your left". This indicates to them that you've heard them.
- **Car Up** - When someone yells, "Car Up", this means that there is a car up front. It is intended to be a verbal caution indicating that a stop may be necessary. If you hear this, repeat the call so that others know that you are aware of the vehicle up front. It is also common courtesy to repeat this so that others behind you also know about the car.
- **Car Back** - When someone yells, "Car Back", this means that there is a car approaching from the rear. It is intended to be a verbal caution indicating that a stop may be necessary. If you hear this, repeat the call so that others know that you are aware of the vehicle is behind you. It is also common courtesy to repeat this so that others behind you also know about the car.