# **SHORELINE 2025**

# LEAGUE OF MICHIGAN BROWGLESS

# Rider Guide

Welcome to 2025 SHORELINE!

LMB welcomes you to the tip of the mitten in the northwest lower peninsula of Michigan, home to Traverse City, Alpena and many great towns in between. Your registration fee and purchases provide the funds to power our work in Michigan: advocating, educating, and promoting the power of the bicycle in communities around the state while acting as a voice for bicyclists in the Michigan government.

Before we get into the details, a few quick reminders on how to make the most of this week:

- Show Michigan that cyclists matter! Help represent bicycling in a safe, positive way by being polite, signaling, staying to the right, and yielding. Remember, our actions create the perceptions towards the next bicyclist.
- Rough it this week. Don't bring all the fancy stuff with you, bring the excitement of a challenge and the legs to ride.
- **Step away.** Try to take this week to escape the norms of your day to day life and embrace the joy of riding a bike.
- Take it all in. Make sure to take the moments to stop and check out the scenery and history along the way.
- Thank you! Know that your efforts and attendance at LMB events help to shape and create legislation to protect people of this state. In 2025 we are closer to having laws that allow broader penalties for hitting or killing VRU's in Michigan and YOU helped make that happen, just by participating in our events. Smile this week while you ride: you have made a difference in the safety of all Michigan cyclists.

Our bike tours are made possible by the experience, dedication, hard work, and generosity of our volunteers. When you see a person loading luggage, driving a SAG wagon, helping a rider on the side of the road, sanitizing a table, pouring your water, and handing you a snack, thank them for volunteering. Volunteers are the backbone of LMB tours and we are grateful for them. They ask only that you be kind and enjoy your time on the tour. If you find yourself having a great time and wishing your friends and family could come with you, then please find a volunteer and thank them with all your heart. If you find something lacking, find me and let me know. If after reading this handbook you still have questions, reach out to us at tours@lmb.org.

On behalf of everyone, thank you for riding with us on SHORELINE.

Sincerely, Neal Glazebrook LMB Events Director

# TIMELINE FOR ALL PARTICIPANTS

Unless otherwise indicated, the tour will run on Eastern Time.

### Friday August 1, 2025

- No PRE EVENT CAMPING
- No bike loading

### Saturday August 2, 2025

- Northwestern College Cherry Parking Lot
  - o 9:00 11:30 am: Bike Loading. Bike Truck Departs at 9 am
  - o 11:30 am: Buses Load
  - o 12:00 pm Buses Depart from Northwestern College for Alpena
- Northern Lights Ice Arena
  - o 10:00 am: School bathrooms open
  - o 1:00 5:00 pm: Check-in/Registration
  - 3:00 pm Pre Tour Bus arrives.
  - o 3:30 pm: Bike trucks arrive
  - o 5:30 7:00 pm: Dinner served
  - o 7:00 pm: Orientation for all participants
  - o 10:00 pm 6:00 am: Quiet Time. Gear trucks closed.

### Sunday August 3, 2025 and Mon., Tues., Thur., Fri.

- 6:30 am: Gear trucks open
- 6:30 8:00 am: Breakfast
- 7:00 am 4:30 pm: SAG Service
- 7:30 8:30 am: Late check in (Sunday Only)
- 9:00 am: Campsite closed & trucks depart
- 2:00 9:00 pm: Service desk open
- 5:30 7:00 pm: Dinner service
- 6:30 7:00 pm: Rider meeting
- 10:00 pm 6:00 am: Quiet time. Gear trucks closed.

### Wednesday August 7, 2025

- All participants on their own for meals
- 3:00 5:00 pm: Regular Check-in Traverse City
- 5:00 pm: 3-Day Participant Orientation

### Saturday August 09, 2025

- 6:00 am: Gear trucks open.
- 6:30 8:00 am: Breakfast
- 7:00 am 2:00 pm: SAG Service
- 11:00 4:00 pm: Service Desk, Showers
- 4:00 pm SHORELINE ENDS.
- NO CAMPING SATURDAY NIGHT AVAILABLE

# **CHECK-IN**

### What To Expect At Check In

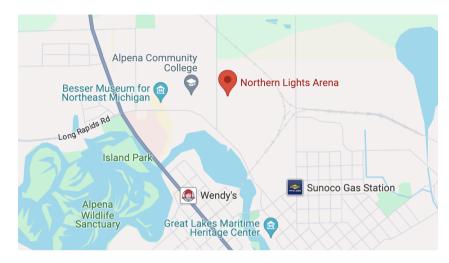
Upon arrival, follow the directional signs to our Registration Table. Present your picture ID and our volunteers will provide you with your bike plate, wrist band, and luggage tags.

Please attach the wrist band to your LEFT wrist at the registration table. Your wristband is your meal ticket and admission to SAG stops, SAG wagons, reception, camping, showers, and other facilities. Your bike plate identifies you on the road as part of the tour and is your bike's link to you when separated for SAG or other reasons. Your luggage tags link them to you and are their ticket for transportation to the next overnight. Please make sure to attach your bike plate to your back or behind your seat/bike bag, and your luggage tags to an upright handle on each bag. If you lose your wrist, bike or luggage tags during the week, the service desk can provide a replacement. You can find schedules, messages and cold water at the service desk.

If you pre-purchased Padre's Cycle Inn service, please take your bags to Padre's tent service area and check in with them.

### **RIDER CHECK-IN:**

Alpena Long Term Parking: Northern Lights Ice Arena - 751 Woodward Ave, Alpena, MI 49707



MAP LINK: https://g.co/kgs/GEXqXaM

## Traverse City Long Term Parking - Cherry Parking Lot



MAP LINK: https://maps.app.goo.gl/NxXwBM65JPfcHwuH6

# **ARRIVING BY AIR**

We do not provide a shuttle to and from airports.

International air service is available into Cherry Capital Airport (TVC) in Traverse City. This airport is approximately 4 miles from Grand Traverse County Civic Center. Ride shares, taxis and car rentals are available.

Many airlines have reduced the bike fee to that of an additional bag, so do a little research if you choose to do this. Otherwise you can ship your BOXED bike via UPS, FedEx or other trackable shipping method to our tour mechanic (details in bike shipping section). Demand for bike assembly is high so please reserve a slot with our bike mechanic.

# ARRIVING BY VEHICLE AND PARKING

Traveling by vehicle to SHORELINE is the most common method used by participants. LMB provides several options to park your vehicle.

For your convenience we've made long term parking arrangements near the charter bus pick up areas at both starts and the finish. Please note, we can only provide parking for one motor vehicle per rider. Parking lots are unsecured areas, it is not advisable to leave valuables in your car.

- Alpena long term parking Northern Lights Ice Arena
- Traverse City long term parking Northwestern College Cherry Parking Lot

# LMB CHARTER BUS INFORMATION

LMB offers a charter bus option. The PRE TOUR bus. The pre-tour bus from Traverse City to Alpena is the only option for 2025. As of July 2nd 2025 it is sold out, if we have cancellations that open up spots on the bus they will be available for purchase on the registration platform. Charter bus service includes transportation for you, your gear and your bike. Please prepare your bike for transport prior to arrival and allow at least a half-hour to load it on the bike truck.

### PRE-TOUR TRAVERSE CITY DEPARTURE:

The pre-tour bus will leave Traverse City from the Northwestern College Cherry Parking lot no later than noon on Saturday. If you miss the bus, it is your responsibility to arrange transportation to Alpena. We will begin loading bicycles on Saturday morning at 9:00 am. Please prepare your bike for transport prior to arrival. We recommend loading bikes on Friday night. Charter buses begin boarding at 11:30 am, please pack a lunch or bring snacks for the ride into Alpena at approximately 3:00 pm. There is no camping in Traverse City prior to the tour.

### Cherry Parking Lot

Saturday August 3

- 9:00 11:30 am, Bike loading.
- 11:30 am, Bike truck departs.
- 11:30 12:00 pm, Bus boarding and departure.
- 3:00 pm, Arrive Northern Lights Ice Arena

### **CHARTER BUS LUGGAGE:**

Participants will load their luggage onto the charter buses prior to boarding. See the "LUGGAGE (BAG) TRANSPORT" section below for requirements.

### PREPARING YOUR BIKE FOR TRANSPORT:

Charter bus transportation includes transporting your bikes. It is your responsibility to prepare your bike for loading on the trucks. Please prepare your bike for transport prior to arrival. We try to be as careful as possible, but we are not responsible for damage.

Boxed bike - The safest way to transport your bike. Boxed bikes will be secured onto the floor of the bike
trucks. Please let us know if you wish to save your bike box and make sure to book an appointment with the
tour mechanics so they can get your bike built up. Details to contact them below in the bike shipping
section.

Assembled bike - PRIOR TO ARRIVAL remove bags, lights and locks. Put protective padding on the
frame making sure the bike rolls freely. Padding can be newspaper, foam pipe insulation or bubble wrap.
Anything attached to the bike could be knocked off in transit. Secure them with zip ties or lots of tape.
Tools will be available at the loading/unloading area for this task.

# **LUGGAGE (BAG) TRANSPORT**

### **LUGGAGE REQUIREMENTS:**

Personal luggage - 2 duffle bags weighing less than 35 pounds each. Bags may be weighed, those exceeding 35 pounds will be tagged for special handling and owners will be charged a \$50 over-limit fee per over-limit bag. Please attach your luggage tags upon arrival.

Please do not bring suitcases as they tend to be less durable. We recommend duffle bags. All items must be transported inside your luggage. Loose items found in the luggage trucks including shopping bags, trash bags, cardboard boxes, chairs, umbrellas, helmets, bike bags, groceries and any other item not inside your luggage or attached to your bicycle will be placed into the lost and found bins located by the service trailer. Remember, there will be times when your luggage is at the bottom of the pile. Please do not pack fragile or delicate items. If you purchase items during the tour, please have them shipped home. We are not responsible for damage to luggage or contents.

This is Michigan and it occasionally rains, it is possible your gear could get wet. We suggest stowing your essentials inside plastic bags within your luggage or invest in waterproof bags.

### LOADING:

Trucks will be available for loading at 6:30 am each morning. Riders are responsible for ensuring their luggage is loaded on the truck. Please take your bag as far forward as possible and stack it as high as the staff directs you. All bags must be loaded by 9:00 am when gear trucks depart. If you miss the truck, congratulations on becoming a loaded touring bicyclist until reaching the next campsite. Never leave your luggage outside a locked truck.

### **UNLOADING:**

The trucks will be available for unloading as soon as they arrive at the campsite. All unloaded bags will be arranged on the ground during this process. Luggage identification tags will be provided at check-in. You may want to mark your bags distinctively to help you locate them (bright ribbons, pom-poms). We want to thank in advance all riders who are willing to help each day!

# **BICYCLES and TRANSPORT**

You can ride any human-powered cycle in good mechanical condition on SHORELINE. This includes trikes, recumbents, tandems, unicycles, and of course e-bikes. Mountain, hybrid, cyclocross, and gravel bikes will have a blast on both the standard route and the optional gravel sections. LMB provides a professional mechanic for the entire tour. Minor adjustments are free. Any repairs, parts, assembly, disassembly, and shipping will incur a fee. Our SAG service is designed to transport all the above named cycles!

To create a safe and scenic tour, SHORELINE will at times avoid a paved road and travel along unpaved trails and country roads. To best traverse the standard route on a road bike or touring bike, we recommend fitting the widest possible puncture resistant tires. Road bikes with 23c-28c tires will do fine on the route but may have to work a little harder on unpaved sections. Any optional routes or loops labeled "Gravel" can have long sandy sections and are best attempted with a 37c or wider tire that has a tread or knobby surface.

# **BICYCLE SHIPPING**

If you are traveling by car, please do not ship your bike. If you are traveling by air, please review your bike transport options below.

**Option 1 (easiest and cheapest)** - Travel with your bike. Many airlines (Alaska, Delta, American, and Southwest have the highest ratings by Bicycling Magazine), have reduced the bike fee to that of an additional bag, so do a little research to see which airlines provide the best rates for your cycle. Our tour mechanic can build your bike for an additional fee in Alpena by appointment. Please reach out to Broom Wagon Works via the following EMAIL: <a href="mailto:broomwagonworks@gmail.com">broomwagonworks@gmail.com</a> PHONE: 734-224-8721 or on Instagram @brmwgnwrks to get in line for this great service.

**Option 2 (second easiest)** - Ship your bike directly to Broom Wagon Works reach out to them to set this up. Make sure it arrives before Tuesday the week before the tour. <u>Click here</u> for details on how to prepare your bike for truck transport or shipping. Our tour mechanic can build your bike for an additional fee in Alpena by appointment and/or build it at the shop they work at and bring it up for you. Please reach out to Broom Wagon Works via the following EMAIL: <u>broomwagonworks@gmail.com</u> PHONE: 734-224-8721 or on Instagram @brmwgnwrks to get in line for this great service.

# BICYCLE PICKUP AND ASSEMBLY

All participants, please plan accordingly to have your bicycle ready for Day 1.

- If you are using Broom Wagon Works to build, make sure you have reached out to them to set up a bike build slot in their schedule. Please plan your pick-up and assembly accordingly with Broom Wagon Works. You are responsible for transportation to pick up your bike.
- Bicycles shipped to the LMB office can pick up their still boxed bike at check-in.
- Participants who require a mechanic to assemble or adjust their bike should reach out to Broom Wagon Works via the following EMAIL: <a href="mailto:broomwagonworks@gmail.com">broomwagonworks@gmail.com</a> PHONE: 734-224-8721 or on Instagram @brmwgnwrks to get in line for this great service.
- The LMB mechanic will assemble bicycles on Saturday for those who have made prior arrangements with LMB as quickly as possible. Due to the high volume of bicycles, your bike may not be ready until late Saturday evening.
- Cardboard bike boxes and packing materials will be discarded upon arrival. If you would like to save your cardboard bike box for use after the tour, contact LMB prior to the tour at tours@lmb.org.

### END OF TOUR BICYCLE DROP OFF

All participants, please plan accordingly to get your bicycle home.

- Make sure to book an appointment with Broom Wagon Works to box up your bike for returning home.
   Please reach out to Broom Wagon Works via the following EMAIL: <a href="mailto:broomwagonworks@gmail.com">broomwagonworks@gmail.com</a>
   PHONE: 734-224-8721 or on Instagram @brmwgnwrks to get in line for this great service. If you have a Saturday flight out, LMB recommends boxing your own bike for departure.
- The LMB mechanic will be on the tour route and not available until later in the afternoon. They will not be able to assist you prior to 2 PM. Please plan accordingly.
- Participants who wish to have the LMB mechanic box and ship their bikes home should make any arrangements directly with the mechanic.
- Click here for details on shipping your bike to and from the tour.

# **LODGING INFORMATION**

SHORELINE is a bicycle tour with options. You can camp, use a tent service, or sleep in a hotel. No matter which option you use, your registration includes the following services at each campsite:

- Camping space
- Luggage transportation from campsite to campsite
- Shower and toilet facilities
- Breakfast and Dinner service
- Greenspace, shade and indoor shelter for emergencies
- Charging stations for electronics and e-bikes
- SAG Support

- Riders Meetings
- Mechanic on duty

### **CAMPSITE & FINISH LOCATIONS:**

Saturday – Northern Lights Ice Arena - 751 Woodward Ave, Alpena, MI 49707

Sunday - Rogers City High School - 1033 W Huron Ave, Rogers City, MI 49779

Monday - Cheboygan High School - 801 W Lincoln Ave, Cheboygan, MI 49721

Tuesday - Mackinaw High School - 609 W Central Ave, Mackinaw City, MI 49701

Wednesday - Mackinaw High School - 609 W Central Ave, Mackinaw City, MI 49701

Thursday - Petoskey High School - 1500 Hill St, Petoskey, MI 49770

Friday- Charlevoix MIddle School, 5200 Marion Center Rd., Charlevoix, MI 49720

Saturday - Grand Traverse Civic Center, 1213 Civic Center Dr, Traverse City, MI 49686 - No camping finish only.

### **CAMPING:**

Campsites vary from schools and campgrounds to fairgrounds or wedding venues. Unless posted, please do not bring your bikes or wear cycling shoes into any buildings as they can damage the floors. In the case of severe storms, you'll be directed to indoor space for shelter.

Alcohol, drugs, firearms, and tobacco are prohibited on school grounds by Michigan law. We will comply with this law to ensure our continued use of these facilities.

Quiet Time is 10:00 pm to 6:00 am. Please respect your tour mates and their rest. During Quiet Time hours, treat the camping area like a library. Vehicles and walkers, do not shine your lights onto tents, put up/take down tents, deflate mattresses, run generators, pack luggage, rustle plastic bags, bang port-a-john doors, or run in the camp area. Please report any disturbances to a staff member.

### **VIP Tent Services**

Love to tour but hate setting up the tent and lugging your bags? This year we've partnered with <u>Padres Cycle Inn</u> to offer VIP tent service on SHORELINE! Imagine after a great day on the bike, you stroll up to your ready and waiting, private tent with your bags inside. Then imagine each morning, heading out without having to deal with your tent or bags. No more spending time each afternoon searching for your bags, lugging (that's why they call it luggage) your bags from the truck, finding a spot to pitch your tent, hassling with setting it up, wrestling a wet tent into your bags each morning, lugging your bags back to the truck. Nope, just ride, rest, and repeat!

### LMB Bike Commute Service:

Don't want to stay at the campground? Don't need ALL your gear with you at night? Then Bike Commute Service is the right choice. LMB stores your bags at camp, you stop by to pick up the things you need and then bike commute to your overnight lodging. The next morning, commute back into camp and reunite with your gear before heading out for the day. If you choose this service, please do not ask us to deliver your luggage. For luggage delivery, please use a designated hotel.

### **Hotels:**

Hotel lodging may not be available in every town. If you plan to stay at ANY hotels, motels or B&Bs, be sure to book early. Michigan is a popular summer tourism destination. LMB transports luggage, not people to the designated hotel unless specifically noted above. For more information on local lodging, contact:

- Michigan Travel Bureau (800) 644-2489 michigan.org
- West Michigan Tourist Association, 800-442-2084 www.wmta.org

Or local chambers of commerce and visitor bureaus:

- Alpena Area Chamber: <a href="https://alpenachamber.com/">https://alpenachamber.com/</a>
- Rogers City Area Chamber of Commerce: https://www.rogerscityareachamber.com/
- Cheboygan Area Chamber of Commerce: https://www.cheboygan.com/
- Mackinaw City Mackinaw Area Visitors Bureau: www.mackinawcity.com
- Charlevoix Charlevoix Visitors Bureau: www.visitcharlevoix.com/
- Traverse City Traverse City Visitors Bureau: <u>www.visittraversecity.com</u>

# **MEALS & SNACKS**

Registration includes BREAKFAST and DINNER only EVERY RIDING DAY! At registration, you will be issued a wristband which will be your ticket to all provided meals. These must be worn on your left wrist. You'll enjoy professionally catered breakfasts and dinners served cafeteria style with options for vegetarian, vegan and gluten-free lifestyles. You will be required to use hand sanitizer prior to entering the food line, no exceptions. Unfortunately, because of the nature of food prep we cannot assure individuals with food allergies that any meal will not elicit an allergy response.

On Wednesday, the layover day, you are on your own for all meals as we'll not provide any food service. Part of the fun on tour is finding some of the many charming restaurants and markets along the route to provide additional meals, and fulfill any cravings.

### **MEAL SCHEDULE:**

Breakfast is served from 6:30 – 8:00 am

Lunch: You are responsible for your own lunch

Dinners are served from 5:30 - 7:00 pm, unless otherwise noted.

LMB will provide the following meals:

- Saturday Dinner
- Sunday Breakfast, Dinner
- Monday Breakfast, Dinner
- Tuesday Breakfast, Dinner
- Wednesday on your own
- Thursday Breakfast, Dinner
- Friday Breakfast, Dinner
- Saturday Breakfast

# RIDER MEETINGS

**Participant Orientation:** There will be an orientation meeting for all participants at Northern Lights Ice Arena on Saturday at 7 pm. We will cover any route and event changes along with tour guidelines. All participants are urged to attend this meeting.

**Daily Rider Meeting:** Rider Meetings will be held each day 6:30 - 7 PM in the dining area and provide detailed information about the next day's route, any changes, things to see, history of the area, etc. All participants are encouraged to attend.

# **COMMUNICATIONS & ALERTS**

### **EMAIL ALERTS:**

We will email you at the email provided during registration with any daily updates or needs.

### **URGENT PERSONAL MESSAGES:**

Please inform your emergency contact that in urgent or emergency situations, they should first call and text you directly. If they are unable to reach you, ask them to call our main number 517-334-9100, LMB staff will find the individual and relay the message in person. Due to the nature of the tour, it may take several hours to deliver your message.

### **SOCIAL MEDIA**

Please add the hashtags #SHORELINETour and #LMBTours to any photos you post. You can also follow us on <u>Twitter</u> and <u>Instagram</u> at @MIBicyclists.

### SAG SUPPORT

LMB thinks of SAG as the "Support Assistance Group." The route opens and SAG service begins at 8:30 am and ends at 5:00 pm unless stated otherwise in the itinerary or at the Rider Meeting. When the route closes, all riders remaining on the route will be offered the opportunity to SAG into the campsite. Riders who refuse SAG and remain on the route acknowledge they are riding after-hours and without tour support. LMB retains the right to move riders ahead who are unreasonably far behind during appointed course hours.

SAG service includes mobile SAG wagons, stationary SAG stops, and Sweep. SAG vehicles are marked with LMB flags and magnetic LMB signs. If a friend or family member is interested in volunteering as a SAG, please contact the LMB office at (517) 334-9100. This is a great way for non-cycling family and friends to provide a valuable service during the day and join you in the evening.

SAG Coordinators and the tour/event director have the capacity to remove any participant from the route for health and safety reasons.

### CONTACTING THE SAG COORDINATOR:

At orientation, participants are provided with an event contact number and the SAG Coordinator's phone number. IF AT ANY TIME ON THE ROUTE YOU ARE CONCERNED FOR YOUR HEALTH OR SAFETY, CALL THE SAG COORDINATOR IMMEDIATELY. Call the SAG Coordinator In the event of a medical or safety emergency. Where cell phone coverage is weak, text messages may be more successful than calls. If you cannot call or text, ask a local business to use their phone for an emergency.

In a non-emergency situation like a flat tire or other mechanical issue, flag down a passing SAG wagon. If a SAG wagon has just recently passed, call the SAG Coordinator to request a SAG wagon.

### **SAG STOPS:**

Thank you for supporting the many towns, farmer stands and shops along the route that can provide food and beverages. SAG Stops are rest stops located on route and identified with LMB signage. They are stocked with water, electrolytes, light snacks, basic tools, floor pumps, and close to restrooms or porta potties. Our daily Super SAG Stop will also have a generator to provide e-bike charging.

- All Participants entering a SAG Stop must remove gloves and sanitize their hands. SAG staff will pass out requested snacks and fill water bottles.
- Distance between SAG stops is determined by the route
- SAG Stops have staggered operating times to provide service to the majority of participants. LMB
  understands that most riders are enjoying their vacation and may often deviate from the route and take
  considerable time to complete the day. Hours are based on an average speed of 10 miles an hour. Any
  changes to SAG Stop hours will be announced in the Rider Meeting. Depending on the route there may be
  more or less aid stations. Plan accordingly.
  - SAG Stop 1 8:00 am 10:00 am SAG Stop 2 8:30 am - Noon SAG Stop 3 9:30 am - 3 pm SAG Stop 4 10:00 am - 4:00 pm
- PLEASE BE RESPECTFUL, DO NOT LEAN YOUR BICYCLE ON SAG VEHICLES!

### **SAG WAGONS**

Provide aid to all riders on the tour who are experiencing physical or mechanical issues and cannot reach a SAG stop. They also transport riders who have non-emergency medical issues. Thank you for not asking SAG Wagons to transport you for personal needs.

- Only operate on the marked route. They may be moving along the route or stationed on the side of the road to provide rapid response.
- Carry water, basic tools, floor pump and some first aid supplies, but do not carry food.

- Transport bikes and riders to mechanics, SAG stops, or to a medical facility. They do not go to camp until
  the route closes.
- Bike racks may not accommodate some cycles. In this situation the cycle will be transported by the SAG shuttle. Riders can choose to wait for the shuttle if they prefer.
- Will not transport minors unless accompanied by their parent or legal guardian.

To stop a SAG wagon, tap the top of your helmet vigorously. The driver will move ahead and pull over to assist. At orientation, riders will be provided with the SAG Coordinator phone number to call in the event of getting lost, mechanical or physical breakdown, or emergency. To call for a SAG wagon, call the number provided during orientation. PLEASE DO NOT LEAN YOUR BICYCLE ON SAG VEHICLES!

If a friend or family member is interested in volunteering as a SAG, please contact the LMB office at (517) 334-9100. This is a great way for friends and family to join you at camp, while providing a valuable service during the day. Please note that they will be required to complete LCI training if not already certified.

### SAG TRANSPORT

Riders who SAG the entire day - bikes will be transported inside the gear truck. Bikes will be hung by the wheels and separated from each other. Oversized cycles will be stored on the floor. Gear trailers are kept locked when not attended by an LMB staff person.

Riders picked up by SAG on the route – bikes will be transported by SAG crew. Riders who are picked up on the route will have their bikes transported by a traditional vehicle mounted bike rack. Cycles that do not fit a rack will be held and transported by our SAG Shuttle.

### **PRIVATE SAGS:**

Riders may choose to be supported by a private SAG - a friend/family member who exclusively assists them as needed. Private SAGs are considered participants and should register for the tour as a non-rider. At check-in private SAGs will be given non-rider, wrist band, luggage bands, tour t-shirt, additional instructions, a vehicle pass to park at overnights, route maps, safety information, vehicle routes, and access points to safely enter or exit the bicycle route. Private SAG is also a great way for friends and family to join you while not being obligated all day to support the entire tour.

### RIDE W/ GPS FREE ACCESS FOR THE TOUR

LMB is excited to include access to the RWGPS event and experience platforms with this year's registration. This will be where the GPX ride files will live for SHORELINE . In addition to FREE access to the platform, the software comes with turn-by-turn navigation as part of the free access. This means you can have your phone telling you which way to go.



We know this will not be for everyone. If you still like running the route on your own bike computer, you can pull the files from this portal and load them to your device. You will also have a Cue Sheet print out in your registration packet for each route, and you can print a cue sheet at home right from the RWGPS platform. We are moving away from paper maps and map books. This service will allow us all the same functionality without the waste that comes with printing things for an annual event.

To access the RWGPS portal and unlock all the features, you can use your personal RWGPS account and click on the link below to pull the routes and use the turn-by-turn navigation on your phone. These files will also work on your bike computer of choice. For more information on how to use RWGPS, please visit the links below. We will walk through RWGPS during the rider meetings.

https://ridewithgps.com/help/mobile/https://ridewithgps.com/help/

The link below is to point you to the SHORELINE 2025 event in RWGPS.

https://ridewithgps.com/events/340600-shoreline-2025

The 2nd link is an invite to the RWGPS event...

### **ROUTE MARKINGS:**

Cue sheets will be NOT provided at check-in and we no longer paint the turns on the road. Please see email from our events director with PDFs so you can print them off before arriving. This email will be sent 1 week out from the event. Route will be marked with LMB staked signs at each major turn. Please rely on RWGPS, your phone, or the bike computer of your choice to navigate the route.

# OTHER TOUR ESSENTIALS

### PREPARING FOR THE TOUR:

- Prepare your body RIDE! The tour is much more enjoyable if you have been practicing and your body is adapted to spending 6 hours in the saddle. Body contact points need hours on the bike to adapt.
- Riders must be able to ride 50-80 miles a day, for 7 days. The terrain can be hilly. Your average speed INCLUDING stops should be greater than 10 mph.
- Riders must carry a tire repair kit (spare tube, patches, tire levers, pump or CO2 cartridge) and be able to change a flat tire. SAG will not conduct repairs.
- Riders must have at least one water bottle (preferably two).
- Prepare your bike Have your bike serviced by an experienced mechanic prior to arriving. The most common repairs are loose bolts, worn or broken pads and cables, dirty or worn chain, and mis-aligned derailleurs. Make sure that you have "broken in" any new bike or parts.

### PACKING LIST

A list of required and recommended items can be found at the LMB website. Follow this link. <a href="https://www.lmb.org/packing-list/">https://www.lmb.org/packing-list/</a>

### **LOST AND FOUND:**

We will maintain a lost and found box throughout the tour, which is kept at the service desk. If you believe you left something behind after the tour, contact the LMB office at (517) 334-9100.

### JERSEYS, T-SHIRTS AND OTHER MERCHANDISE:

LMB merchandise including classic t-shirts, past jerseys and other LMB merchandise will be on sale at the merch table at the end of the tour. Only merchandise authorized by LMB may be sold on tour. You can also find a full assortment of jerseys, t-shirts, stickers and other LMB swag at the LMB Store. If you opted to buy a jersey with your registration you will receive it at check in. All 2025 jerseys were pre order only.

### LAYOVER DAY EXCURSIONS AND SIGHTSEEING

During the layover day in Mackinaw City you'll find many opportunities for adventure. This is also the day folks will be visiting Mackinac Island if they picked that option during the registration process.

### MACKINAC ISLAND FERRY TICKETS

If you purchased ferry tickets to Mackinac Island at registration, you will get your ticket emailed to you at the email address you provided during registration from <a href="Shepler's">Shepler's</a>. We have a group time slot for the layover day of 9 am but you are able to use this ticket at your discretion whether that is during, before, or after Shoreline. Please note that e-bikes are not permitted on Mackinac Island, except for Class 1 e-bikes if you have a mobility-related disability. There is also an enforced speed limit for bikes of 15 mph on M-185, 10 moh in the downtown area. Class I e-bikes are held to the 15 mph speed limit as well.

# MICHIGAN VEHICLE CODE

All participants are responsible for knowing and obeying Michigan Vehicle Code traffic laws. Every participant is provided a copy of LMB's "What Every Michigan Bicyclist Must Know" handbook which includes information about obeying Michigan traffic laws, it is not a substitute for the complete Michigan Vehicle Code.

### **HELMETS:**

Helmets are required for all riders. You must wear your helmet whenever you are riding your bicycle. Repeated violation will result in your ejection from the tour.

### **MINORS:**

Minors are welcome on the tour. A legally responsible parent or adult guardian must accompany a minor at all times during the tour, including campsites and transport in SAG wagons. The legal parents or guardian must complete the LMB waiver form and identify the responsible adult if not themselves and the minor. Like all participants, minors must be able to complete the daily course.

Under Michigan Vehicle Code, children must be properly buckled in a car seat or booster seat until they are 8 years old or 4-feet-9-inches tall. Children must ride in a seat until they reach the age requirement or the height requirement, whichever comes first. If you are bringing a child that fits these criteria, please contact our office. We will make additional arrangements for a car seat should you and your child need to be transported by SAG drivers.

### **BIKE PLATE:**

Bike Plates will be provided at check-in. It is required that you attach it to either your back or the back of your bicycle. The bike plate must be plainly visible at all times. Plates are your bikes ticket for LMB provided transportation and help us identify our riders and facilitate communication among riders and volunteers. They are also highly visible, making it easier for drivers to spot you.

### **HEADPHONES & CELL PHONES:**

Headphones are prohibited while riding. Safety is our primary concern.

The use of cell phones while cycling is illegal according to the Michigan Vehicle Code. Please stop your bike and pull off the road before using your cell phone. You will find that cell coverage is often spotty or absent on tour.

### **CRASHES:**

Unfortunately, crashes do occur. Should you witness or be involved in a crash, and experience a medical emergency, call 911 immediately. Witnesses should stay with the crash victims until help arrives!

It is important that you fill out an incident report with tour staff as soon as appropriate. If a car is involved, get the driver's license and license plate numbers.

Most crashes occur as a result of bicyclists crossing wheels, running off the road, or encountering a road hazard. Follow these rules to minimize the risk:

- Read and follow the Safety Pledge
- Read "What Every Michigan Bicyclist Must Know".
- Remember that bicyclists must stop for all red lights and stop signs.
- If you stop for any reason, move completely off the road.
- Be constantly alert for road hazards.
- Communicate to other riders, pedestrians and motorists.
- Drink before you're thirsty. Eat before you're hungry. Rest before you're tired.
- Get yourself and your bike tuned up before the ride.
- If the weather is bad, or there is traffic around you, ride cautiously.
- Don't follow those in front of you too closely.

# **EMERGENCIES**

# **MEDICAL EMERGENCIES**

- Unconsciousness, Seizures, Headaches
- Sudden severe pain anywhere in the body
- Unusual behavior, Confusion, Hard to wake up
- Difficulty breathing, Shortness of breath
- Sudden dizziness, weakness, or change in vision

- Chest pain which radiates to another part of the body such as arm, shoulder, or neck
- Coughing up or Vomiting Blood
- Head or Spine Injury, Neck or Back pain
- Bleeding that will not stop, deep punctures or cuts, visible bone
- Severe Vomiting, Abdominal pain or pressure
- Choking
- Allergic reaction or Poisoning

IF YOU OR SOMEONE YOU'RE WITH IS EXPERIENCING A MEDICAL EMERGENCY CALL 911 FIRST. Then follow their directions. Have another person call the SAG Coordinator and Tour Director.

# ON ROUTE EMERGENCIES

### **CRASHES:**

Should you witness or be involved in a crash, and experience a medical emergency, call 911 immediately. Witnesses should stay with the crash victims until help arrives!

- Do not move the injured person unless they are in danger
- IN A MEDICAL EMERGENCY CALL 911 FIRST
- Call the SAG Coordinator
- If a car is involved, get the driver's license and license plate numbers
- Do not step into the path of vehicle traffic
- Stay with the injured person and keep them calm
- Once an LMB SAG person is on the scene and you have filled out an incident report please continue on the route. Do not leave the scene until SAG staff releases you

Should you come upon a crash already being managed by SAG staff or first responders, please do not loiter and continue along the route as safely as possible. If you feel unable to continue then dismount and walk to a safe place off the road. Call SAG if required.

### **SEVERE WEATHER:**

Weather in Michigan can change quickly. The following guidelines may help in the event of severe weather, but circumstances may dictate otherwise. The tour staff will make every effort to inform riders of the recommended course of action via the text alert system and if possible, in person.

- Lightning or Thunder Storms
  - Take immediate shelter at a house or any available structure.
  - o If no shelter is available, find a low point clearing away from trees and metal. Lightning usually strikes the tallest objects and, sometimes, whatever is hiding underneath them.
  - Once you find a clearing, squat on your toes. Have as little of your body touching the ground as possible.
  - You can choose to stay on your bike. It's not the safest place to be, but sometimes it's the safest place at the time. Rubber tires won't protect you from lighting.
- *Tornado Watch* conditions are favorable for funnel cloud formation. Be aware and prepared to take action to find suitable indoor shelter. Monitor local weather until the Tornado Watch has expired.
- Tornado Warning rotation has been spotted or a funnel has touched down. Seek shelter immediately.
  - Avoid auditoriums, upper floors of buildings, trailers and parked vehicles
  - Move to an underground shelter, basement, interior corridor, tunnel, underground parking lot or subway. If none is available, a small, windowless interior room or hallway on the lowest level of a sturdy building is the safest alternative.
  - Stay away from windows and cover yourself with a rug for protection against flying glass and debris
  - If you're out in the open, lie flat in a ditch or other low-lying area and protect your head; stay away from trees, poles or overhead lines
  - o If you're driving, drive at right angles to the tornado's path; if you can't escape it, get out of the vehicle and seek a low-lying area
  - Do not take shelter under highway overpasses. Tornadoes can create a vacuum effect and suck you out.

### CRIMINAL ACTIVITY

IF YOU OR SOMEONE YOU ARE WITH WITNESS OR ARE VICTIMS OF A CRIME, SEEK SAFETY FIRST, THEN CALL 911.

Then, call the SAG Coordinator and if possible the Tour Manager. Witnesses should stay with the victims until help arrives! It is important that you fill out an incident report with tour staff as soon as appropriate. If a car is involved, get a vehicle description and license plate numbers.

# **CAMPSITE EMERGENCIES:**

IF YOU OR SOMEONE YOU'RE WITH IS EXPERIENCING A MEDICAL EMERGENCY CALL 911. Then contact the Medic or Tour Manager.

### **EVACUATION**

PA announcements and emailed alerts will alert participants to prepare for evacuation.

### SEVERE WEATHER

PA announcements and text alerts will direct participants to enter the emergency shelter if available. In the event of lightning, move indoors or seek other outdoor shelter and wait for the storm to pass.

### **CRIMINAL ACTIVITY**

IF YOU OR SOMEONE YOU ARE WITH WITNESS OR ARE VICTIMS OF A CRIME, SEEK SAFETY FIRST, THEN CALL 911.

Then, call the Tour Manager. Witnesses should stay with the victims until help arrives! It is important that you fill out an incident report with tour staff as soon as appropriate. If a car is involved, get a vehicle description and license plate numbers.

### **NON-EMERGENCY ISSUES & ILLNESS:**

FOR NON-EMERGENCIES Participants are encouraged to speak with the tour staff in the event of any personal or medical issues.

### **PERSONAL**

Any participant who has a personal concern on any issue should bring these concerns to the attention of an LMB staff member. If the concern continues, resolve the matter with the tour director.

### **BEHAVIORAL**

Any participant who has a concern about inappropriate behavior of any participant or LMB staff should bring their concerns to the attention of the tour director.

### **MEDICAL**

If you are experiencing a non-emergency medical issue or feeling ill, notify the tour staff immediately. Participants may be referred to local medical facilities if treatment is needed.

### AIR QUALITY

In the event of an air quality warning (see <u>AirNow.gov</u>), LMB staff will inform participants via text alert. N95 or KN95 filtration masks will be available in limited quantities for participants in respiratory distress. We encourage all participants with breathing issues to bring their own masks, as we cannot guarantee access to indoor space or masks at all tour locations.

# LMB SAFETY PLEDGE

### I WILL RIDE SAFELY BY:

- Wearing a helmet every time I ride.
- Obeying all Michigan traffic laws.
- Riding predictably by maintaining my line, avoiding sudden stops and direction change.
- Riding as far to the right as is safely practicable.
- Never riding more than two abreast.
- Riding single-file whenever there is vehicle traffic behind me.
- Announcing myself as I pass other riders, and yielding to those who pass me.
- Staying well off the road whenever I stop.
- Being vigilant at all intersections.
- Using caution when riding over gravel, sand, rough roads, in rain/fog, or down steep hills.
- Eating and drinking frequently.
- Signaling other riders of dangerous road conditions.

### I WILL RIDE DEFENSIVELY BY:

- Being 360 degrees aware of riders, vehicles, pedestrians, and road hazards.
- Using common sense and courtesy towards motorists and other cyclists.
- Communicating my intentions to drivers by signaling and maintaining eye contact.
- Communicating with other riders. Riding predictably by maintaining my line, avoiding sudden stops and direction change, and maintaining a comfortable follow distance at all times.
- Wearing bright clothing so that I am visible.
- Riding with proper lighting from 30 minutes before sunset to 30 minutes after sunrise.
- Being alert for opening car doors.
- Controlling speed and being extra vigilant during downhills.
- Using caution around aggressive dogs: Some suggestions are to stop pedaling and coast, yell "no" in a commanding voice, or squirt them with your water bottle. If forced off your bike, keep the bike between you and the dog. Report the incident to authorities.

### I WILL FOLLOW THE TOUR CODE

LMB works to make every tour fun, interesting and memorable. How each individual defines those qualities varies. The Tour Code will help make the tour live up to your expectations.

I WILL -

- Come ready to ride the miles. Be able to ride 65 hilly miles for 7 days in the middle of summer.
- Respect the privacy, space, property and beliefs of everyone.
- Use hand sanitizer before using any SAG or Dining amenities and wash hands frequently.
- Uphold the law.
- Help others.
- Enjoy myself, but not at the expense of others.
- Be Kind.

### REMOVAL FROM PARTICIPATION:

The Tour Director and SAG coordinator may eject any participant If they believe that persons continued participation in the tour may endanger or be detrimental to themselves, others or LMB.

Participants who are ejected from the tour must immediately leave the campsite and route. Ejected participants forfeit all paid fees and are responsible for their own transportation and accommodations from the moment they are removed from the tour. The Tour Manager may at their discretion provide additional assistance to assure the safety of the ejected participant.

A few examples of why participants have been removed from the tour:

- Violation of the rules set forth in this document.
- Violation of local, state or federal laws and ordinances.

- Repeated inability or unwillingness to complete the daily mileage within route hours for any reason.
- Harassment or disruption of participants or staff.
- Failure to obey directions of tour staff.

### LMB ADVOCATES FOR BICYCLE SAFETY

LMB works every day in Michigan to increase bicyclist safety. We accomplish this through Advocacy, Education, and Community. Legislation takes years to accomplish. For details on what we are working on now visit <a href="https://lmb.org/get-involved/current-issues/">https://lmb.org/get-involved/current-issues/</a>

### **CANCELLATION AND REFUND POLICY**

Visit <a href="https://rideshoreline.org/resources">https://rideshoreline.org/resources</a> policies/ to see our policy.

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