



PMC

2024 HANDBOOK

ONE^{IN}_A BILLION



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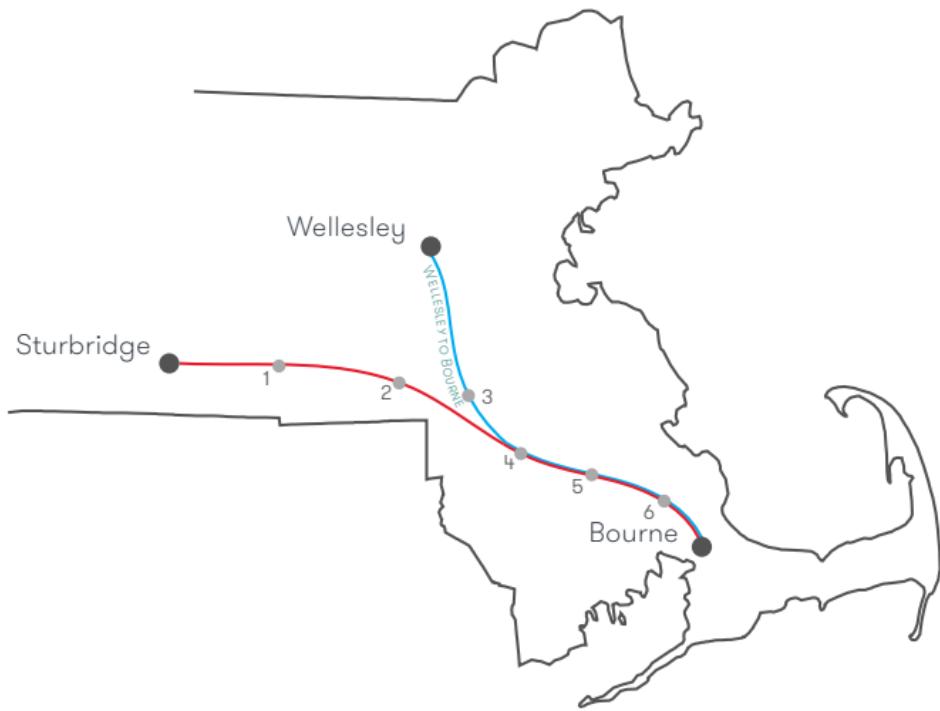
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ROUTES AND WATER STOPS

SATURDAY, AUGUST 3



Starts

Sturbridge
Wellesley

Finish

Bourne

Water Stops

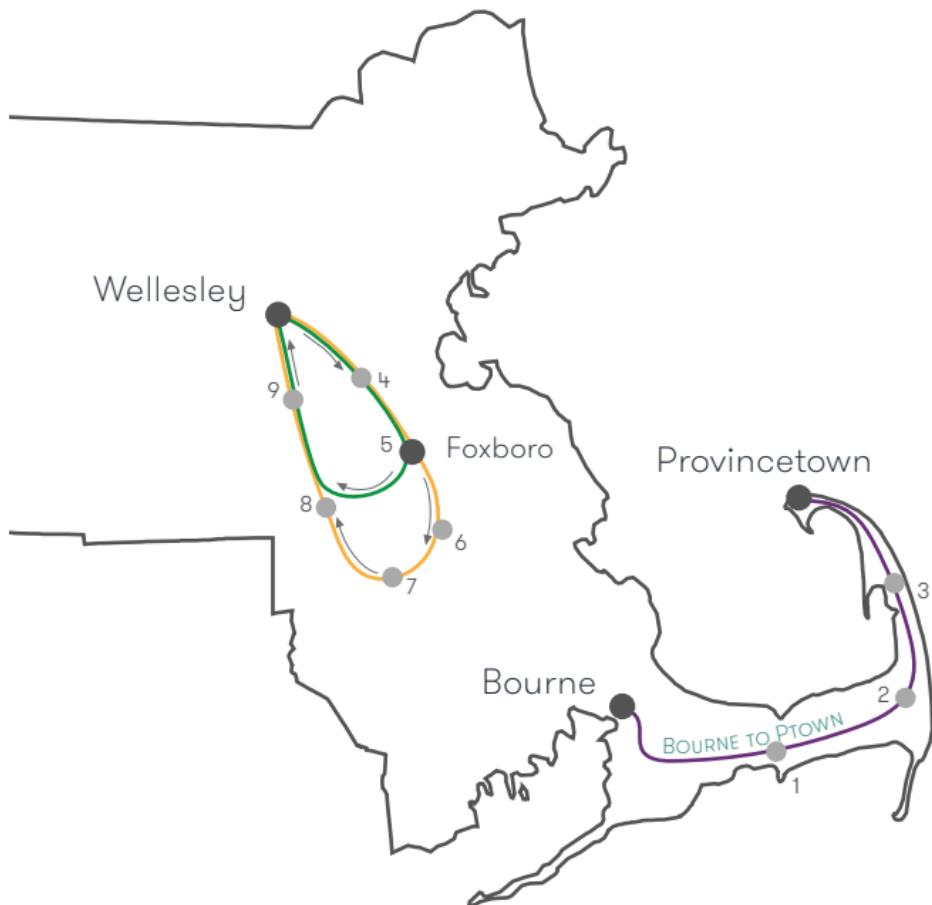
1. Whitinsville
2. Franklin
3. Wrentham
4. Dighton-Rehoboth
5. Lakeville
6. Wareham

[Click here for route maps.](#)

[For Start & Finish addresses, click on location.](#)

ROUTES AND WATER STOPS

SUNDAY, AUGUST 4



Starts

Bourne
Wellesley
25/50
Century

Water Stops

1. Barnstable
2. Brewster
3. Wellfleet
4. Walpole
5. Foxboro
6. Taunton
7. Dighton-Rehoboth
8. Wrentham
9. Medfield

Finishes

Foxboro
Provincetown
Wellesley

[Click here for route maps.](#)

[For Start & Finish addresses, click on location.](#)



ROUTE INFORMATION

SATURDAY: AUGUST 3

- Sturbridge to Bourne: 109 miles*
- Wellesley to Bourne: 84 miles*

SUNDAY: AUGUST 4

- Bourne to Provincetown: 77 miles*
- Wellesley to Foxboro: 24 miles*
- Wellesley to Wellesley: 50 miles*
- Wellesley Century: 101 miles*

*Mileage may vary slightly according to route changes made prior to the event.

Meeting Family and Friends Along the Route

- Signs and volunteers will direct PMC riders and guests to the appropriate meeting places.
- MMA Finish Line Area (but not on campus beyond Finish Line Area)
- Babson College, Wellesley
- Provincetown Monument Finish
- Provincetown Inn Finish Line Area (but not on Provincetown Inn grounds)
- Water stops - follow the direction of PMC volunteers and/or signage.
- Family and friends are encouraged to cheer riders on along the routes
- DOGS ARE NOT PERMITTED AT PMC SITES





WATER STOP MILEAGE

SATURDAY

STURBRIDGE TO BOURNE	MILE	TO NEXT STOP
Sturbridge	0	25
Whitinsville	25	17
Franklin	42	28
Dighton-Rehoboth	70	13
Lakeville	83	16
Wareham	99	10
Bourne	109	

WELLESLEY TO BOURNE

Wellesley	0	20
Wrentham	20	24
Dighton-Rehoboth	44	13
Lakeville	57	16
Wareham	74	10
Bourne	84	

SUNDAY

BOURNE TO PROVINCETOWN

Bourne	0	25
Barnstable	25	15
Brewster	40	18
Wellfleet	58	19
Provincetown	77	

WELLESLEY CENTURY

Wellesley	0	13
Walpole	13	11
Foxboro	24	16
Taunton	40	15
Dighton-Rehoboth	55	23
Wrentham	78	8
Medfield	86	14
Wellesley	100	

WELLESLEY 25/50

Wellesley	0	13
Walpole	13	11
Foxboro	24	12
Medfield	36	14
Wellesley	50	

For Water Stop addresses: see pages 40 and 41

RIDE PREPERATION



Check-In

- **Riders must present a photo ID.** You cannot check-in and ride without identification.
- **Riders must pick up their own registration packet (credentials and ride jersey) from their registered starting point.** Riders that need to change their start location after 7/1 will be charged \$25 for costs associated with creating a new packet.
- **Family, friends or teammates cannot pick up a packet for another rider.** Each rider must be present with a valid ID to receive their registration packet.

ID Bracelet

The PMC ID bracelet must be worn through the end of PMC weekend. Critical information on the bracelet includes: name, route, lodging, transportation, allergies, and emergency contact.

Rider Tracking

Your bike tag has a tracking chip. These chips enable friends and family to see your progress along the route.

Chips are scanned via tracking mats/side scanner at the start line, into and out of every water stop, and at the finish line. To ensure your friends and family can track you, follow the instructions that come with your credentials in order to properly attach the bike tag to your bike.

Meals

Food and beverages are available for all riders and volunteers at all water stops. More substantial food options will be available at hub sites and the Dighton-Rehoboth lunch stop.





PACKING GUIDELINES

Packing Guidelines

- Luggage must have a PMC luggage tag.
- Luggage will be transported from Sturbridge and Wellesley to Bourne, and from Bourne to Provincetown.
- Please limit your luggage to a small duffel bag or backpack. **Weight must not exceed 25 pounds.**

Suggested Packing List

- **Items to be carried with you at all times:**
 - Cell phone and charging cable (in a Ziploc bag)
 - Identification, money, credit card, health insurance card, car and home keys
 - Prescription medications
- Casual clothing for post ride
- Cycling shoes, shorts, jersey, socks, gloves
- Duffel bag or backpack
- Extra water bottle (riders will receive one water bottle at registration)
- Flashlight or head lamp
- Plastic trash bag(s) to protect dry clothing in case of rain and to pack wet items
- PMC Event Handbook
- Rain gear
- Saddle bag with repair kit, 2 CO2 cartridges (or a pump)
- Shampoo and soap
- Sleeping bag and/or sheets, pillow
- Sunglasses, sunscreen, lip balm
- Sweatshirt or fleece
- Toiletry kit
- Towels (2)



**MAKE SURE YOUR BIKE IS TUNED UP
PRIOR TO PMC WEEKEND!**

TIPS FROM ALUMNI & COMMAND CENTER



Add RFID tracking device like an Apple AirTag to your luggage and your saddle bag to always know where your bike and bag are throughout the weekend.



Bring a sleep mask and earplugs if staying at MMA.



Get your bike tuned up or checked out prior to PMC weekend.



Learn how to change a flat and carry at least 2 extra inner tubes with you.



Take photos with your phone of key pages in the PMC Handbook, and favorite them so that you can access them quickly when you need to remember key details.



Should you need to call for help, turn on your GPS so that you can get as accurate a location as possible to provide to the PMC Command Center volunteer (1-800-WE-CYCLE).



Bring a portable charger so your battery lasts all day.



Stay hydrated through a combo of water and electrolyte solutions and pace yourself.

**ANY QUESTIONS PMC WEEKEND:
CALL PMC COMMAND CENTER
1-800-WE-CYCLE (1-800-932-9253)**

(24/7 assistance)

ROUTE ARROWS

FOLLOW YOUR ROUTE'S COLOR



Saturday Routes &
Sunday Cape Cod Routes



Sunday Routes
Starting in Wellesley

- Watch for PMC route arrows on trees, telephone poles and road signs as you ride.
- Make sure you're following your route's color!

MEDIA / OPENING CEREMONIES / SOCIAL MEDIA

PMC Media

Watch WBZ-TV and WSBK-TV and listen to 105.7 WROR for all PMC weekend coverage.

August 2, 2024 – Opening Ceremonies

2 – 7 pm: 105.7 WROR's live broadcast with Bob Bronson in Sturbridge.

5:30 – 6:30 pm: Music by Kamryn and Brian Richard; Hawthorne Room, Sturbridge Host Hotel

Hawthorne Room, Sturbridge Host Hotel

Streaming live: cbsnews.com/boston and PMC.org

6:30 – 7 pm: Billy Starr, State of the PMC (Streaming on youtube.com/PanMassChallenge)

7 – 7:30 pm: PMC Opening Ceremony “Everyday Heroes,” broadcast on WSBK-TV and streaming on CBSBoston.com. Hosted by Lisa Hughes and David Wade.

PMC Social Media

Please tag all of your PMC posts, pictures and comments with: **#PMC2024** and **#OneInABillion**

Follow the PMC on:

Facebook: facebook.com/PanMassChallenge

Instagram: @panmass

X (Twitter): @PanMass

LinkedIn: [/company/pan-mass-challenge/](https://company/pan-mass-challenge/)

TikTok: @panmass1980



PMC REIMAGINED / LIVING PROOF

PMC Reimagined

PMC Reimagined Riders may complete their PMC wherever, whenever best suits their schedule and ability. Reimagined Riders have committed to staying off PMC-supported routes on PMC weekend.

Reimagined Riders who registered by July 1 should receive their rider kit, including jersey, socks and water bottle, via mail in late July.

PMC Living Proof®

The PMC Living Proof community is made up of riders and volunteers who were previously treated or are currently undergoing cancer treatment. They are Living Proof of the progress made through raising funds for cancer research and treatment.

Photos will be taken at Bourne and Wellesley:

6 pm, Saturday, August 3: Bourne

By the flagpole between the MMA Parade Field and the canal (see map)

5 and 6:30 am, Sunday, August 4: Wellesley

PMC Living Proof
is presented by:





Mandatory Requirements for Participation

- Helmets [US CPSC-approved] must be worn riding.
- Rider or volunteer bracelet must be worn at all times.

Headphones, phones, speakers, radios, and/or cameras are not permitted while riding.

Road Safety

Bike headlights and taillights are required by MA law if riding after sunset or before sunrise.

Be Predictable

Other riders expect you to continue straight ahead at a constant speed unless you indicate differently.

Change in Direction or Speed

Use hand signals and call out.

- Left turn: left arm straight out
- Right turn: right arm straight out or left arm out and up
- Slowing or stopping: left arm out and down with your palm to the rear

Hazards

Announce hazards (holes, glass, sand, grates, and other) by pointing down, and by shouting “hole,” “bump,” etc.

Intersections

Call out “slowing” or “stopping” to alert those behind to the change in speed. Note that each cyclist is responsible for verifying that the way is clear.

Traffic Coming From the Front or Rear

Call out “car up” or “car back.” Move over to allow car to pass.

Change Positions Correctly

- Slower riders stay to the right.
- Pass on the left saying “on your left” to warn the cyclist ahead of you.

Leave a Gap for Cars

When riding up hills or on narrow roads with traffic, leave a gap for cars between every three to four cyclists.



Move Off the Road When You Stop

When you restart, look for and yield to traffic.

Riding Two-Abreast

Even where riding double is legal, single up when cars are trying to pass.

Rules Regarding Conduct

1. Ride defensively in consideration of fellow riders.
2. Communicate with your fellow riders, using proper cycling terms such as “on your left, car back,” etc.
3. Ride single file and as far to the right as is safely possible, except to pass. Pass on left side only.
4. Use proper hand signals when turning. Make left turns from the center of the road or left turn lane. Cross railroad tracks at right angles.
5. Do not cross the yellow center line.
6. Obey all traffic signs and signals.
7. Ride in control of your bike at all times.
8. Riding to endanger the safety of your fellow riders is strictly prohibited.
9. Obey instructions from police and PMC Road Crew and pay attention to information posted on PMC road signs.
10. Each rider is expected to speak out when observing a violation. When spoken to, the response should be in appreciation of the concern expressed.

Failure to comply with our rules of conduct, or behavior which results in the harm, or potential harm of other riders, may lead to expulsion from the event.

SMOKING OR VAPING IS NOT ALLOWED ANYWHERE, ANYTIME DURING PMC WEEKEND.

The PMC is an athletic event benefiting Dana-Farber Cancer Institute. Therefore we must consider the health of those around us.



IN AN EMERGENCY:

CALL 911

then report emergency and/or 911 call to

1-800-WE-CYCLE (1-800-932-9253)

24/7 assistance

CARRY ALL NECESSARY PRESCRIPTIONS ON YOUR PERSON. DO NOT PACK MEDICATION IN LUGGAGE.

Basic first aid is available at Hub Sites, water stops and along routes via Road Crew vans. Any issues requiring higher level attention will be transported to the nearest medical facility via ambulance.

If you feel unwell while riding, please stop and rest. Transportation is available if you cannot continue.

Please carry your insurance card and ID on your person PMC weekend.

Hydration/Electrolytes

- Expect warm weather, hydrate accordingly
- Plan to alternate water and electrolyte solution
- Recommended sodium intake > 100 mg per 1-2 hours riding
- Snack on fruit (potassium) and salty snacks (sodium) at water stops

Nutrition

- PMC provides a variety of meals and snacks to accommodate riders and volunteers
- Vegetarian and gluten free options available at all hub sites and water stops
- We strive to prevent cross-contamination, but this is not guaranteed
- If you have a specific allergy or dietary restriction, please plan accordingly

PMC is NOT A NUT-FREE event



VOLUNTEER INFO

Responsibility Code

The PMC infrastructure relies on an army of volunteers who generously donate their time and energy to the event. Failing to stay for your entire shift unfairly burdens fellow volunteers as well as riders.

Volunteer Check-In

- Volunteers must register in advance on pmc.org. On-site registration will not be permitted.
- Volunteers must display a photo ID at check-in.
- Please arrive at least 15 minutes before your shift begins to allow time for parking and check-in.
- Volunteers must wear the PMC ID bracelet, volunteer t-shirt and name tag.
- Volunteers will be given a rendezvous point to meet crew leaders and other members of your team.
- After registration, please report to your crew leader for an overview of your position.

General Information

- If you cannot find your crew, return to Volunteer Check-In (if applicable for your site) and someone will assist you.
- Volunteers are expected to commit to the entire shift time. It is not permissible to leave early.
- We encourage volunteers to take initiative. If your task is complete, find something else to do within your crew or seek to be reassigned to a crew that needs more assistance.
- If you are asked to do a task that you did not sign up for, we ask you to be flexible and help in the area of greatest need.
- At sites where alcohol is served, volunteers are not permitted to drink until their shift is completed.
- At Mass-Maritime Academy and Provincetown Inn, only volunteers registered for the specific site are allowed on campus.

**THANK YOU TO ALL OF OUR VOLUNTEERS
FOR MAKING PMC 2024 POSSIBLE!**

TRANSPORTATION SCHEDULE



FRIDAY

BOSTON BUSES *Congress St & Seaport Ln, Boston*

Rider bike drop-off in Seaport, Boston	12:15 - 1 pm
Bike loading on trucks	1 pm
Bus to Sturbridge departure	

BABSON BUSES *Babson College, Bryant Lot*

Bike loading on trucks	12:45 - 1:30 pm
Bus to Sturbridge departure	1:30 pm

STURBRIDGE *in front of Host Hotel, every half hour*

Sturbridge hotel shuttle	3 - 8 pm
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SATURDAY

Sturbridge hotel shuttle, <i>In front of designated hotels</i>	4 - 5:15 am
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Bourne Satellite parking shuttle, <i>MMA Finish Line</i>	7 am - 9:30 pm
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NO cars on MMA Campus or Academy Drive

Bourne to Wellesley bus departure, <i>Academy Drive</i>	5 pm & 7 pm (eta 6:30 pm, 8:30 pm)
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Bourne to Sturbridge bus departure, <i>Academy Drive</i>	7 pm (eta 8:45 pm)
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Provincetown Volunteer Parking Shuttle <i>Province Lands Visitor Center</i>	7 - 10 am, 2 - 5 pm
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SUNDAY

Foxboro - Wellesley Shuttle, <i>Patriot Place</i>	9 - 11:30 am
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Bikes transported via truck

P-Town to Sturbridge, Wellesley & Bourne bus departure* <i>Provincetown Inn</i>	2 pm
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Fast Ferries departure, MacMillan Wharf P-Town <i>Bring bike & luggage with you</i>	12 pm, 2 pm, 4 pm
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Fast Ferries arrival, WTC Pier	1:30 pm, 3:30 pm, 5:30 pm
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Traditional Ferry departure	3 pm
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Bikes & luggage go on separate trucks by finish lines

Traditional Ferry arrival	6:30 pm
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Boston Buses to Wellesley & Sturbridge departure <i>Seaport Blvd & WTC Pier</i>	6:45 pm
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Provincetown to Bourne bus arrival <i>12 Kendall Rae Pl, Buzzards Bay</i>	3:30 pm
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Provincetown to Wellesley bus arrival, <i>Babson College</i>	5:45 pm
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Boston to Wellesley bus arrival, <i>Babson College</i>	7:15 pm
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Provincetown to Sturbridge bus arrival, <i>Host Hotel</i>	6 pm
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Boston to Sturbridge bus arrival, <i>Host Hotel</i>	8:15 pm
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* Buses will only pick up riders from the Provincetown Inn.

No bus pick up at the Monument Finish.



STURBRIDGE

Sturbridge Host Hotel
366 Main Street, US Route 20
Sturbridge, MA 01566

FRIDAY

Rider Check-In	Ballroom	2 - 8 pm
PMC Store	Ballroom	2 - 8 pm
Sponsor Expo	Expo Area	2 - 8 pm
Hotel shuttles	In front of hotel	2 - 8 pm
Refreshments	Lakeside & Expo Area	3 - 7 pm
Bike Service - Landry's Bicycles	Behind hotel	3 - 9 pm
Dinner	Lakeside tent	4 - 7 pm
Live Music	Hawthorne Room	5:30 - 6:30 pm
Opening Ceremonies (live)	Hawthorne Room	6:30 - 7:30 pm
Luggage (temporary storage must pick up by 8 pm)	Volunteer Registration	2 - 8 pm

SATURDAY

Rider Check-In	Ballroom Foyer	4:30 - 5:15 am
Breakfast	Hawthorne Room	4 - 5:15 am
Luggage Loading	In front of Hotel	4 - 5:15 am
tag & place in truck marked with Sat lodging or 1-day rider		
Hotel shuttles	In front of Hotel	4 - 5:15 am
Bike Service - Landry's Bicycles	Behind Hotel	4 - 5:30 am
Riders line up for start	In front of Hotel	5 am
START	In front of Hotel	5:30 am
Bourne buses arrival	In front of Hotel	8:45 pm

SUNDAY

Provincetown bus arrival	In front of Hotel	6 pm
Boston Ferries bus arrival	In front of Hotel	8:15 pm





STURBRIDGE

PRESENTED BY



BIKE PARKING (SECURE)

In front of hotel (*no bikes in rooms*)

BIKE ETIQUETTE

Bikes are not permitted in hotels, rooms or shuttles, please use secure bike parking.

BIKE TRANSPORTATION

Bikes transported via truck from Boston and Wellesley are unloaded in main lot; please move to bike parking.

GUESTS

Guests are welcome on campus.

HOTEL SHUTTLES

See list of hotels at Info Booth.

INFO BOOTHS

Located in front of hotel.

LODGING

Riders must prearrange their Friday lodging. Questions about lodging should be directed to susan.brogan25@gmail.com

LOST & FOUND

Located at Volunteer Check-In and Hotel front desk.

MEDICAL

Behind the hotel, next to Bike Mechanics.

MEALS

Free for riders and volunteers, guests: \$20 adults, \$10 children (*12 and under*)

PARKING

- Host Hotel parking is very limited.
- No parking in adjacent non-PMC lots, merchants may tow quickly.
- Overnight weekend parking is permitted in unpaved lot in front of Hotel.
- Parking available at Old Sturbridge Village with shuttle service.

STURBRIDGE



[click map to enlarge](#)

STURBRIDGE

Sturbridge Host Hotel
366 Main Street, US Route 20
Sturbridge, MA 01566



WELLESLEY: FRIDAY & SATURDAY

Babson College
231 Forest Street
Wellesley, MA 02457

FRIDAY

Sturbridge Start Riders

Buses & trucks from Babson to Sturbridge depart from Bryant Lot at Babson College 1:30 pm

Check-In upon arrival to Sturbridge

Babson Riders

Riders are encouraged to check-in and drop bikes & bags on Friday

Parking:

Babson main entrance ([231 Forest Street, Wellesley](#))

Olin main entrance ([1000 Olin Way, Needham](#))

Rider Check-In, bike & luggage drop off	2 - 8 pm
Bike Emergency Service - Farina's Bicycles	3 - 8 pm
Food & Beverage (including beer garden),	2 - 8 pm
Sponsor Expo	
Opening Ceremonies from Sturbridge broadcast live in Trim Lot Tent	6:30 - 7:30 pm
Secure Overnight Bike Parking	Starts at 2 pm

SATURDAY

Quick drop off area

Babson West Gate, Wellesley Ave ([2 Bryant Way](#)) 4:00 - 6:15 am
Absolutely NO PARKING / STANDING

Parking	4:00 - 6:15 am
NEW: Babson main entrance closes at 4 am	
Olin main entrance (1000 Olin Way, Needham)	
Rider Check-In & luggage drop off	5:15 - 6:30 am
Breakfast	5:15 - 6:30 am
Emergency Bike Service - Farina's Bicycles	5:15 - 6:15 am
Riders line up for start	6 - 6:30 am
Start Line Remarks	6:30 am
START	6:45 am
MMA Buses arrival	6:30 & 8:30 pm
Must pick up bag & bike immediately upon arrival	

WELLESLEY: FRIDAY & SATURDAY

PRESENTED BY



BIKE PARKING

Secure overnight bike parking on Friday and Saturday night.

GUESTS

Guests are welcome on campus.

INFO BOOTH and LOST & FOUND

Located at Trim Lot.

LUGGAGE

Attach tags received at Rider Registration then place luggage on truck marked with your MMA lodging.

MEALS

Free for riders and volunteers,
guests: \$20 adults, \$10 children (12 and under)

MEDICAL

Located at Start & Finish Areas.

PARKING

- See Friday/Saturday details on p 22.
- Follow direction of police, Babson Public Safety, PMC volunteers & signage.
- Volunteer parking at the Trim Lot (*until full or otherwise directed*)
- No overnight parking on Sunday night; cars will be towed.

PMC Helpful Tip

For getting to Babson:

Register and drop off your luggage on Friday; on Saturday, ride your bike or carpool to Babson.



WELLESLEY: SUNDAY

**Babson College
231 Forest Street
Wellesley, MA 02457**

SUNDAY

Parking: **NEW: Babson main entrance closes at 4 am**

Olin Main Entrance (1000 Olin Way, Needham)

Babson West Gate, Wellesley Ave (2 Bryant Way)

Rider Check-In 4:45 - 7 am

Luggage drop off & pick up

Breakfast 4:45 - 7:15 am

Emergency Bike Service - Farina's Bicycles

5 - 7 am

Riders line up for start

Century 5 - 5:30 am

25/50 6:30 - 7 am

Living Proof Photos 5 & 6:30 am

START

Century **5:30 am**

25/50 **7 am**

Shuttles between Patriot Place & Babson
for 25 mile riders Riders finish 9 - 11:30 am

10 am - 3:30 pm

10 am - 3:30 pm

Post Ride Celebration

Music, Food, Beer Garden,
Sponsor Expo, Games

Buses from Provincetown arrival 5:45 pm

Buses from Boston Ferries arrival 7:15 pm

Pick up bag & bike immediately upon arrival

ATTENTION CENTURY RIDERS

All Century Riders must maintain at least a 10 mile an hour pace (including breaks) to finish prior to 3:30 pm.

Riders who are unable to maintain this pace will experience limited services at water stops and at the finish line, and they are encouraged to ride the 50 mile route or utilize our transport service by calling 1-800-WE-CYCLE



WELLESLEY: SUNDAY

PRESENTED BY



GUESTS

Guests are welcome on campus.

INFO BOOTH and LOST & FOUND

Located at Trim Lot.

MEDICAL

Located at Start & Finish areas.

MEALS

Free for riders and volunteers,
guests: \$20 adults, \$10 children (12 and under)

LUGGAGE

Attach tags received at Rider Registration on luggage.

PARKING

- Parking: see details on p. 24.
- Follow direction of police, Babson Public Safety, PMC volunteers & signage.
- Volunteer parking at the Trim Lot (until full or otherwise directed).
- No overnight parking on Sunday night, cars will be towed.

SHOWER TRUCK

Located at Hollister Lot.

THE WELLESLEY SITE CLOSES AFTER THE LAST BUS ARRIVES.

Bikes left at Babson will be brought to the PMC office in Needham for pick-up after Tuesday, August 6. Due to the added labor, a \$25 fee will be charged.

WELLESLEY SITE MAP



[click map to enlarge](#)

WELLESLEY
Babson College
231 Forest Street
Wellesley, MA 02457

WELLESLEY SITE MAP - TRIM LOT DETAIL



click map to enlarge



BOURNE

MASS MARITIME ACADEMY (MMA)

101 Academy Drive
Bourne, MA 02532

SATURDAY

Shuttles between finish line & satellite lots	7 am - 9 pm
<i>Finish Line Area</i>	
Volunteer Check-In, <i>Gym</i>	8 am - 6 pm
Riders finish	10:30 am - 7 pm
Bike Service - Landry's Bicycles, <i>Finish Line Area</i>	11 am - 6 pm
P-Town Rider Check-In, <i>Gym</i>	12 - 6 pm
Food & Beverage, <i>Parade Field</i>	11 am - 6:30 pm
Music, <i>Parade Field</i>	1:30 - 7 pm
Team Photos, <i>Flagpole, Academy Drive</i>	2:30 - 5:30 pm
<i>Advance reservation required</i>	
Living Proof Photo & Toast, <i>Flagpole, Academy Dr</i>	6 pm
Wellesley bus departure, <i>Academy Drive</i>	5 pm & 7 pm
Sturbridge bus departure, <i>Academy Drive</i>	7 pm

SUNDAY

Breakfast, <i>Food Tent</i>	4:15 - 6 am
Load Luggage on your Finish Line Truck	4:15 - 6 am
<i>Near the Food Tent</i>	
Luggage trucks departure, <i>MMA Campus</i>	6:15 am
Rolling Start, <i>MMA Campus</i>	5 - 6 am
Bourne Bridge open for bikes	5 - 6:15 am

Sunday Off-Site Start 4:15 - 6 am

Rider & Luggage drop-off

- Check-In for 1-day riders going to Provincetown
- Avoid Sunday drop-off on MMA campus
- Grab & go breakfast and coffee will be available

Kendall Rae Lot (Near Hampton Inn)

12 Kendall Rae Place

Buzzards Bay, MA 02532

**NO SHUTTLE SERVICE TO MMA PROVIDED
ON SUNDAY**



BOURNE

MASS MARITIME ACADEMY (MMA)

101 Academy Drive
Bourne, MA 02532

BIKE CHARGING

E-bike charging will be on football field, instead overnight bike parking. PMC will provide electricity only; rider must bring their own charger.

BIKE PARKING

2-Day riders: pump your tires before you park your bike!

- Staying on campus: park on football field
(NO bikes in dorms or shared lodging spaces per Fire Dept)
- Riders sleeping off campus:
 - If starting from the off-site start on Sunday, bring your bike with you.
 - If starting from MMA on Sunday, park bike on football field.

1-Day riders:

Riders pre-registered to take the bus: immediately upon finishing, load bike on correct destination truck: Wellesley (5 or 7 pm) or Sturbridge (7 pm).

Own transportation: load bike on truck for satellite parking lot, bring luggage on shuttle with you. Please take your bike and luggage home and do not leave at MMA.

GUESTS

Guests are welcome at the Finish Line Area but NOT on MMA campus beyond the Finish Line Area. Only registered MMA volunteers are permitted on campus.

INFO BOOTHS

On Parade Field next to Medical Tent & at Finish Line area.

LODGING (*Dorm, Shared Lodging, Gym, Own Tent*)

- Lodging assignments are on wristband.
- Room changes: request at Information Booth.
- Leave your room the way you found it! No trash please!
- Tents: set up your own tent (not on turf).
- 1-Day Sunday riders are welcome to stay on campus in their own tent.

LOST & FOUND

At Info Booth near Parade Field & next to Medical Tent.



BOURNE CONTINUED

LUGGAGE

- Dorm: delivered to room.
- Tenting, Gym, & off-site: at luggage tent by Finish Line area.
- Shared space lodging (*not including Gym*) will be delivered to the designated area of the building.
- 2-day riders staying off campus: may leave their luggage at Information on Saturday.
- On Sunday, load luggage on the truck corresponding to your finish line.

MEDICAL

Located at Finish Line and on Parade Field near Food Tent.

MEDICAL TRANSFERS

- Riders picked up along the route may pick up their bike at the Medical Tent by the Parade Field.
- If you are unable to ride on Sunday, please get picked up with your luggage & bike at MMA.
- If that is NOT possible, return to the Medical Tent no later than 5 am on Sunday with your luggage & bike.
- Bikes will be sent to PMC headquarters. Road Crew will provide transportation to the finish lines. Because of their duties on the Road, the Road Crew cannot provide direct transportation.

PARKING

NO cars on MMA Campus or Academy Drive

NO parking or rider pick up on MMA Campus

Shuttles run between the satellite parking lots and MMA Finish Line area until 9 pm on SATURDAY ONLY:

- Kendall Rae Lot, near Hampton Inn (12 Kendall Rae Pl, Buzzard Bay). Use for Saturday rider pick up and overnight parking, and Sunday parking.
- Buzzards Bay Train Station: 68 Main St., Buzzards Bay
- Volunteer parking is available at either remote lot.

SHOWERS

- Riders staying in Dorms: shower in designated dorm.
- Riders staying in Gym, tents & 1-day riders: use showers in Gym or shower trucks at Finish Line area.
- Shower trucks at the MMA Finish Line close at 6 pm on Saturday. Other shower facilities available in the MMA gym or in dorms after 6 pm.

BOURNE



click map to enlarge

MASS MARITIME ACADEMY (MMA)

101 Academy Drive
Bourne, MA 02532



PROVINCETOWN INN

PROVINCETOWN INN

1 Commercial Street
Provincetown, MA 02657

SUNDAY

Riders finish

9 am - 2 pm

- Load bikes on designated bike trucks (if taking bus or traditional ferry)
- Pick up luggage
- Shower

Barbecue, Beverages & Music

9 am - 2 pm



click map to enlarge



PROVINCETOWN INN

presented by



BIKE PARKING

Riders can park their bikes near the finish line or behind the hotel.

BUS TRANSPORTATION

2 pm bus pick-up in the rotary to Bourne, Wellesley & Sturbridge for all Provincetown bus transportation.

FERRIES

Walk to MacMillan Wharf, 1 mile.

See bike and luggage transportation information on pages 36 and 37.

GUESTS

Guests are welcome at the Provincetown Finish Line Area but NOT allowed on the Provincetown Inn grounds.

INFO BOOTHS AND LOST & FOUND

Located next to the Inn entrance.

LUGGAGE

- Located by the food tent, arranged by MMA lodging.
See map on pages 31
- Trucks depart no later than 2 pm

MEDICAL

Located at the Finish Line and inside the Inn.

PARKING

- NO parking at Provincetown Inn or Monument Finish.
- Volunteer Parking: Province Lands Visitor Center (171 Race Point Road, Provincetown). Shuttle service to both the Provincetown Inn and Monument Finish.

RIDER PICKUP

Riders may be picked up at Monument Finish
See map on page 33 for details.

SHOWERS

Located near the rotary, next to the Inn.

SHUTTLE

PMC shuttles between the Monument Finish and Provincetown Inn Finish are available.



PROVINCETOWN MONUMENT

PROVINCETOWN MONUMENT

28 Winslow Street
Provincetown, MA 02657

SUNDAY

Riders finish 9 am - 2 pm

- Load bikes on designated bike trucks (if taking bus or traditional ferry)
- Pick up luggage
- Shower

Barbecue, Beverages & Music 9 am - 2 pm



click map to enlarge

PROVINCETOWN MONUMENT

presented by



BIKE PARKING

- Bike racks are located on Motta Field for riders with their own transportation or taking a fast ferry.
- If the PMC is transporting your bike, load your bike onto labeled truck to your final destination. Trucks are located at the top of Winslow Street.

BUS TRANSPORTATION

- All bus transportation is at the Provincetown Inn.
- Shuttles are available to the Provincetown Inn.

FERRIES

- Walk to MacMillan Wharf, 1/3 mile.
- See bike and luggage transportation information on pages 36 and 37.

GUESTS

Guests are welcome on Motta Field and along finish line.

INFO BOOTHS AND LOST & FOUND

Located on Winslow Street near finish line.

LUGGAGE

- Located at top of Winslow Street.
- See info on pages 36 and 37
- Trucks depart no later than 2 pm

MEDICAL

Located at the finish line and on Motta Field.

MEALS

Free for riders and volunteers,
guests: \$20 adults, \$10 children (12 and under)

PROVINCETOWN MONUMENT CONTINUED

presented by



PARKING

- NO PMC parking at the Monument Finish.
- Volunteer Parking: Province Lands Visitor Center (171 Race Point Road, Provincetown). Shuttle service to both the Provincetown Inn and Monument Finish.
- Guests are responsible for finding their own parking

RIDER PICK UP & MEETING POINT

CELL PHONE LOTS

Prior to live pick up, use one of the following lots:

94 Harry Kemp Way, Provincetown

56 Howland St, Provincetown

LIVE PICK UP

Provincetown Monument Parking Lot

90 Harry Kemp Way, Provincetown

LIVE PICK UP ONLY. NO PARKING OR WAITING





PROVINCETOWN INN & MONUMENT FINISH TRANSPORTATION SCHEDULE

SUNDAY

FAST FERRIES

Fast Ferries departure, [MacMillan Wharf, Ptown](#) 12, 2, 4 pm
Bring bike & luggage with you

Fast Ferries arrival, [WTC Pier, Boston](#) 1:30, 3:30, 5:30 pm

TRADITIONAL FERRY

Traditional Ferry departure, [MacMillan Wharf, Ptown](#) 3 pm
See notes below for bike and luggage transportation information.

Traditional Ferry arrival, [WTC Pier, Boston](#) 6:30 pm
Riders with bus reservations continue to Wellesley & Sturbridge via PMC buses

BUSES

Sturbridge, Bourne & Wellesley bus departure 2 pm
[Provincetown Inn \(no buses from Monument\)](#)
See notes below for bike and luggage transportation information. 4 pm

Bourne bus arrival
[Kendall Rae Lot, 12 Kendall Rae Pl, Buzzards Bay](#) 5:45 pm

Wellesley bus arrival, [Babson College](#) 6 pm

Sturbridge bus arrival, [Host Hotel](#)

BIKE TRUCKS

Boston, Wellesley, Sturbridge Bike Trucks departure 2 pm
[Provincetown Inn](#)
[Monument Finish](#)



PMC HELPFUL TIP: If you need assistance with your return transportation, please see volunteers at Information.

PROVINCETOWN INN/ MONUMENT FINISH BIKE AND LUGGAGE TRANSPORTATION

- **Fast Ferries:** bring bike & luggage with you. PMC does not transport bikes for riders taking a fast ferry.
- **Traditional Ferry:** No bikes or luggage allowed on the ferry.

See directions specific to Inn and Monument finishers below.

• Buses:

Bike: Load bikes onto truck to your final destination.

Luggage:

INN: bring your luggage with you onboard the bus.

MONUMENT: load luggage on truck to final destination.

• Traditional Ferry + Bus (to Wellesley or Sturbridge):

Bike: Load your bike onto truck to your final destination.

Luggage:

INN: Load your luggage onto the Boston luggage truck.

Upon arriving in Boston, pick up your luggage and carry it on the bus with you.

MONUMENT: Load your luggage on truck to final destination.





BOSTON SEAPORT

World Trade Center, 200 Seaport Blvd. Boston, MA 02310

FRIDAY

12:15 - 1 pm: Bike loading on trucks

1 pm: Bus to Sturbridge departure

SUNDAY

12, 2 and 4 pm:

Fast Ferry departure: MacMillan Wharf, Provincetown

Riders must take their bikes and luggage

1:30, 3:30 and 5:30 pm:

Ferries arrive at World Trade Center Pier, Boston

3 pm:

Traditional Ferry departure: MacMillan Wharf, Ptown

Riders must load bikes and luggage on trucks at their finish lines for pickup in the Seaport.

6:30 pm: Arrives at World Trade Center Pier, Boston

Riders should be picked up at a prearranged location. NOT in front of the ferry terminal.

PARKING (pay)

Seaport Hotel Garage

126 Congress Street - closest to World Trade Center Pier

South Boston Waterfront Transportation Center

503 Congress St., Boston, MA 02110



[click map to enlarge](#)



WATER STOPS

Water Stops are provided to assist riders throughout PMC weekend.

Water Stops provide sandwiches, beverages and snacks. Additional food choices will be available Saturday and Sunday at Dighton-Rehoboth.

Medical and mechanical support is available at all water stops.

Porta Potties, hand washing and sanitation stations will be available on site.

WATER STOP OPERATING HOURS

In an effort to better support all riders, water stops are open to riders at the following times. Please keep these times in mind when riding.

Faster riders should not start too early as water stops might not be fully open when they arrive. Similarly, slower riders should start at the beginning of the ride and be efficient when at water stops.

Saturday

Whitinsville: 5:30 - 9 am

Franklin: 6:30 - 11 am

Wrentham: 6:45 - 9:30 am

Dighton-Rehoboth: 8 am - 2:30 pm

Lakeville: 8:30 am - 3:45 pm

Wareham: 9:30 am - 5:30 pm

Sunday

Barnstable: 5 - 8 am

Brewster: 6:30 - 10 am

Wellfleet: 7:30 am - 12:30 pm

Walpole: 5:45 - 8:45 am

Foxboro: 6:15 - 10:30 am

Taunton: 7 - 10:30 am

Dighton-Rehoboth: 8 am - 1 pm

Wrentham: 9 am - 2:30 pm

Medfield: 8:45 am - 3:30 pm



PRESENTED BY:

WHITINSVILLE

355 Main Street
Whitinsville, MA 01588

FRANKLIN

Jefferson School
628 Washington Street
Franklin, MA 02038

Deloitte.

WRENTHAM

305 Shears Street
Wrentham, MA 02093

*Across the street from
Michael's Deli*



DIGHTON-REHOBOTHS LUNCH STOP

Dighton-Rehoboth Regional HS
2700 Regional Road
North Dighton, MA 02764



LAKEVILLE

Apponequet Regional HS
100 Howland Road
Lakeville, MA 02347



PMC Pedal Partner Program sponsor

WAREHAM

John W. Decas School
760 Main Street
Wareham, MA 02547



**BARNSTABLE**

Barnstable Courthouse
3195 Main Street
Barnstable, MA 02630

KIRKLAND & ELLIS

BREWSTER

Nickerson State Park
3488 Route 6A
Brewster, MA 02631

PSG

WELFLEET

Wellfleet Elementary School
100 Lawrence Road
Wellfleet, MA 02667

Berkshire
Partners

WALPOLE

Norfolk County Agricultural HS
400 Main Street
Walpole, MA 02081

**PATRIOT PLACE**

Gillette Stadium
One Patriot Place
Foxborough, MA 02035

Adage
Capital Management, L.P.

TAUNTON

Camp Riverside
388 Harvey St.
Taunton, MA 02780

MEDFIELD

Medfield High School
88R South Street
Medfield, MA 02571





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FOOD AND BEVERAGE

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Bubba Burgers
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Coca-Cola
Cedars Mediterranean Foods
DripDrop ORS
Dunkin'
Gordon Food Service
Guayaki Yerba Mate
Hans Kissle
HP Hood
JOH
JW Lopes, LLC
Kayem
KAWAMA
Legal Sea Foods



Little Leaf Farms
Lyons Group
Mi Niña
Niagara Cares
Palermo's Pizza
Polar Beverages
Sam Adams NA
Sam Adams
Stonyfield Organic
Teddie Peanut Butter
Tito's Handmade Vodka
The Feed
Yasso

TRANSPORTATION, MEDICAL & EMERGENCY SERVICES

Bay State Physical Therapy
Department of Fire Services (DFS)
Lindenmeyr Munroe
Massachusetts Emergency Management Agency (MEMA)
Massachusetts State Police (MSP)
Metropolitan Law Enforcement Council (MetroLEC)
Van Pool Transportation

LOGISTICS AND PROMOTION

13 Photography
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Encore Boston Harbor
Everbridge
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Herc Rentals
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Shawmut Design and Construction
Snowcap Video Solutions
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TIEM
United Rentals



PAN-MASS CHALLENGE

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