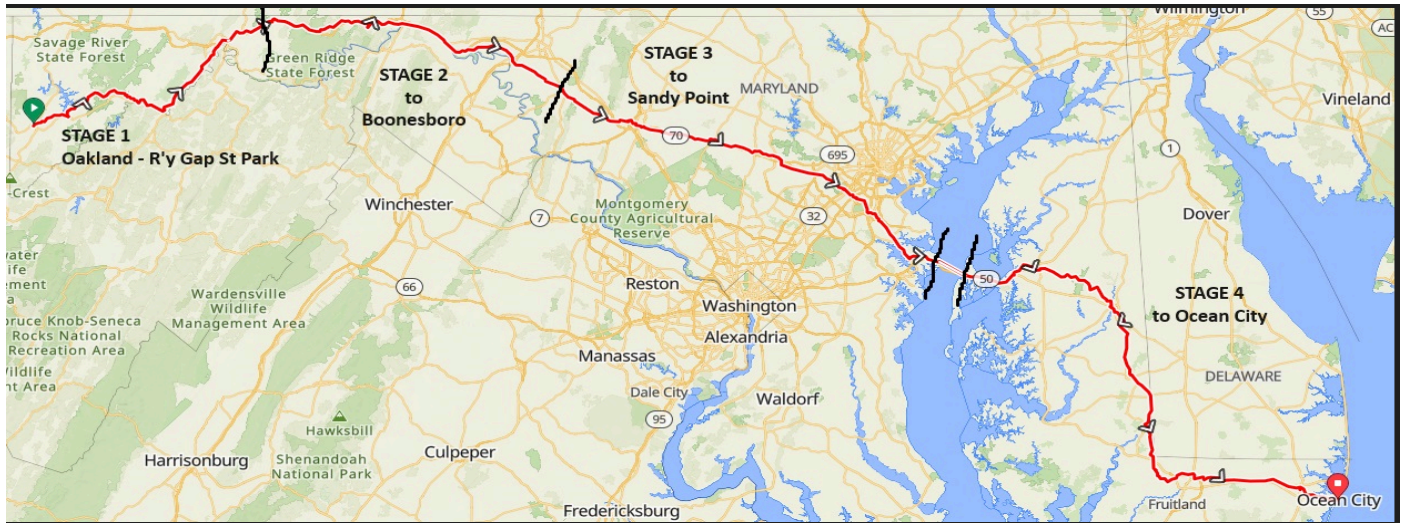


Planning Notes for the ABC Ride Across Maryland

This document is for the sole use of ABC club members and can not be shared outside of ABC without prior written ok.

You must be logged into a Google account to request edit access from JCTyrrell. He will get a message that you requested access.

Overall route from beginning to end



2025

to be created

2024

STAGE ROUTES section

The 4 stage routes were finalized in February 24 and have been tested:

Stage 1 9/21/24 Saturday - 63 miles and 4000 climb will start at 9 am 5 miles west of Oakland on MD state line. Then ride by Garrett County Court House and the historic train station. Will resolve that at breakfast. Both are nice and good photo ops. ABC has been there in the past. Wear an ABC jersey.

All Members can participate in stage 1.

Ride Leader: Tyrrell or ??

[Stage 1 route](#) is broken and replaced. Study it well in advance.

Stage 2 9/22/24 Sunday - Queen Stage (hardest) - 67 miles and 5500 climb will depart from RGSP lodge at 9am.

All Members can participate in stage 2.

Ride Leader: TBD

[Stage 2 route](#) Study it well in advance.

Stage 3 9/23/24 Monday - 91 miles and 4800 climb will depart from Boonesboro by 8am.

All Members can participate in stage 3.

Ride Leader: TBD

[Stage 3 route](#) Study it well in advance.

Stage 4 9/24/24 Tuesday - 105 or 116 miles and 1200 climb Riders can choose their starting location. Will depart from Subway at Mile 0 on Kent Island at 7:00 and then Queenstown Post Office at mile 10 at 7:30 after the KI Subway riders arrive. The riders starting at KI Subway will get SAG across US-50 and US-301. UPDATE 9/21 - JOHNS SAG CAR IS FULL. MEMBERS SIGNING UP ON OR AFTER 9/21 NEED TO PARK AND MEET UP READY TO RIDE AT 0730 AT QUEENSTOWN POST OFFICE DUE TO DANGEROUS FREEWAY ROAD CONDITIONS BY QUEENSTOWN OUTLET MALL. DO NOT BEGIN ON KENT ISLAND. DO NOT BICYCLE ACROSS US-50 OR US-301. IT IS DANGEROUS.

We will group up at West OC at the park and ride pavilion before going in together to the boardwalk.

Wear an ABC jersey

All Members can participate in stage 4.

Ride Leader: TBD

[Stage 4 route](#) Study it well in advance.

LODGING, MEALS, BREAKS Section

Make refundable hotel reservations soon.

Separate hotel bills. Separate meal checks or group checks and divide equally.

- Tyrrell has reso at Oak-Mar, RGSP Lodge, Country Inn and Suites by Radisson that can be shared
- Matt G will hotel with Tyrrell in Oakland
- Marquette has a reservation at Oak-Mar.
- Reiter & Corby have a reso. at Oak-Mar.
- Mark & Carrie Grimes have resos at Oak-Mar, RGSP Lodge, Country Inn and Suites by Radisson
- Farrell has a reso at Oakland Motel

Before Stage 1 9/20/24 Friday

Oakland - coordinated by Tyrrell who had a house near there. - Arrive Oakland and check in at 6:30 pm Friday and unpack/prep before dinner.

Lodging option - preference is ~~Oak-Mar Motel~~ (sold out as of 8/23). Option is Oakland Motel (sold out). They are close to each other. Research and make your own reservation. \$109.

Friday Dinner and planning at Tomanetti's Pizzeria & Italian Eatery in Oakland at 7pm. Will make a reservation when we have a headcount. Pizzeria Uno is alternate at the lake at Arrowhead. (Mark making reservations for 7.)

Stage 1 9/21/24 Saturday - 63 miles and 4000 climb - LJ & Doug driving

Saturday Breakfast at 8am at 3rd Street Diner at Oak-Mar Motel. Dennys is our alternate if we need it. Will make a reservation after we get headcount.

Checkout and ride after breakfast.

- Start at the state line. Quick stop at mile ~15 in the beautiful forest area.
- Sitting for lunch at Fox Den Pizza in Westernport at mile 29. ABC has been there. It's good.
- Quick stop at mile 45 in Bel Air at Subway.
- Stop at Canal Place Cumberland mile 54. Great location. Lots of cyclists. Been there multiple times.

Hotel and dinner after Stage 1 on 9/21/24 Saturday

Rocky Gap State Park lodge is the team hotel after Stage 1. Features restaurants, bar, casino, meeting rooms, indoor pool, hot tub to recover and prep for stage 2. AAA & AARP 10% discount = \$290 includes taxes & fees. Alternate lodging location is Sleep Inn and Suites 5 miles west of RGSP on I-68. Make your own reservations and room share to save expenses.

All SAG and cyclists together should have dinner at 7pm and social after Stage 1 and breakfast before stage 2 at 7:30am at Rocky Gap Lodge regardless where they stay, for coordinating and planning purposes. Stage 2 is the hardest Queen Stage so we'll review it together. Those staying at RGSP can hold bikes for the away lodgers.

Stage 2 9/22/24 Sunday - Queen Stage (hardest) - 67 miles and 5500 climb - Chris Farrell driving

- Breakfast at RGSP lodge at 7:30 am.
- Quick stops and regroup at tops of all 4-5 hard climbs. Mile 2, 8.8, **14.5**, 17, 24.7. There is a picnic area by the top of last hard climb at 24.7. (14.5 - Chris F meets us with the car and water.)
- Lunch will be at mile 32 at Buddy Lou's in Hancock. Our legs will be tired from 4-5 hard slow climbs. Phone orders ahead to save time. (301) 678-6460 . [Link to restaurant](#). Alternate is Subway in Hancock. (May be able to order ahead for Buddy Lou's.)
- Quick break at mile **43** at Western Maryland Rail Trail, Big Pool, trail head parking lot and restrooms. (Chris F meets us with the car and water.)
- Quick break at mile 55.2 in Williamsport at Sheetz on Potomac Street.

Hotel and dinner after Stage 2 on 9/22/24 Sunday

Stage 2 will end at mile 67 in Boonsboro, MD in the afternoon.

The team hotel afterwards is Country Inn and Suites by Radisson \$114/night in Hagerstown, MD at the Valley Mall. The team will get SAG transportation 10 miles to the hotel from Boonesboro.

Dinner will be at 7pm at Olive Garden. We can walk to the restaurant from the hotel. There are other fun options after dinner. (Mark making reservations for 6.)

Stage 3 9/23/24 Monday - 91 miles and 4800 climb - Jim Black driving

- Breakfast at 0600 am at team hotel in Hagerstown. Drive away at 0700 to Boonesboro and start cycling at 0730.

- First quick break at Sheetz at mile 20.5 at 1300 E Patrick St, Frederick, MD 21701.
- Second quick break at mile 40.5 at Dunkin'/Food Lion/McDonald's/Subway at the traffic circle at MD-94.
- Lunch at mile 65 at Rathskeller German restaurant in Elkridge by the bike shop (they are open Monday). Order in advance to save time (410) 796-1530. [Restaurant link.](#)
- Quick stop at mile 78 at Earleigh Heights Ranger Station on the B&A trail by Severna Park Taphouse.
- Stop at Sandy Point State Park at the water.

After stage 3 Monday - go home for the night!

Stage 4 9/24/24 Tuesday - 105 or 116 miles and 1200 climb - Jim Black driving

- The first break is at mile 30 at Tri-Me Warehouse Foods at 11 Central Ave, Ridgely, MD 21660.
- Second quick stop at mile 50 in Federalsburg at Abi' Supermarket on Central Ave. if needed.
- Lunch stop at mile 64 at about noon in Sharptown at Wise Mart at 806 Main St, Sharptown, MD 21861.
- Quick stop in Salisbury at Bob Evans on the left at mile 83 after crossing US-13.
- Last stop is at West Ocean City Park and Ride pavilion before we group up and ride in together to the boardwalk.
- Stop at the ocean
- Right after stage 4 Tuesday in Ocean City - quick celebration on the boardwalk at some fun joint.

Lodging after stage 4 Tuesday

All riders to return home Tuesday after Stage 4.

COMMUNICATION section

Everyone involved must have everyone else's phone number in their phones. All members have the ABC directory in their smart phone app and Club website. We'll make a list to give everyone once we have confirmations.

Each participant (SAG and riders) should share their daily ride progress link to each other. I.e. Garmin Connect progress and with their emergency contact POC. And **Find My Friends** if an iPhone.

We will use **WhatsApp** to post messages and pictures afterwards with all concerned. No distracting posts during the rides. Save the fun for after each stage ends.

Will have a pair of Walkie talkies, 1 in the van, 1 with a rider. Tyrrell and RJ have them. Good for no cell coverage areas. (they were not needed).

From The ABC directory in the App and website:

Participant	Role	Emergency POC
John Tyrrell 202-251-7635	Rider/Co-Organizer Ride 1-4 stages	Pam T 410-956-2280
RJ Marquette 717-635-0479	Rider/Co-Organizer Ride 1-4 stages	Erica M 717-350-0504
Mark Grimes 415-702-5008	Ride 1-4 stages	Carrie G 415-377-6640
LJ Reiter 240-350-3348	SAG Drive Stage 1	Ella R 240-504-1005
Doug Corby 410-570-5130	SAG Drive Stage 1	Laura 410-570-5133
Chris Farrell 847-902-6154	SAG Drive Stage 2 & Rider Stage 1	Laura H 410-375-8615
Jim Black 202-320-7932	SAG Drive Stages 3 & 4	Martha B 240-401-6297
Matt Gibboney 443-832-8364	Ride Stage 1, 3, 4	Annemarie G 410-353-7907
Rich Catan 410-736-2177	Ride Stage 4	Hillary C 410-443-2896
David Aha 202-657-2748	Ride Stage 1	Margaret Drake, 410 279-5299

TRANSPORTATION section close to final:

Friday travel to Oakland. Tyrrell will drive his Tahoe. Stage 1 SAG drivers Reiter/Corby and Stage 2 SAG driver Chris Farrell will also drive and leave a car at RGSP lodge. Same for Matt Gibboney. Tyrrell will bring them to Oakland. Tyrrell will transport bikes and people to Oakland:

1. Tyrrell - all the way from home
2. RJ - all the way from Home
3. Farrell from RGSP Lodge to Oakland (Can you leave your car in Hagerstown hotel?)
4. Gibbony, from RGSP to Oakland
5. Mary all the way from my house if coming
6. Mark Grimes transporting his own bike. Will need the final seat in the Tahoe.

After stage 2, travel 9 miles to Hagerstown hotel and dinner and then back to stage 3 start next morning. Farrell driving Tahoe & trailer for 5 bicycles. Carrie Grimes can take Farrell back to his car after Stage 2.

Riders responsible for own transport home after stage 3 . Tahoe can take 5 back to Tyrrells and to start of stage 4. SAG help over US-50 and at US-301 at split/outlet mall at the beginning of Stage 4 for those who start on Kent Island. MEMBERS SIGNING UP ON OR AFTER 9/22 NEED TO PARK AND MEET UP READY TO RIDE AT 0730 AT QUEENSTOWN POST OFFICE DUE TO DANGEROUS FREEWAY ROAD CONDITIONS BY QUEENSTOWN OUTLET MALL. DO NOT BEGIN ON KENT ISLAND. DO NOT BICYCLE ACROSS US-50 OR US-301. IT IS DANGEROUS.

All riders coming back after stage 4 in Tyrrell truck.

SAG section - drivers, vehicles, safety, food, drink, etc..

Friday - Tyrrell will provide a Tahoe and a bike trailer for 5 bikes, a 4 bike rack, and another 4 bike rack as needed and will drive it to Oakland. Will pick up a few people at the RGSP Lodge on the way (Reiter, Corby, Gibboney, Farrell, Grimes?, Marquette, Tyrrell)

Stage 1 SAG - LJ Reiter, Doug Corby driving Tahoe. Carrie Grimes may be there and can help.

Stage 2 SAG - Chris Farrell driving Tahoe. Carrie Grimes may be there and can take Chris back to his car after Stage 2. Eric Veit and Ryan Geisel are SAG alternates on stage 2. (Would be good to see if Chris F can leave his car at Hagerstown hotel)

Jim Black will SAG drive Stage 3 and 4 Tahoe. He will get a ride to Hagerstown with Matt Giboney the night before Stage 3. Jim will hotel with Tyrrell in Hagerstown.

Stage 4 - Tyrrell will drive his Tahoe home right after Stage 4.

Riders responsible for bringing their own supplies . Most of this will be carried in SAG vehicle:

- Snacks, Nutrition
- Bottles, Drinks, etc.
- Spare tire(s), Tubes, patch kits
- CO2s or mini pump
- Spare parts if desired, such as chains, spare wheels, shifter batteries, etc.
- Chargers & cables for phone, Garmin/Wahoo, other devices.
- Clothes (cycling and street), towel, toiletries
- Cycling kits, shoes, street shoes. ABC jerseys for Stage 1 and Stage 4
- Money
- Extra cycling shoes
- Sun block
- Tylenol
- A positive attitude

Group will need:

- ABC banner for photo ops (Tyrrell has it)
- Walkie talkies (RJ and JCT have some. Test them in advance)
- 2 floor pumps
- Bike tools (Marquette) including stand (Tyrrell has a maintenance stand)
- Chain lubricant

- Duct tape
 - Toilet paper, paper towels
 - Phones and accessories chargers and cords in case something is out of battery; charged portable battery packs
 - Highway safety vests. (Tyrrell has a safety vest)
 - Emergency medical kit - **need**
 - Paper map of Maryland - **need**
 - Small white board and markers
 - Clip board, paper, pencil, pen - Tyrrell can 'borrow' it
 - Coolers. (RJ and Tyrrell have them)
 - Case or gallon jugs of water. Good to have for replenishment and emergencies.
 - Ice. (Get from hotels for free)
 - Group-up with SAG at top of long hard climbs, esp during Stage 2
 - The Stage 4 Kent Island Subway riders will get SAG across US-50 and US-301.
-

BIKE SHOP LOCATIONS for supplies and assistance. Google as needed.

- Oakland - The Tiny Corner Bike Shop downtown
 - Cumberland - Wheelzup bike shop at Canal Place. Very well equipped. (301) 777-8724
 - Hancock - C&O Bicycle. Pretty good basic stuff. (301) 678-6665
 - Hagerstown - there are 4 shops
 - Frederick - Trek, and a Bike Doctor
 - Howard County area
 - Elk Ridge - Patapsco Bicycle (410) 579-4570
 - Arnold, Annapolis - Bike Doctors
 - Eastern Shore - Kent Island Bike Doctor & Salisbury Cycle and Fitness
-

HOSPITAL LOCATIONS

Call 911 !!! Oakland downtown by the start, Cumberland, Hagerstown, Frederick, metro area, eastern shore, Salisbury, Ocean City, etc...

WEATHER / RAIN PLANS

Ride is rain or shine. SAG is available if it's just too much, though.

Sunrise is before 7 a.m. in Maryland throughout September, so all rides are planned to start after that time.

PROPOSED ITINERARY - presented for reactions, originally added by rjm.

- This is proposed and we are looking for feedback. This is not intended to force a rigid schedule on everyone - the idea is to come up with something everyone can live with, so we're all on the same page.
- This is intended to give an idea of what each day would look like, it's quite likely some things will change as the situation unfolds.

Friday, September 20:

3:00 pm - SAG vehicle departs Davidsonville Park & Ride for Oakland motel. ~3.5 hour trip. (Note people need to arrive in time to load bikes, stuff, etc.)

6:30 pm arrive and check in at hotel and unpack

7:00 pm - Dinner in Oakland at Italian place with final preparation.

Saturday, September 21: Stage 1

7:30 am - Breakfast at Oak-Mar Motel 3rd St Diner, morning briefing.

8:30 am - SAG vehicle departs Oakland for MD/WV border. Wear ABC jersey stage 1 and stage 4.

8:45 am - SAG vehicle drops riders at MD/WV border to start the ride at 9am. (~10 minute drive from Oakland.) GROUP PICTURE with banner

Stops, lunch, see above.

3 pm - SAG and riders arrive at RGSP lodge & Casino. (Assumes ~16 mph overall average plus half an hour total for stops.) [Note, there's no deadline here; this is just for planning purposes!] Use the hot tub.

7:00 pm Dinner and meeting and R&R at lodge and casino.

Sunday, September 22: Stage 2 Hill Day

7:30 am - Breakfast at RGSP casino with morning briefing

8:30 am - Stage 2 starts - GROUP PICTURE

Stops, lunch, see above.

3:30 pm - Riders arrive in Boonsboro. (Assumes ~15 mph, plus 1.5 hour for stops.)
This is the hill day and will be slower than usual.

Mid Afternoon - SAG vehicle runs people to Hagerstown-area hotel. Get cleaned up, go for dinner.

Monday, September 23 Stage 3

7:00 am - Breakfast, morning briefing at hotel

7:45 am - SAG vehicle deposits riders back in Boonsboro.

8:00 am - Stage 3 begins - GROUP PICTURE

Stops, lunch, see above.

3:00 pm - Riders arrive at Sandy Point State Park (Assumes ~16 mph, plus >0.5 hours for stops, I just rounded up to get 6.5 hours.) [Only for planning purposes.]

SAG vehicle takes riders back to Davidsonville Park & Ride, whereupon they will either drive themselves home or be picked up by friends or family.

Tuesday, June 24 Stage 4

[note early start because it's a LONG day on the bike, plus 2.5 hours to get home from OC -rjm]

Wear ABC jersey stage 1 and stage 4.

0645 - SAG arrives in Stevensville and drops riders at Subway. SAG lift over US-50 and US-301 at mile 10. SAG IS FULL AS 9/2. MEMBERS SIGNING UP ON OR AFTER 9/22 NEED TO PARK AND MEET UP READY TO RIDE AT 0730 AT QUEENSTOWN POST OFFICE DUE TO DANGEROUS FREEWAY ROAD CONDITIONS BY QUEENSTOWN OUTLET MALL. DO NOT BEGIN ON KENT ISLAND. DO NOT BICYCLE ACROSS US-50 OR US-301. IT IS DANGEROUS.

GROUP PICTURE

Stops, lunch, see above.

4:30 pm - Riders arrive in OC at the Boardwalk. We will meet ahead of the finish at the west OC park and ride and all go in together for a grand arrival. (Assumes 16 mph plus 90 minutes for stops, again, exact time not critical.) GROUP PICTURE

4:30 pm Quick celebration at a joint on the boardwalk. Regale each other with tall tales of the adventure on the boardwalk and at dinner

6:30 pm - SAG vehicle departs OC with riders who want to head back. (~2.5 hours)

COSTS (ABC will kick in some for the celebration for volunteers and riders)

Need an 'accountant designee' to collect receipts and **figure** out who owes what to who afterwards

1. Hotels for each night, plus taxes and fees.
 - a. Friday night, Oakland: ~\$114.
 - b. Saturday night:
 - i. Sleep Inn: ~\$130
 - ii. RGSP Casino: ~\$300 (RJ/Tyrrell checking for better rate)
 - c. Sunday night: Hagerstown \$116 all-in at Country Inn and Suites
 - d. Monday night: Free, at home.
 - e. Tuesday night: Optional, if staying in OC.
2. Gas/mileage/etc. reimbursement for vehicle owner(s).
3. Breakfast, lunches, dinners for each day on the road, plus Friday dinner.
Exception - dinner Monday and breakfast Tuesday (at home).
 - a. Breakfasts: 3 (included at HGR hotel)
 - b. Lunches: 4
 - c. Dinners: 4
4. Water bottles to keep in SAG vehicle
5. Thank-yous for the SAG people who are volunteering their time. Buy them drinks, meals, etc.
6. Ice for coolers (minor expense. Free from hotels)
7. Rental van, if we get one

WHO IS DOING WHAT section dumping odds and ends in here:

Reiter Corby will SAG drive day 1 Tahoe

Chris Farrell will ride Stage 1 and SAG Stage 2 Tahoe

Jim Black will SAG drive stages 3 and 4. He will get a ride to the start of stage 3 with Matt Gibboney the night before and share hotel with Tyrrell. Stage 4 he can drive and return w/Tyrrell in the Tahoe. jct

Carrie Grimes will follow along in their car day 2.

Tyrrell Grimes Marquette, Farrell staying at RGSP lodge,

RJ and Chris Farrell will be solo in rooms

All coming back from the beach right after early dinner

Matt G will ride stages 1, 3 and 4 (jct 8/23)

Matt G will hotel with Tyrrell in Oakland

Rich catan ride stage 4 and ride back with us

Schedule of drivers and riders:

Friday to Oakland	Tyrrell Tahoe with: Reiter+Corby, Farrell, Gibboney drive separately to Lodge and drop the cars. Tyrrell take them to Oakland.	1. Tyrrell 2. Grimes 3. Farrell from Lodge 4. Gibboney from Lodge 5. Reiter from Lodge 6. Corby from Lodge
Stage	Driver	Riding
Stage 1 Saturday 9/21/24 MD border to RGSP	Reiter, Corby drive Tahoe Mrs. Grimes near by	1. John T. 2. Mark G. 3. RJ M. 4. M Gibboney 5. C Farrell
Stage 2 Sunday 9/22/24 RGSP to Boonsboro	Farrell drive Tahoe Take riders to hotel in Hagerstown	1. John T. 2. Mark G. 3. RJ M. M Gibboney is away this stage
Stage 3 Monday 9/23/24 Boonsboro to Annapolis	Jim Black drive Tyrrell Tahoe starting at Hagerstown hotel	1. John T. 2. Mark G. 3. RJ M. 4. Mary M ? 5. M Gibboney
Stage 4 Tuesday 9/24/24 Kent Island to OC	Jim Black drive Tyrrell Tahoe and return w/Tyrrell in Tahoe	1. John T. 2. Mark G. 3. RJ M. 4. M Gibboney 5. Catan 9/18

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Lessons learned from 2024:

1. This document was hard to follow because it seemed to be repeating sections - we never got to the point where it was all combined into one day-by-day plan. Definitely do that in the future.
2. Having the lunch places picked out ahead of time, and orders placed in a few cases, was clutch and saved us a lot of time.
3. Practically everything took longer than expected. See timeline below this section for actual times.
4. Consider starting the ride on Sunday. That is, travel to western MD Saturday, and start riding Sunday, so that the stay at Rocky Gap State Park Casino is on a Sunday night and thus likely quite a bit cheaper.
5. Error in the route on day 1 on Cumberland.
6. Long route names in rwgps meant Garmin devices only saved one at a time. Shorten names.
7. Make reservations for dinner at casino. Or have people plan their own dinners; note they may still need reservations.
 - a. Splitting our group of 8 into smaller groups at the casino restaurants wouldn't have helped; the system only allows a certain number of people at a time (likely so the kitchen isn't overwhelmed).
8. When SAG vehicle is passing, use thumbs up to indicate everything is okay, thumbs down to indicate that SAG should stop for some reason.
9. Check opening times of restaurants when planning breakfast. For example, the 3rd St diner on the first day didn't open until 8, so we didn't actually start riding until 9:35 or so.
10. Consider having protein shakes available for the end of the ride.
11. Markers to mark things in the cooler - Gatorade bottles, leftover food, etc.
12. Bring hand cleaner wipes, sanitizer.
13. We found that riding straight from the hotel was much easier than having to drive to a starting point. In particular, on the first stage, consider this agenda:

- a. Arrive in Oakland early enough Friday that you can do a ride that evening to the WV line and back as a “pre-ride”.
- b. Saturday, have everyone ready to go (bikes ready, tires pumped, cycling clothes on, etc) when the restaurant opens at 8. Eat breakfast, and hit the road from the hotel. This probably would have saved an hour and half or more that morning.
- c. If you don't do the preride (describe in item a above), consider driving the first 10 miles of stage 2 the night before so everyone can see it. But, even then, still do item b so everything is ready to go to the WV line as soon as breakfast finishes - then it's a matter of unloading bikes, get pictures, and start rolling. This plan likely saves at least an hour.

14. Bring trash bags in SAG

15. Recheck day 3 route - getting from BWI to trail; getting from trail to College Parkway. Broadneck trail may be open by the next time we do this; if so, that should be a great option.

16. Stage 4 - Our original plans for bathrooms in Ridgely and Federalsburg did not work out, but people found alternates.

17. Crossing the bridge into OC - in RJ's opinion, it would be safe to ride across in the right lane (and in fact we did see one or two doing just that), especially if SAG is behind with the four-way flashers on. Note extra caution if it's wet, since there is a metal grate section.

- a. One note - at the gap for the drawbridge, I think part of the gap ran the same direction as tires, so I would have each rider keep a bit of space in front of them so they can see that gap in time and avoid it.

18. Check for open restaurants in Ocean City. Quite a few seemed to be closed on Tuesdays, including our first two choices.

19. We took walkie-talkies along but never used them. I'm not sure if we lost cell signal at any time or not.

20. The Google Maps location sharing was useful many times over - riders being able to check where the SAG was, and the SAG being able to see the riders' location was also great. Garmin has a “LiveTrack” feature as well, and the feedback from SAG one day was that it was slightly better

about being up to date, compared to Google Maps. (Not sure if Wahoo has a similar feature, but it probably does.)

- a. We found that sharing using email address worked better than sending a link to a phone number, for iPhone users.
- b. Privacy concerns? Google Maps does have a feature to end the location sharing automatically after a set amount of time (up to 24 hours), if desired. If you permanently share, it'll send you an email every so often to remind you.
- c. If you add the person in Garmin Livetrack, be sure to remove them when you're done - I doubt they want an email every time you go for a ride.

21. Someone should pack things like floor pumps (obviously at least one, but two are nice to have), tools (hex wrenches, cable cutter/crimper, torque wrench), spare brake and shift cables, lube, shop towels, disposable gloves, and cleaner. We had all of these and didn't use much of them - but we did use some. On the other hand, there's little reason to have multiple sets of the same tools.

22. There was some sort of festival in Oakland the same weekend we were there, making hotel rooms scarce. Check the weekend in future planning.

23. Some people had issues with Garmin/Wahoo battery life. Turn off the backlight to save battery power, you really only need that in low light situations. There's a power save mode that turns off the screen when there are no major things happening (such as upcoming turns).

- a. On a related note, turn off lights while eating lunch to preserve battery power.
- b. Consider packing a portable charger and cord to charge the device on the road.
- c. Definitely recharge every night!

Some considerations for riders:

1. Plan for rain. Several of us had Ass Savers (different styles) and were very glad for it. Bring rain jackets, etc.
 - a. Note Ass Savers only work for the rider of the bicycle they are on - they do nothing for the person behind them.
 - b. No one did this during our ride, but if you're wet from rain and the rain has stopped, consider switching to fresh (dry) bibs or shorts. The chafing from the wet chamois can really be something. (Obviously pack extra if you might do this.)
2. Check the forecast and pack accordingly - you may have cool weather, wet weather, warm weather, etc. Tights, jackets, long sleeved jerseys, etc. might all be welcome.
3. Someone had a "changing towel" that was extremely useful in OC, and would have been useful at the end of stages 2 and 3 as well, where the lodging wasn't at the end point of the route. His was basically a terry cloth towel with velcro that you put around your waist, but there are also robes available for the same purpose. They seem to range from ~\$12-\$25 on Amazon.
4. Understand this is not a race, this is not even one of our usual group rides. Our average speeds (moving) ranged from about 14 mph to a touch over 16 mph. Almost entirely zone 4 and zone 5 heart rates. It's a walk, not a run.
5. We had some issues drying stuff in the hotel rooms after rain, especially gloves and shoes, even with the air conditioners (and it's hard to keep gloves on the vents of those). Consider bringing a second pair of gloves; they're not expensive and take little room. Unfortunately a second pair of shoes probably is impractical.
 - a. I have a small electric fan that I wish I'd brought for this purpose and to provide white noise at night. It would fit in my bag just fine.
6. If you don't know what tubeless sealant is, find out, so that if the person in front of you has a leak, you can warn them before you're covered with it. Learned this the hard way.
7. Consider the condition of your bicycle. Remember, this is about 350 miles in four days in a variety of conditions. In some places, such as certain trails, if you break down, the SAG vehicle simply can't get to you, and you'll be stuck walking for a while. Of course, issues can happen at any time, but give yourself the best chance of success by considering:

- a. Are there any recurring issues you've been ignoring, such as sloppy shifts or chain dropping regularly? Weird noises? If so, get those taken care of - they're a lot more annoying or problematic when you're grinding up a 15% slope.
- b. Tire condition - are they old? Consider putting new ones on before you go on this trip.
- c. How old is your chain? Again, if it's nearing the end of its life, a new one might be a good idea. Even if it is in good condition, consider the status of the lubrication and re-lube if necessary.
- d. How are the cleats for your clipless pedals? If you've found yourself slipping out of them recently, replace them before the trip. Make sure the bolts are torqued appropriately (SPD and SPD-SL: 5-6Nm (43-52 IN LB)).
- e. Brake pads (rim or disc) - check condition of those; the route has some pretty steep and long descents in stages 1 through 3.
- f. How old are your batteries for wheel sensor, cadence sensor, and heart rate monitors? Bring spare batteries along in case one dies.
- g. If you have electronic shifting, charge your system fully ahead of time. Bring spare batteries for the shifters if yours uses them. Pack the charger to be safe.
- h. Carry supplies for roadside emergencies like inner tubes, patch kits, tubeless repair kits, CO2 or pump, etc. Anything you'd need for a regular ride - don't rely on the SAG for minor roadside issues.
- i. Bring extra supplies - extra inner tubes, maybe an old tire that's still usable, extra CO2 cartridges if you use them, etc. Consider bringing an extra chain, an extra quick link, etc.

Anecdote from RJ: I happened to have a new pair of rim brake pads at home, so I threw them in my bag, not expecting to need them. But, during stage 3, in the rain, I realized that my rear brakes were barely working. I was able to replace the pads when we next met the SAG. Very glad I had those with me - the old ones weren't even that old; I think I killed them on the descents on stages 1 and 2.

This isn't intended to scare you into replacing things unnecessarily. If your wearable components have good life left, that's fine. But if they're close to the end of their life, consider replacing them a bit early to be safe.

2024 timeline for future planning purposes:

Friday, September 20:

3:42 pm - left John's place (stopped for gas, 5 minutes) (John, Mark, RJ, bikes & gear)

6:50-7:05 - at Rocky Gap State Park casino; loaded two bikes & gear for Chris and Matt

8:12 - arrived Oak-Mar Motel (travel time 1 hr 7 min), checked into two rooms, unloaded bikes and gear into those two rooms

8:19-8:22 (3 minutes) - travel from Oak-Mar for Tomanetti's Pizzeria & Italian Eatery

8:22-9:37 - dinner at Tomanetti's

9:37-9:42 - driving back to Oak-Mar

Saturday, September 21, stage 1:

Note restaurant at hotel opened at 8.

9:04-9:19 - traveled from Oak-Mar Motel to WV/MD border

9:19-9:34 - at WV/MD border, unloading and prepping bikes, and pictures

9:34-11:11 - cycling first major stop (includes stop at giraffe). (If we do the pre-ride thing Friday night to cover this stretch: We made it back to Oakland at about 9:57 a.m., so it took about 23 minutes to get from the start point back to the town.)

11:11-11:20 - rest stop/waiting for someone with a tire issue

11:20-11:48 - cycling to Fox's Pizza Den in Westernport

11:48-12:35 - lunch at Fox's Den, replenishing supplies from SAG, etc.

12:35-2:01 - cycling

2:01-2:09 - break

2:09-2:34 - cycling (includes flat tire)

2:34-2:48 - at the GAP/C&O in front of the train station in Cumberland

2:48-3:43 - riding to RGSP Casino (note includes a few minutes adjusting route in Cumberland)

Riding stats (from RJ's Garmin):

63.7 miles; moving time 4:06:07; moving average 15.5 mph
elapsed time 6:10:49; overall average 10.3 mph

Sunday, September 22, stage 2:

9:44 am - Depart Casino

9:44-11:26 - riding to Town Hill Overlook - first break

11:26-11:47 - break at Town Hill Overlook

11:47-12:57 - cycling to Hancock

12:57-1:43 - at Buddylou's eating lunch

1:43-2:22 - riding to Western Maryland Rail Trail parking lot

2:22-2:43 - break at WMRT parking lot

2:43-4:26 - Shafer Park in Boonsboro, MD

4:26-4:51 - packing up in Boonsboro

4:51-5:16 - driving to hotel

5:16- - at hotel

Riding stats:

68.4 miles; moving time 4:49:01; average speed 14.2 mph
elapsed time 6:46:00; overall average 10.1 mph

Monday, September 23, stage 3:

6:57-7:23 - driving to Boonsboro

7:23-7:37 - unpacking bikes and getting ready

7:37-9:07 - cycling to Weis Markets in Frederick (includes flat tire)

9:07-9:18 - at Weis Markets (RJ replaces rear brake pads)

9:18-9:51 - cycling to Sheetz in Frederick

9:51-10:12 - at Sheetz

10:12-11:51 - cycling (note two flats in this stretch)

11:51-12:12 - at High's near Woodbine, MD

12:12-1:53 - cycling

1:52-2:42 - at Rathskeller in Elkridge

2:42-3:39 - cycling

3:39-3:46 - snack along trail

3:46-4:39 - cycling to Sandy Point State Park

4:39-4:50 - at Sandy Point, includes packing bikes, etc.

Riding stats:

92.1 miles; moving time 6:17:21; average speed 14.6 mph (note we had a lot of rain this day)

elapsed time 9:04:16; overall average 10.2 mph

Tuesday, September 24, stage 4:

6:13-6:56 - driving from John's place, picking up Jim, then to Subway/Valero on eastern shore

6:56-7:20 - unloading bikes, prepping for ride start (also fueling the Tahoe)

7:20-7:56 - riding to Moose (?) where we loaded the bikes for portage

7:56-8:22 - portaging, unloading bikes, pictures in Queenstown with larger group

8:22-9:28 - riding to Ridgely, MD

9:28-9:42 - rest stop in Ridgely

9:42-9:52 - ride to intersection that we later returned to as part of detour

9:52-10:22 - backtracking to intersection and riding back to where original route met up. (I estimate this detour added 20-25 minutes.)

10:22-11:26 - riding to Federalsburg, MD

11:26-11:38 - rest stop in Federalsburg

11:38-12:26 - riding to Sharptown lunch stop

12:26-12:56 - lunch stop in Sharptown

12:56-2:03 - riding to Hampton Inn in Salisbury

2:03-2:11 - rest stop at the Hampton Inn

2:11-4:21 - meet at parking lot just off Ocean Gateway bridge

4:21-4:24 - discussing final approach

4:24-4:43 - riding, walking, and riding into OC, ride ended

4:43-5:24 - pictures, changing, loading bikes, etc.

5:24-5:43 - driving to Taphouse (note we tried another place first - it's not actually this far)

5:43-7:12 - dinner at Taphouse

7:12-9:30 - driving to Rich Catan's house

9:30-9:37 - dropping off Rich

9:37-10:20 - driving to John's place, with stop at Jim's place to drop him off

10:20-10:28 - unloading vehicle and bikes, etc.

10:28 - leave for home

Riding stats:

120 miles; moving time 7:21:06; average speed 16.3 mph

elapsed time 9:31:48; overall average 12.6 mph