

TRI-STATE TREK

2010 PARTICIPANT HANDBOOK



A 270 mile bicycle ride to end ALS



START LINE

Crowne Plaza Hotel
(320 Washington St, Newton, MA)

Thursday, July 22

4:00pm Participant check-in opens
4:00pm Bike Tech Opens
7:00pm Dinner Opens
9:00pm Dinner closes
10:00pm Participant Check-in closes
10:00pm Late-night Crew Review

Friday, July 23

4:45am Early Bird Crew Review
4:45am Check-In Opens
5:00am Breakfast Opens
5:50am Rider "Route Rap"
6:00am Ride Out!

FRIDAY OVERNIGHT & SATURDAY DEPARTURE LOCATION

University of Connecticut
Hicks & Grange Dormitories
(Rt 195 at North Eagleville Road, UConn; Storrs Campus)

Friday, July 23

1:00pm Riders Begin to Arrive
2:00pm Welcome BBQ Opens
6:00pm All Riders In
6:30pm Dinner Opens
8:30pm Dinner Closes

Saturday, July 24

6:45 am Breakfast Opens
7:30 am Ride Out!

SATURDAY OVERNIGHT & SUNDAY DEPARTURE LOCATION

Southern Connecticut State University
Wilkinson Hall
(Lot 4, Farnham Ave; New Haven, CT)

Saturday, July 24

1:00pm Riders Begin to Arrive
2:00pm Welcome BBQ Opens
6:00pm All Riders In
6:30pm Dinner Opens
8:30pm Dinner Closes

Sunday, July 25

4:45 am Breakfast Opens
5:05 am Early Ride Out (Riders Please Use glow sticks)
7:30 am Ride Out!

FINISH LINE LOCATION

Roger Sherman Baldwin Park
(116-118 Arch St. Greenwich, CT)

Sunday, July 25

11:00am - 2:00pm Riders climbing John Street in Greenwich, CT
1:00pm - 2:30pm Finish Line opens
3:00pm The pack expected any moment!
3:00pm Finish Line Picnic begins!
4:00pm All riders expected in
4:30pm A few words from some very special people
5:30pm Shuttle back to Boston

Riders who have not reached John Street by 1:30pm, who are interested in participating in our victory ride down Greenwich Ave, will be picked up and driven to Rest Stop 4 at the end of John Street.

ADDITIONAL SCHEDULING INFORMATION

Optional Thursday Night Accommodations

The Sheraton Newton has changed Ownership and is now the Crowne Plaza Newton. They are still offering a fantastic rate until July 1st! Rooms are available under the Tri-State Trek block. Book your room by calling the hotel directly at 617-969-3010.

Carbo/Non-Carbo-Loading Pasta and Chicken Dinner

Thursday, July 23 at 7:00 pm at the Crowne Plaza Newton. Tickets for the dinner are \$25 per person to be paid at the door. If you would like to attend this dinner please register here www.als.net/TriStateTrek/Rsvp.aspx

Friday Morning Breakfast and Check-In

Friday morning check-in opens at 5:00am and participants that did not check-in on Thursday will need to do so Friday morning. The hotel will be providing coffee in their restaurant starting at 5:00am. If you wish to purchase a hotel breakfast they will be opening early for your convenience. We will be providing cliff bars, Gatorade, and other light items outside of the hotel.

Crew Reviews

All Crew must attend a Crew Review to go over job positions, load-in event equipment and discuss general weekend logistics. Crew Reviews will take approximately one hour, please consult the weekend schedule for times and locations. Contact will be made by Crew Captains in June to discuss Crew Reviews and the coordinating of responsibilities.

Gear Drop

Riders and Crew should bring all personal gear each morning to the gear truck. All gear will be transported by our crew to our overnight locations and finish line. Day bags are highly encouraged to carry any items that you would like to have throughout the day. Please carry all prescription medication on your person at all times.

The Nathan Hale Inn – SORRY, OPTION CLOSED 5/15/09.

ALS TDI • Tri-State Trek
Cambridge, MA 02142
www.TriStateTrek.com
(P) 617.441.7200
(F) 617.441.7299



Weekend Emergency Line
617-441-7211





INFORMATION FOR RIDERS AND CREW

SAFETY

Safety is our first concern. We do everything possible to make certain we are producing an event that is safe and we need your help. We ride on open roads and there are inherent dangers and hazards in doing so. Please help us make sure your experience in the Tri-State Trek is a safe one.

- Riders - An approved SNELL or ANSI helmet is required for all riders
- Riders - Ride responsibly, under control and always obey all traffic laws
- Crew and Riders - Stay well fed and well hydrated!
- Crew and Riders - Stay alert and aware at all times
- Crew and Riders - Carry a cellular phone for emergency purposes
- **Friends & Family – USE CARE driving on our route. NEVER Park or Live Park on the route.**
- **Do Not 'Text' While Driving Or Riding.**

THINGS TO KEEP IN MIND

- Each one of us has at least one thing in common, the desire to help. Let that spirit flow throughout the weekend. Help each other. If you see someone struggling with their gear, give them a hand. If you pass a stopped rider, ask if they're okay and assist if you can.
- We do everything possible to ensure a smooth and seamless weekend, however, inevitably things will need to be adjusted and moved around, sometimes at the last moment. Please try to be as flexible as possible, and join us in seeing the positive side of mishaps – they certainly won't happen again next year! We will make every attempt to keep logistical issues to a minimum.
- Riders AND Crew – stay hydrated! It's hot and you must drink throughout the ride. If you do not drink a sufficient amount of water you will dehydrate. If you notice someone not drinking, hand them some water and make them drink.
- Replace the salt! Just as dangerous as dehydration is hyponatremia (water intoxication), a condition whereby your body takes in too much water, causing a dilution of the salt content in your body. Electrolytes/sodium/salt – it's all the same – enjoy the pickles!
- Stay fed! If you want to be able to keep pedaling you'll need to keep that tank full, and you don't want to wait until you're hungry, either. If you wait until your stomach is growling before you eat, your body won't have enough energy to digest the food.

QUICK OVERVIEW

- The Tri-State Trek is not a race; it is a ride. Cyclists travel at their own pace.
- The course is difficult - there are hills - but, it's not impossible. Train hard and you'll do great!
- There are plenty of support vehicles for riders who need to be picked up, but participants should go into the event expecting to ride 270 miles.
- We ride out of the Crowne Plaza Hotel in Newton, MA at 6:00 am on Friday, July 24. All meals and snacks are provided.
- A shuttle from our finish in Greenwich CT, to the Start Line at the Crowne Plaza is available on Thursday July 22nd, and Sunday July 25th. There will also be a shuttle from UConn to the Crowne Plaza on Friday evening for any Day One riders. There will be NO shuttles offered from Southern State University back to the Start Line on Saturday evening.
- Long term parking is available in Newton and Greenwich.
- We finish at Roger Sherman Baldwin Park with a Finish Line Picnic.

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INFORMATION FOR RIDERS AND CREW

WHAT TO PACK (Riders and Crew)

- Please pack as lightly as possible and bring only those items essential to the weekend.
- Overnight gear will be placed on gear trucks and sent ahead to our locations.
- Riders and Crew should consider bringing a small backpack or day bag.

- Personal Items:
 - Daytime clothing – light, comfortable fabrics
 - Sneakers, sandals and or flip flops
 - Rain Gear
 - Comfy clothes for overnights
 - Identification, Money, Credit Card
 - Prescribed Medication (Please carry with you on the road. Do not pack meds in your luggage.)
 - Towels and a Toiletry Kit
 - Bedding – Bedding is not provided!!
 - Sleeping Bag, Top Sheet, Pillow
 - Small fan (UConn dorms are not air conditioned.)
 - Camera

- Cycling Gear:
 - Tuned-up Bicycle with Pump
 - Saddle Bag with Repair Kit
 - Two (2) Inner Tubes
 - Two (2) Water Bottles
 - ANSI or SNELL Approved Cycling Helmet
 - Cycling Shorts (at least 2 pair), Cycling Jerseys (at least 2)
 - Cycling Socks (at least 3 pair)
 - Cycling Gloves
 - Raingear, Sunglasses, Sunscreen, Lip Balm

- Suggestions for Crew
 - Day bag or backpack
 - Sturdy shoes
 - Sunglasses, Hat, Sunscreen
 - Raingear



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PARKING, TRAVEL, DRIVING DIRECTIONS & OTHER LOGISTICS

SHUTTLE SERVICE

- There are shuttles available to our start line in Newton, MA from our finish line in Greenwich before and after the event. Shuttles to the Trek leaves Greenwich, CT at 2:30pm on Thursday, July 23. The shuttle home leaves at 5:30pm on Sunday, July 26.
- We have a shuttle on Friday from UConn to Newton for one-day riders
- Riders sign up for a shuttle bus at time of registration but can adjust this option at any time afterwards.

WEEKEND PARKING

- Start Line: Newton, Mass @ BC Law School. 885 Centre St; Newton, MA. (Shuttle to the Start) [Click Here For Google Maps](#)
- Finish Line: Greenwich, Conn@ Horseneck Parking Lot, Horseneck Lane and Arch St [Click Here for Google Maps](#)

BIKE SHIPPING

- Riders sign up for bike shipping at registration but can adjust this option at any time afterwards.
- Please ship for arrival by Tuesday, July 20 @ Eastern Mountain Sports (EMS).
- EMS is located at the address below and can be reached via phone at 617.254.4250.
- Bikes will be assembled at Eastern Mountain Sports and transported to the Crowne Plaza.
 - Eastern Mountain Sports
1041 Commonwealth Avenue
Boston, MA 02215
ATTN : Ric Starry / TST Bike

OTHER BIKE TRANSPORTATION

- Participants that are flying or traveling by train with their bicycles will need to have them boxed for the trip.
- Mechanics are on hand at the Crowne Plaza to help reassemble bikes.
- We can transport bikes to our Start Line in Newton, from the finish Line in Greenwich before and after the event at no charge.
- Bicycles will be available for pickup at the Crowne Plaza when riders return Sunday evening, between 9:00am and 4:00pm, and Monday through Friday of the following week.
- Participants needing their bikes boxed after the event should please contact Emily Wadsworth at ewadsworth@als.net or by phone at 617-441-7213



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FRIDAY AND SATURDAY OVERNIGHT INFORMATION

- Participants will be staying in dormitories at UConn and SCSU, and will be paired up randomly, unless a preference is specified in advance.
- The rooms at UCONN are not air-conditioned and the SCSU dormitories are air-conditioned. **SCSU has a centrally controlled a/c system and it can get very cold.** Please pack sheets and blankets. Folks staying in the dorms at UConn may bring a small fan. Participants may pay an extra \$25 for a/c at UConn, however this option does fill up fast.

THURSDAY EVENING INFORMATION

- Riders and Crew coming from out of town can stay at the Crown Plaza Newton (Formerly the Sheraton Newton) for a great rate of \$99 per room. Call the hotel directly at 617-969-3010 and book under our block- Tri-State Trek
- We offer a carbo/non carbo loading pasta and chicken dinner on Thursday Evening at the Crown Plaza Newton. Tickets are \$25 per person to be paid at the door. Dinner serves at 7:00pm. Please reserve your spot here, www.als.net/TriStateTrek/Rsvp.aspx



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FRIENDS AND FAMILY INFO

OPENING DINNER

- Friends and family are welcomed to attend our opening dinner. Dinner serves at 7:00 and tickets are \$25 per person, paid at the door.
- Please reserve your spot here www.als.net/TriStateTrek/Rsvp.aspx

START LINE

- We leave the Crowne Plaza Hotel in Newton, MA at 6:00AM on Friday morning.
- We follow Washington Street west all the way to Commonwealth Ave.
- Come see us off and still make it! We love the support!

FINISH LINE

- The finish line picnic in Greenwich, CT is an event not to miss. Riders can arrive at anytime, but the group is expected at 3:00PM.
- Tickets for friends and family at \$10 per person to be paid at the door. There is no charge for crew and riders.

CHEERING ON OUR ROUTE – We Need More Cowbell!

Details on our route can be found in the ***Need More Cowbell - Cheering Section*** on the support page at www.tristatetrek.com/html/support_overview.php

If you plan to come and cheer PLEASE USE CARE WHEN PARKING! Please Do Not Park or Live Park on Our Route. We know you want to see your friends and family – please do not jeopardize their safety!!

HILL CLIMBING ON JOHN STREET IN GREENWICH, CT

This year we dedicate the steepest hill of the weekend to Jon Blais, Clair Collier and Sgt. Roger Petrone of the Greenwich Police. We've been riding through Greenwich since 2003, and the news of Sgt. Petrone's diagnosis has spurred the community to action! We're expecting quite a few cowbell ringing residence to be on that hill cheering us on.

First riders are expected on John St. by about 11am and the group will depart for White Plains at 2pm.

We're expected at the finish line by 3:00pm for our finish line picnic.



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2010 REST STOPS & VENUE LIST

DAY 1 – “Velo de Virden!”

Newton, MA @ The Rashi School
350 Washington St. - **START LINE**
Friday, July 23
Riders depart at 6:00 AM

Holliston, MA @ Temple Beth Torah
2162 Washington Street - **REST STOP**
Friday, July 23
Riders arrive from 7AM to 9AM

Uxbridge, MA @ Uxbridge Nazarene Church
130 Douglas Street - **REST STOP**
Friday, July 23
Riders arrive from 8AM to 11AM

Webster, MA @ Bartlett High School
52 Lake Parkway - **LUNCH STOP**
Friday, July 23
Riders arrive from 9AM to 2PM

South Woodstock, CT @ Roseland Park
Roseland Prk Rd - **REST STOP**
Friday, July 23
Riders arrive from 10AM to 4PM

Eastford, CT @ Peppertree Camping
114 Chaplin Road - **REST STOP**
Friday, July 23
Riders arrive from 11AM to 6PM

Storrs, CT @ University of Conn.
Hicks/Grange Dorms **OVERNIGHT**
Rt 195 on the UConn Campus
Friday, July 23
Riders Arrive 1PM – 7PM

DAY 2 – “Darryl’s Day Two”

Storrs, CT @ University of Conn.
Hicks/Grange Dorms **OVERNIGHT**
Rt 195 on the UConn Campus
Saturday, July 24
Riders depart at 7:30 AM

North Franklin, CT @ Town Hall
7 Meeting House Rd – **REST STOP**
Saturday, July 24
Riders arrive from 8AM to 9AM

Salem, CT @ Ballestrini's Day Care
11 Center Street - **REST STOP**
Saturday, July 24
Riders arrive from 9AM to 11AM

Hadlyme, CT @ Gillette Castle State Park
Route 148 - **REST STOP**
Saturday, July 24
Riders arrive from 10AM to 1PM

Clinton, CT @ The Morgan School
27 Killingworth Turnpike - **LUNCH STOP**
Saturday, July 24
Riders arrive from 11AM to 3PM

Branford, CT @ Young Park
Route 146 - **REST STOP**
Saturday, July 24
Setup starts at 11:30 AM
Riders arrive from 1 PM to 5PM

New Haven, CT @ Sthrn Conn State University
Wilkinson Hall (Lot 4) - **OVERNIGHT**
Farnham Avenue
Saturday, July 24
Riders Arrive 1:00 PM – 7:00 PM

DAY 3 – “L’Alpe de Blais”

New Haven, CT @ Sthrn Conn State University
Wilkinson Hall (Lot 4) - **OVERNIGHT**
Farnham Avenue
Saturday, July 25
Riders depart 5:10AM – 7:30 am*

Shelton, CT @ Mohegan School
47 Mohegan Road - **REST STOP**
Sunday, July 25
Riders arrive from 6AM to 9:00 AM*

Redding, CT @ Putnam State Park
Rte 58 North – **REST STOP**
Sunday, July 25
Riders arrive from 7AM to 12 PM*

South Salem, NY @ Lewisboro Town Park
1079 Route 35 - **REST STOP**
Sunday, July 25
Riders arrive from 9AM to 1PM*

Greenwich, CT @ Audubon Cnter
613 Riversville Road - **REST STOP**
Sunday, July 25
Riders arrive from 10AM to 2PM*

White Plains, NY @ Roger Sherman Baldwin Park
116-118 Arch Street – **FINISH LINE**
Sunday, July 25
First riders in at 12:00 PM*
Pack arrives at about 3:00 PM

* Sunday is a staggered start with slower riders leaving at 5:10AM, and faster riders leaving by 7:30AM. This is designed to put the group as close together as possible for the finish in White Plains, NY.

** Locations and venues can change suddenly. Please check this document on our website regularly, or call 617-441-7211, after July 1st, to learn about last minute venue changes.

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