



**RIDE TO
END ALZ[®]
NEW
ENGLAND**

ALZHEIMER'S ASSOCIATION[®]



RIDE GUIDE
New England



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WELCOME!

Welcome to the 2023 Ride to End ALZ New England; we are so excited to see you soon! More than 450 riders will be cycling along 14+ oceanfront miles, through beautiful Massachusetts farmland, along the Merrimack River, and through scenic nature reserves! With each mile, participants will fuel cutting-edge research targeted to change the trajectory of Alzheimer's disease.

Ride to End ALZ New England is in its 27th year and is a fully supported event for a range of riders, whether they're a novice cyclist, weekend warrior or avid enthusiast. We are excited to host the New England ride again at Hampton Beach State Park, in Hampton NH on Saturday, June 3rd. Riders can choose a 100, 62 or 30-mile route and there will be Pit Stops along the way with a post-ride Beach Bash including BBQ, beer and live music! All routes start and finish at beautiful Hampton Beach State Park.

Be sure to join the Ride to End ALZ New England on [Facebook](#) and check the website (ridetoendalzheimers.org) for additional information about the ride.

After the ride, please share your pictures in the Facebook group and on your personal social media pages to encourage further support to #ENDALZ!

We can't wait to see you soon! Thank you for being part of this special day!

Thank you for riding to raise awareness of Alzheimer's and all other dementia.

90% of all dollars raised support research efforts of the Alzheimer's Association in pursuit of treatments and ultimately a cure.

We appreciate you!

SCHEDULE

Packet Pickup Options

Conveniently located at the Alzheimer's Association's Massachusetts/New Hampshire office, we're offering early packet pick up for any riders that want to take advantage of an option closer to the city.

Ample parking is available in front of the building and then you may proceed up to the 3rd floor for packet pickup.

WED

MAY 31, 2023
5 p.m. - 8 p.m.

**Alzheimer's
Association**

309 Waverley Oaks Rd,
Waltham, MA 02452



FRI

JUNE 2, 2023
6 p.m. - 8 p.m.

**Best Western Plus
Portsmouth**

Interstate Traffic Circle
580 US-1
Portsmouth, NH 03801

Join us for our Kickoff Reception!

Meet up with fellow riders from 6-8pm for a casual reception with our friends at Chill Catering and pick up your registration packet too!

Pick up your packet on Ride day if you didn't make it to an earlier packet pick up!

Plan to arrive 1 hour prior to your start time to allow for parking, picking up your packet, double checking your bike, filling up water bottles, eating breakfast, and queuing up at the start line! Our starting line program will start 15 min prior to each route's start time. (Start times are listed on the next page.)

IMPORTANT: If using Google or Apple Maps you must include "State Park" after "Hampton Beach" to ensure you arrive at the correct location.

If using Waze, please enter "Hampton Beach State Park Campground."

SAT

JUNE 3, 2023
6 a.m. - 11 a.m.

**Hampton Beach
State Park**

NH-1A
Hampton, NH 03842





Ride Start

- 6:00 a.m. – Ride to End ALZ Opens
- 6:45 a.m. – Rider Staging Begins
- 7:00 a.m. – 100-Mile Ride Starts
- 8:45 a.m. – Rider Staging Begins
- 9:00 a.m. – 62-Mile Ride Starts
- 10:30 a.m. – Breakfast Ends
- 10:45 a.m. – Rider Staging Begins
- 11:00 a.m. – 30-Mile Ride Starts
- 11:00 a.m. – Rider Check-in Closes

Finish Line

Post-Ride Beach Bash BBQ (12 p.m. - 4 p.m.)

We encourage family and friends to come and cheer on the riders as they finish! All riders will receive their 2023 finisher medal and lei when they cross the finish line and a delicious BBQ lunch will be waiting! Additional meal tickets can be purchased for guests at the Rider Check-In tent - \$20 for adults and \$10 for kids 12 and under.

Ride Mission Impact Awards (2:30 p.m.)

Help us recognize and celebrate some of our top teams and individuals.

Entertainment

Stick around for some local live music by UpTown Celebration! The music will be going all afternoon!

Beverages - IMPORTANT REMINDER!

Enjoy a cold beer or refreshing non-alcoholic drink as your fellow riders roll in. **You must bring your ID to the Post-Ride Beach Bash to claim your beer ticket bracelet. Beat the lines and show your ID before you ride! No exceptions can be made per state law.**

Medical

Medical personnel will be on site should any riders, volunteers, or spectators need attention.

Dips In The Ocean

Those tired achy muscles will feel great after a refreshing dip in the ocean! Bring your suit and towel, changing rooms available onsite.

SAT

JUNE 3, 2023
6 a.m. - 4 p.m.

Hampton Beach
State Park
 NH-1A
 Hampton, NH 03842

BE PREPARED

Be Road Ready!

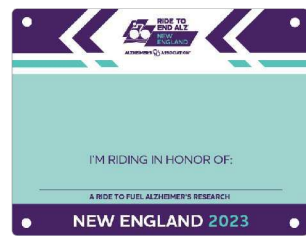
Bikes should be tuned up and spare tubes should be on your person in case you need it while out on your route. We can not supply the various tubes needed for all bikes. Support and gear (SAG) vehicles and bike techs will be available to assist.

Bib & Bike Tags

At packet pickup, riders will receive their rider bib, bike tag, wristband, and helmet sticker. The following graphic will guide you on how to wear each asset. Please also fill in the emergency information on the back of your bib when you receive it.

IMPORTANT REMINDERS

- Our support number is on the back of your bib and on your wristband! Call our support phone line and we will get a support vehicle to your location ASAP! That number is **833-988-7853**. It is also recommended that you add this number to your cell phone in advance of the ride.
- **If your medical need is an emergency for you or another rider, always call 911 first and then call our support line second.**



Ride Bib: pin to center back of bike jersey



Bike Tag: fold over top tube of bike frame OR seat post



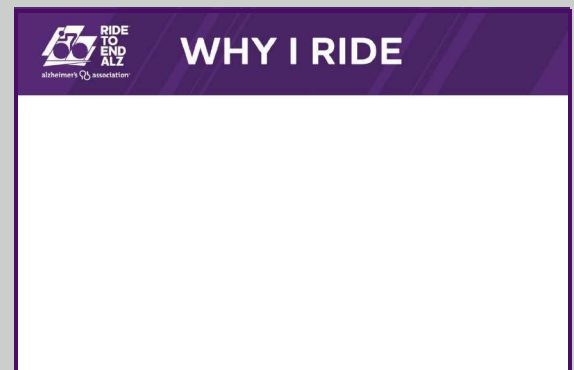
Helmet Sticker: affix to center front of helmet



"Why I Ride" Wall

This is WHY we Ride! We welcome everyone to bring a picture of their loved one whom they are riding for and place it on our "Why I Ride" wall the morning of the ride.

You can bring a picture, a hand-written note or both, whatever you would like to honor your loved one. Note cards and markers will be available as well.



Parking Information

All registered riders and volunteers park for FREE! Family members coming in a separate car, without a registered rider in their car, will need to pay \$15 per car. Cash and credit cards both accepted. We highly recommend carpooling if at all possible.

Please use caution when entering and exiting the venue due to rider traffic.

Directional notes:

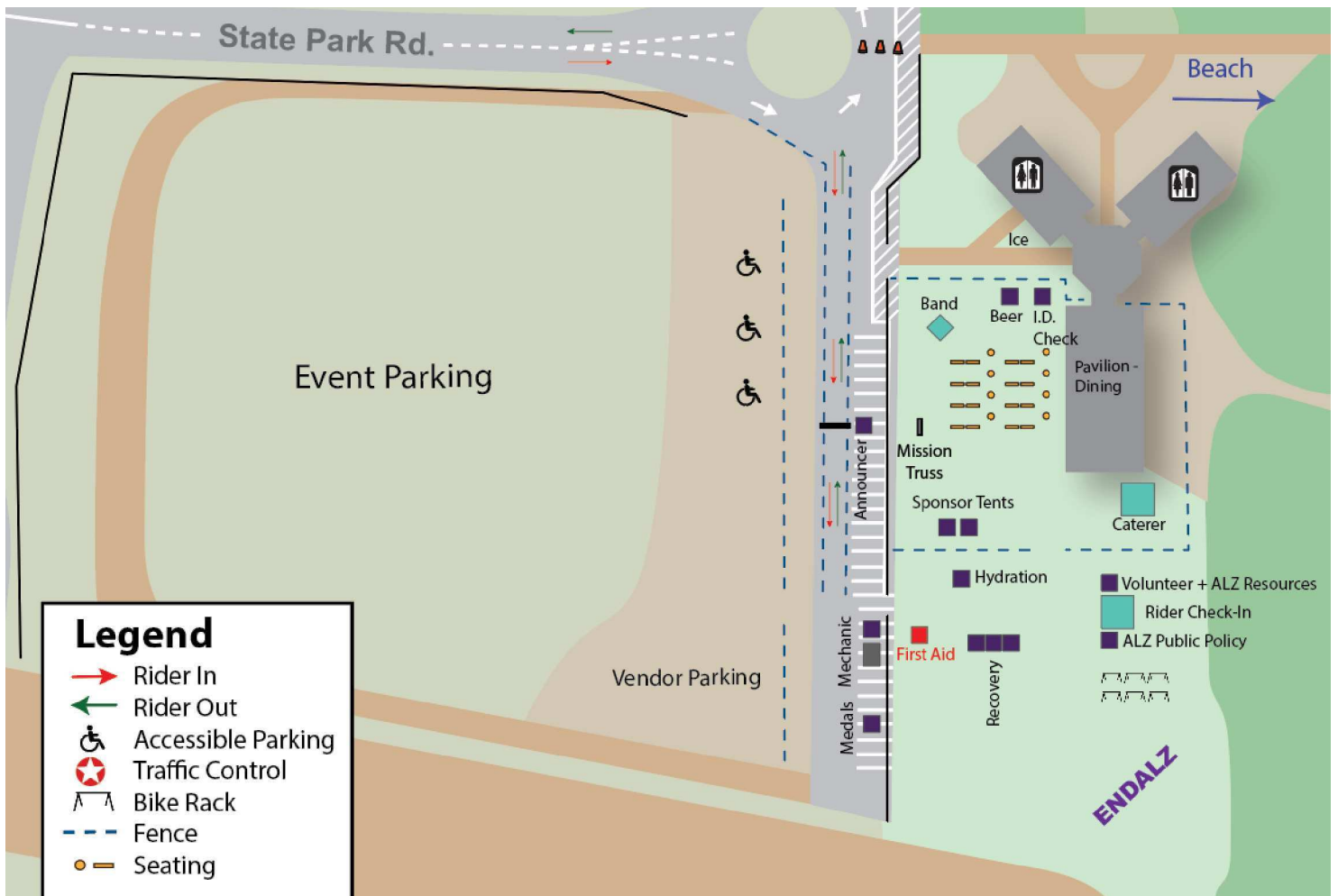
From the North: the venue is located immediately before the Hampton Bridge to the left

From the South: the venue is located immediately after the Hampton Bridge to the right

IMPORTANT: If using Google or Apple Maps you must include "State Park" after "Hampton Beach" to ensure you arrive at the correct location.

If using Waze, please enter "Hampton Beach State Park Campground."

Venue Map



RESOURCES

Ride Hotline

Out on the course and need assistance? It could be for reasons such as mechanical, non-emergency medical, or help with directions. Call our rider hotline and we will get a support vehicle to your location ASAP! That number is **833-988-7853** and it is also located on the back of your bib and your wristband so that you always have it on you while riding.

IMPORTANT: If your medical need is an emergency for you or another rider, always call 911 first and then call our rider hotline second.

Ride with GPS

Cue sheets and route navigation on your device are available. Our chapter uses Ride With GPS to host the event maps. If you have either the app or an account, you may [find the routes on our website HERE](https://ridewithgps.com/collections/1816407). A limited number of printed cue sheets will be available. If you prefer to have them, please print in advance.

Please note all routes are subject to change per local law enforcement. Always follow the course signage.

GPX Files

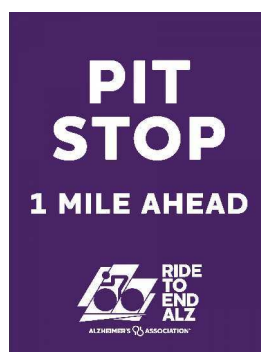
If you utilize another product or platform (ex. Garmin, Wahoo, etc.), you may download the GPX files and load them into your device or app of choice. We highly recommend doing this before ride day! GPX files can be downloaded here: <https://ridewithgps.com/collections/1816407>. To download for your device, scroll down to the Ride With GPS map for your desired distance and select it. Then click the orange button at the top of the map that says "Send to Device."

Please note: when uploading to Strava, the route may upload slightly off course. We have no control over the upload process. Always follow route signage.

*If you are unfamiliar with app based navigation, please disregard and don't worry. The routes will be clearly marked, this is for those who are already using this technology.

Course Signage

The course will be fully marked with signage for each distance. Watch for oversized signage with special instructions on the route (i.e. Distances turning in different directions).



SAFETY

Bicycle Etiquette & Safety

Please obey the rules of the road and respect the local citizens who welcome this event with open arms. Below, you will find some general road riding etiquette rules that should be followed to create a safe environment for all involved. Please review the content, as your safety is our #1 priority.

1. **WEAR A HELMET AT ALL TIMES.**

2. Follow the Rules – Follow all traffic laws that an automobile driver would observe, which include, but not limited to, stopping at red lights, stop signs and yielding to pedestrians. In some cases, a police officer stationed at an intersection will give the riders the right of way – in this case, it is okay to proceed with caution. **DO NOT PROCEED UNTIL THE OFFICER MOTIONS YOU.**

3. Radio Devices – Headphones, phones, radios and other devices are **NOT** permitted while riding.

4. Be Predictable – Smooth, consistent riding is the key to ensuring everyone feels comfortable and that you are not a hazard to yourself or anyone else.

5. Know Your Limitations - **UTILIZE THE COURSE SUPPORT PROVIDED** – The Ride to End ALZ course can be difficult in volatile weather. There will be Pit Stops with food and hydration, along with mechanical support, roughly every 10-20 miles. There will also be SAG vehicles along the course that will assist with your ride.

6. Call Out Any Change – Call out “Slowing”, “On Your Left/Right”, “Car Up”, “Car Back”, etc.

7. Signal – Be sure to signal with your hands or voice so that everyone knows your intentions.

8. **DO NOT** Overlap Wheels – Be cognizant of those around you and pay attention to the position of your front wheel vs. their back wheel.

9. Ride Single File or Two Abreast – Ride to End ALZ is a ‘rules of the road’ ride, which means the roads are open to traffic. Please do not endanger yourself and others by riding more than two abreast and inconveniencing the local citizens who allow us to ride through their community.

10. Stay to the Right – Ride as far to the right as is practical, unless making a left hand turn or avoiding hazards in the road. If you must stop, do your best to move off the road when you stop.

11. Leave No Rider Behind - If you are riding with a group and get separated at an intersection do not stop in the bike lane to wait for them. Pull completely off the road or “soft pedal” (pedal slowly) until they catch up.

12. Crossing Fast-Moving Traffic – There are few points in the course where you will have to cross fast moving traffic. These intersections will be controlled by county sheriffs. Please make sure that you use extreme caution when crossing the road and follow instruction given by officers.

13. Say “Thank You” – Ride to End ALZ could not exist without the many volunteers and agency support on-course. Please take the time as you ride by to thank them for dedicating their time to the event.

Emergency Management

The Ride to End ALZ is an outdoor event on public roads with many different factors that could influence participant safety including, but not limited to weather and street traffic. Although not all scenarios can be anticipated, the following section will outline the most likely issues and most importantly, outline a decision-making process.

Weather Conditions & Safety

The Ride to End ALZ reserves the right to postpone the ride start, reduce the length, or cancel the event to ensure the safety of its participants. The organization will do everything within its capabilities to communicate cancellation, postponement, or alteration of the event to Participants as quickly as possible. The Ride to End ALZ will utilize a text messaging alert system at their discretion to communicate any emergency notifications including, but not limited to any of the above mentioned scenarios. In all cases, partners and participants are responsible for their own safety and should use their best judgment in deciding whether or not to continue if severe weather conditions exist.

Weather is unpredictable and rain is a very real possibility. The Ride to End ALZ will be monitoring weather conditions closely, and barring severe weather emergencies, the ride will continue unless conditions worsen. Participants should be prepared for high winds, temperatures ranging from 60-100 degrees Fahrenheit, heavy rainfall, and/or a combination of these conditions.

Given that weather can change during the event, weather related announcements may need to be issued after the start of the event. Ride to End ALZ will utilize the Event Alert System (EAS) as a visual aid for communicating to Riders and volunteers the potential for adverse weather conditions. A series of color codes will be used to indicate increasing severity of adverse conditions. The color-coded signs will be displayed at each rest stop and the venue.



Good Conditions

Enjoy the event / be alert



Potentially Dangerous Conditions

Slow down / observe course changes / follow official instructions / consider stopping



Less Than Ideal Conditions

Slow down / be prepared for worsening conditions



Event Cancelled / Extreme and Dangerous Conditions

Participation stopped / follow event official instructions

ROUTE INFORMATION

The course starts and finishes at Hampton State Beach Park and offers a great day of riding along the ocean, farmland, along the Merrimack River, and through scenic nature reserves. You have the option of 100, 62, and 30-mile routes. There will be Pit Stops with food and water located every 10-20 miles. There will be Support and Gear vehicles (SAG) and mechanical support on the course to assist riders in need.

At intersections, **PLEASE USE EXTREME CAUTION**. There will be law enforcement assisting at particular locations, but they will not be at every turn. It is your responsibility to look both ways and use best judgment when making a turn.

IMPORTANT: For safety reasons the route closes at 3 p.m. Riders must have departed Pit Stop #5 by 2:00p.m. in order to complete the ride prior to the cutoff time. SAG vehicles will be available to bring you forward if needed.



Pit Stop Summary

Ride	From	To	Point to Point	Total
30 Mile	Start	PS #4	12.1	12.1
	PS #4	PS #5	9.7	21.8
	PS #5	Finish	9.3	31.1
62 Mile	Start	PS #1	14.8	14.8
	PS #1	Hydration Stop	12.6	27.4
	Hydration Stop	PS #4	11.3	38.7
	PS #4	PS #5	9.7	48.4
	PS #5	Finish	15.4	63.8
100 Mile	Start	PS #1	14.8	14.8
	PS #1	PS #2	18.7	33.5
	PS #2	PS #3	20.2	53.7
	PS #3	Hydration Stop	10.8	64.5
	Hydration Stop	PS #4	11.3	75.8
	PS #4	PS #5	9.7	85.5
	PS #5	Finish	15.4	100.9

