

GENERAL SCHEDULE FOR EACH DAY BEGINNING SUNDAY, SEPTEMBER 30:

- 6:30 am** Breakfast begins for those on the pre-purchased Cycle NC Meal Plan
Shower Trucks Open
- 7:00 am** Cycle NC Rider Services Opens (Check-In/Package-Pick-Up, Questions, Excursion Reservations, On-Site Registration, Air Pump Station, etc.)
- 7:30 am** Cycle NC Routes Open (Do not start riding before 7:30am)
- 8:00 am** Breakfast for pre-purchased Cycle NC meal plan ends
- 8:30 am** Cycle NC Rider Services closes
Hotel Luggage must be delivered to your hotel lobby for pickup
All campsite luggage must be loaded on the Campsite Luggage Trucks
Cycle NC Excursions by VisitNC depart Camp!
- 9:00 am** All participants must be on the road
Campsite luggage trucks depart camp
Cycle NC Express Shuttle to the next campsite departs camp. For \$30 per day, you can skip that day's ride and go to the next campsite on a motorcoach. Bike transport is included. Sign up at Rider Services before 8:30am.
- 11:00 am** **Welcome to your next destination.** Local Welcome Tents Open to provide local information, directions and suggestions. Both indoor and outdoor campsites are now open. Personal Support Vehicles, RV's, participants, etc. may not arrive at camp until after 11:00 am.
- 1:00 pm** Cycling Spoken Here Bike Maintenance Shop and Retail Store open for services at Campsite. Bikes must be checked in before 4:30pm if service is needed.
Cycle NC Rider Services, Check-in and Cycle NC Merchandise Tent open
Cycle NC Recovery Zone presented by Blue Cross and Blue Shield of NC open
Hotels Only Shuttles begin running
- 2 pm - 4 pm** Hotel Luggage deliveries to Official Cycle NC Hotels
- 3:00 pm** Local shuttles to restaurants, shops and hotels begin running
- 3:00 pm - 8:00 pm** Host town evening entertainment window.
- 4:00 pm** Cycle NC Yoga
- 4:30 pm** Cycle NC route officially closes for the day.
- 5:00 pm** Dinner for pre-ordered Cycle NC meal plan begins
- 6:30 pm** Dinner for pre-ordered Cycle NC meal plan ends
- 7:30 pm** Rider Services and Cycle NC Merchandise Tent closed
- 9:00 pm** Last local shuttle makes final trip back to camp!
- 10:00 pm** Quiet hours at camp begin
Cycle NC shower trucks closed



DETAILED DAILY SCHEDULE

SATURDAY, SEPTEMBER 29 – ARRIVAL, CHECK-IN & TRAVEL DAY

Welcome to Black Mountain “Nestled deep in the Blue Ridge Mountains!” Within walking distance of our campsite is downtown Black Mountain where you will find 21 restaurants, two breweries and two music venues with bars. There are lots of shops and galleries, a history museum, Center for the Arts, a working artist gallery, the Red House, the restored train station, the Old Depot which houses over 90 crafters and artist. A short distance from downtown are many more restaurants, two breweries and a distillery. Lake Tomahawk has a nice half mile trail around the lake with great views of the mountains.

- 7:30am** **Oak Island:** Check-in and bike loading will begin at Middleton Park, Oak Island (SE 49th St and E Dolphin Dr, Oak Island, NC 28465). Parking will be available in the vacant lots located between E Dolphin Dr and E Beach Dr, across from Middleton Park. Volunteers will be onsite to direct you to the correct location. You should plan to arrive a minimum of 1 hour before bus departure. Bus loading will begin 30 minutes prior to the 9:00 am departure.
- 8:15 am** **RALEIGH:** Check-in and bike loading begins at in Raleigh (1300 Buck Jones Rd, Raleigh, NC 27607) for those choosing to leave their car in the Raleigh/Durham area. You should plan to arrive a minimum of 1 hour before bus departure. Bus loading will begin 30 minutes prior to the 10:00 am departure. A free shuttle will be provided from the **Fairfield Inn & Suites RDU to the bus loading location, but you MUST sign up for a shuttle [HERE](#).**
- 9:00 am** All buses in Oak Island depart for Black Mountain.
- 10:00 am** All buses in Raleigh depart for Black Mountain.

Cycle NC Rider Services, Local Information Tent and all camping areas are now open.

- Check-in & packet pick-up begins in Black Mountain at the Black Mountain Primary School (301 E State St, Black Mountain, NC 28711).
- The Black Mountain indoor camping (First Baptist Church, 130 Montreat Rd) and outdoor camping (school fields) areas are now open to all CYCLE NC participants. Please do not set up in areas designated as “**No Camping**” areas.
- The Black Mountain Swannanoa Chamber of Commerce will have a welcome and information tent set up at camp with maps, guides, where to eat and friendly folks to answer any questions about the area. A special commemorative magnet for riders will be available while they last.
- Black Mountain Escape Clue Hunt! Over \$375 in cash and Black Mountain Bucks! See the welcome tent for details or visit www.blackmountainescape.com.

- 2:00pm** Shuttle begin running to official Cycle NC Hotels and back to camp. Bicycles are not allowed on the local shuttles.
- 3:15pm** **Saturday Warm Up Ride by Velo Girl Rides** will begin at the Black Mountain Primary School. Utilizing the Oaks Trail Greenway and going into the North Fork Valley, this 20 mile route offers stunning views all the way to the Blue Ridge Parkway high above. This is a moderately difficult route that offers approximately 1200’ of elevation gain. Meet at the Local Info Tent/Rider Services area. Use this link to RSVP for the ride on Ride With GPS - <https://ridewithgps.com/events/61255-cycle-north-carolina-warm-up-ride>
- 5:00 pm** Dinner for the Cycle NC pre-purchased meal plan begins in the Black Mountain Primary School Cafeteria. **The color of your wristband indicates which meal plan option you purchased!**
Dinner menu: Roast boneless pork loin, sautéed potatoes w/ tomatoes and onions, fresh broccoli with garlic oil, kale salad w/ tomato and pecans, balsamic dressing, whole grain dinner rolls, butter, black beans and corn salad, apple cobbler with whipped topping, sweet & unsweet tea and water.

Rider Services closes
- 6pm – 8pm** **Downtown Sip & Shop:** Ten downtown shops and galleries will be serving you FREE sips of wine while you shop! Head downtown and enjoy.
- 7:00 pm** **Black Mountain and Cycle NC Welcome, Q&A and NC State Highway Patrol Safety** briefing will be located at the Town Square park in downtown at the intersection of Broadway Ave and State St. It is a 5 minute walk (.2 miles) from camp towards

downtown. This will be a short 30-45 minute session where the Cycle NC Staff will go over some last minute details about the ride, routes, etc. In addition there will be an official welcome from a Black Mountain, a safety briefing from the North Carolina State Highway Patrol and a few others. This is the best opportunity to ask any questions that you might have before the ride.

7 pm – 9 pm

Downtown Entertainment Options! Pisgah Brewing Company will have live music featuring St. Paul & The Broken Bones (7pm) and Western Centuries (8pm). The White Horse Black Mountain will have live music featuring Chuck Brodsky (8pm). Cherry Street Beer Garden will have FREE live music on Cherry Street, hosted by Lookout Brewing and Pisgah Brewing.

SUNDAY, SEPTEMBER 30 (DEPARTURE DAY) – 1ST DAY OF RIDING

JERSEY THEME: **Wear your Favorite Cycle NC Jersey!**

Ride Distance: 61.7 miles

Elevation Gain: 3,883 feet

Destination: Colette Street Recreation Center, Morganton, NC

Did you know: Morganton was the site of Fort San Juan, built in 1567 by a Spanish expedition as the first European settlement in the interior of North America, 40 years before the English settlement of Jamestown.

6:30 am

Breakfast for the Cycle NC pre-purchased meal plan begins in the Primary School Cafeteria.

Breakfast menu: Danish pastries, fresh sliced cantaloupe, turkey sausage, grits, fresh scrambled eggs (toppings: cheese, sautéed peppers and onions), oatmeal with brown sugar & raisins, crusty whole grain bread, coffee (reg. & decaf), orange juice and water.

Shower Trucks are now open

7:00 am

Cycle NC Rider Services is now open at the Black Mountain Primary School (301 E State St, Black Mountain, NC 28711).

8:00 am

Rest Stop #1 opens: Gateway Property Owners Association – Old Fort, NC

Rest Stop Highlights – Local Pearl Street Band performs. The band includes a former Cycle NC cyclist!

Cycle NC Meal Plan for breakfast is now closed.

8:30 am

Cycle NC Excursions by Visit NC depart Camp!! Today's tours include:

\$20 – sign up at Rider Services (includes motorcoach transportation & bike transport)

Underground Mine Tour of Emerald Village

Lunch at Switzerland Inn (additional cost)

Tour of the Orchard at Altapass



9:00 am

Rest Stop #2 opens: Marion Tailgate Farmers Market – Marion, NC

Rest Stop Highlights – this stop is right in the heart of Downtown Marion!

10:00 am

Rest Stop #3 opens: Catawba River Area @ Lake James State Park – Nebo, NC

Rest Stop Highlights – The ride into and around Lake James offers stunning views of the lake – be ready for some great photo opportunities!



11:00 am

Rest Stop #4 opens: Downtown Glenn Alpine, NC

Rest Stop Highlights – Enjoy the scenic view from Main Street as you ride in. J&B Ice Cream Shop will be open. Appalachian Mountain Sports will be open with bicycle mechanical support.

Cycle NC campgrounds now open to all participants. Outdoor camping is located at the ballfield and the surrounding area. Indoor camping is inside the recreation center on the bottom floor. **Please remove your cycling shoes before entering the building! Do not arrive earlier!**

At Camp: Cycle NC massages by “B” Massaged now available. Located inside the recreation center downstairs adjacent to indoor camping.

1:00 pm

Cycling Spoken Here Bike Maintenance Shop & Retail Store opens. Bikes must be checked in before 4:30 for service.

Cycle NC Rider Services, Check-in and Cycle NC Merchandise Tent open

Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open

Hotels Only Shuttles begin running. Bicycles are not allowed on the hotel shuttles.



- 3:00 pm** **Local shuttle begins running to downtown.** Restaurants, shops and downtown are all within easy walking distance, but a Trolley will run the downtown loop and back to camp. Hop on and off!
- 3 pm - 6 pm** **Beverage Garden and band at the campsite!** The Alligators will be playing their Rhythm & Blues music. *Guitarist Chris Clapp is a pediatrician by day and a rock star by night, whose college gigs with his current band, The Alligators, helped cover his living expenses through medical school. The Alligators began in 1986 in Boone as a five-piece blues band. The group continued to play together until 1992. The band reformed in 2002 in Morganton with Chris Clapp and Bill Vinson joining with Jamie McFarland on drums. The band has been spreading the blues ever since.* **Pull up a chair or some grass and enjoy the music with a nice beverage.**
- 4:00 pm** **Cycle NC Yoga session begins.** Remember to bring your yoga mat or towel.
- 5:00 pm** **Dinner for the Cycle NC pre-purchased meal plan begins in the upper floor of the Colette Street Recreation Center.**
Dinner Menu: Italian meatballs with marinara, zucchini with peppers, onions and tomatoes (no cheese), penne pasta, Italian bread, salad bar, lemon pound cake with rum sauce, sweet/unsweet tea and water.
- 7:30 pm** **Rider Services closes**

MONDAY, OCTOBER 1 – DAY 2 OF RIDING

- JERSEY THEME:** **Show your School Pride!!! It's College Day so wear your favorite Collegiate Jersey!**
- Ride Distance:** 67.2 miles
- Elevation Gain:** 3,376 feet
- Destination:** GoPro Motorplex, Mooresville, NC
- Did you know:** Mooresville is nicknamed "Race City USA" and is home to many NASCAR racing teams and drivers, including Dale Earnhardt Jr.
- 6:30 am - 8:30 am** **Looking for breakfast this morning? Stop by the Morganton Community House (120 N. King St) for a catered breakfast! Just pay when you arrive and get a hearty breakfast to get you started for the day. Located on N King St on the route out of town or a short walk from the campsite! For \$9.00, this meal will offer an egg & cheddar bake, grits, bacon, sausage links, biscuits & gravy, seasonal cut fruit, butter & jelly, coffee, tea and water.**
- 6:30 am** **Breakfast for the Cycle NC pre-purchased meal plan begins in the upper floor of the Colette Street Recreation Center.**
Breakfast Menu: Cheese and vegetable strata, crispy bacon, home-style grits, oatmeal (butter, brown sugar and raisins), biscuits, coffee (reg. & decaf), orange juice, water and milk.

Shower Trucks open.
Shuttles begin running from hotels to bring participants back to camp if needed. Meet at the main entrance of the hotel. If you rode your bike to the hotel, you'll need to ride it back to camp.
- 8:00 am** **Rest Stop #1 opens: Wilkies Grove Baptist Church – Hickory, NC**
Rest Stop Highlights – Chick-Fil-A biscuits and Krispy Kreme donuts will be available!
Cycle NC Meal Plan for breakfast is now closed.
- 8:30am** **Morning Hotel Shuttles stop running.**
Cycle NC Excursions by Visit NC depart Camp!! Today's tours include:
\$20 – sign up at Rider Services (includes motorcoach transportation & bike transport)
Explore the Earl Scruggs Center
Dine in Uptown Shelby (additional cost)
Guided tour of Racing Hall of Fame
- 9:00 am** **Rest Stop #2 opens: Newton Recreation Center – Newton, NC**
Rest Stop Highlights – A variety of different food options will be provided by the local volunteers.
- 10:00 am** **Rest Stop #3 opens: Murray's Mill Historic Site – Catawba, NC**



Rest Stop Highlights – Murray’s Mill is a Cycle NC favorite. It is a very well-preserved old mill on the National Register of Historic Places. Preserved intact are the 1913 mill itself, the 1890s Murray & minges General Store, the 1880s Wheat-house, the 1913 John Murray House (furnished to the period) and numerous outbuildings. Get off your bike and explore!

11:00 am

Rest Stop #4 opens: Lake Norman State Park Visitors Center – Troutman, NC

Rest Stop Highlights – This picturesque park is known for outstanding mountain biking and large reservoir lake recreation activities. Ice is available for purchase on-site.

Cycle NC campgrounds now open to all participants. Outdoor camping is at the GoPro Motorplex and indoor camping is at the Triplett United Methodist Church, just .7 miles from camp. You are welcome to ride your bike to indoor camping, or it will be included on a shuttle loop. **Please remove your cycling shoes before entering the building! Do not arrive earlier!**

At Camp: Cycle NC massages by “B” Massaged now available at the far end of the Motorplex Building near the shower trucks in the VIP Lounge.

11 am - 8 pm

Go Kart Racing! Visit the entrance to the GoPro Motorplex near the Rider Services RV for details on how to sign up! **SPECIAL DISCOUNT:** \$10 off (regularly \$25) all races for Cycle NC participants. Just show your wristband. Races take a full 10 minutes.

1 pm - 5 pm

Local food vendors on site at camp. King Canary Brewing Company out of Mooresville will be on-site to serve their local brews. Also, Brusters Real Ice Cream will be onsite, and they will be selling hot dogs as well.

1:00 pm

Cycling Spoken Here Bike Maintenance Shop & Retail Store opens. Bikes must be checked in before 4:30 for service. Cycle NC Rider Services, Check-in and Cycle NC Merchandise Tent open
Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open
Hotels Only Shuttles begin running. Bicycles are not allowed on the hotel shuttles.



3:00 pm

Local Mooresville shuttles begin running to restaurants, shops, area attractions, etc.

4:00 pm

Cycle NC Yoga session begins. Remember to bring your yoga mat or towel.

5:00 pm

Dinner for the Cycle NC pre-purchased meal plan begins in the GoPro Motorplex room near the shower trucks.
Dinner menu: Roast beef Au Jus, horseradish sauce, mashed potatoes, green beans with oil and garlic, vegetarian chili beans, rolls, pecan pie, apple pie, sweet/unsweet tea and water.

7:30 pm

Rider Services closes

TUESDAY, OCTOBER 2 (END OF 3-DAY OPTION) – DAY 3 OF RIDING

JERSEY THEME: VINTAGE CYCLE NC DAY! Let’s see who has the oldest CYCLE NC Jersey!

Ride Distance: 63.8 miles

Elevation Gain: 2,441 ft

Destination: Creekside Park, Archdale, NC

Did you know: Archdale began as a predominantly Quaker settlement, and received its name as a tribute to John Archdale, a lord proprietor and early Quaker governor.


6:30 am - 8:30 am

Breakfast vendors on-site - Clean Juice and The Original New York Bagel! Clean Juice serves a variety of 100% organic juices, smoothies and acai bowls. The Original New York Bagel will serve a variety of bagels and breakfast sandwiches.

6:30 am

Breakfast for the Cycle NC pre-purchased meal plan begins in the GoPro Motorplex room near the shower trucks.
Breakfast Menu: Western style scrambled eggs with peppers and onions accompanied by turkey, ham, cheese and sals, home fried potatoes, sour dough bread, oatmeal with brown sugar and butter, fresh apples, coffee (reg & decaf), orange juice, water and milk.

Shuttles begin running from hotels to bring participants back to camp if needed.
Shower Trucks open.


- 8:00 am** *Rest Stop #1 opens: Christ United Methodist Church – Salisbury, NC*
Rest Stop Highlights – Full breakfast options are provided for riders. The menu includes eggs, grits, bacon, sausage, toast or biscuits, pancakes, yogurt, coffee and juice. Donations will be accepted for the Church’s Habitat for Humanity Project and other mission projects.
 Cycle NC Meal Plan Breakfast is now closed.
- 8:30 am** Morning hotel shuttles stop running.
Cycle NC Excursions by Visit NC depart Camp!! Today’s tours include:
\$20 – sign up at Rider Services (includes motorcoach transportation & bike transport)
Arts and culture trolley tour of Salisbury
Lunch at Lexington BBQ (additional cost)
Visit the Home Furnishings Capital of the World
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- 9:00 am** *Rest Stop #2 opens: NC Transportation Museum – Spencer, NC*
Rest Stop Highlights – This massive complex features train and other outstanding transportation exhibits. Museum staff and volunteers will sell ‘apple uglies’ a local favorite and a guaranteed energy boost for riders who give it a try!
- 10:00 am** *Rest Stop #3 opens: Lexington Amphitheater – Lexington, NC*
Rest Stop Highlights – Home of the NC BBQ Festival, food trucks with BBQ and other food options such as sliders will be available. The ‘Pop Guns’ (a middle aged boy band) will provide entertainment featuring 70’s, 80’s and 90’s music.
- 11:00 am** *Rest Stop #4 opens: Thomasville Big Chair – Thomasville, NC*
Rest Stop Highlights – It’s the BIG CHAIR! Make sure you snap a photo while exploring what downtown Thomasville has to offer. Restaurants and shops will be open.

Cycle NC campgrounds now open to all participants. Outdoor camping is located on the ballfields at Creekside Park. Indoor camping is located in the gym onsite. **Please remove your cycling shoes before entering the building! Do not arrive earlier!**

At Camp: Cycle NC massages by “B” Massaged now available in the gymnasium.

3-Day Western registration participants taking the shuttle back to Black Mountain must load their bikes on the bike transport truck a minimum of 1hr prior to bus departure (By 4PM!). The 3-day buses will pick up in the parking lot of Creekside Park near the Rider Services RV.



- 1:00pm – 4:00pm** **Food vendors onsite at Creekside Park – Touch of Aloha and Sunset Slush Italian Ice!** Touch of Aloha menu includes shrimp skewers, grilled chicken skewers, Hawaii pulled pork, marinated beef tips over fries or rice, pulled pork taco and chicken katsu.
- 1:00 pm** **Cycling Spoken Here Bike Maintenance Shop & Retail Store opens. Bikes must be checked in before 4:30 for service.**
Cycle NC Rider Services, Check-in and Cycle NC Merchandise Tent open
Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open
Hotels Only Shuttles begin running. Bicycles are not allowed on the hotel shuttles.
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- 3:00 pm** Local shuttles begin running to restaurants and shops. The local shuttles will include the hotel shuttle loop today. All shuttles will go to the same locations in Archdale (hotels and shops/restaurants).
- 3:00pm - 8:00pm** **Enjoy a Beer & Wine Garden from local establishments Four Saints Brewing and Native Son Vineyard at camp.**
- 4:00 pm** **Cycle NC Yoga session begins.** Remember to bring your yoga mat or towel.
- 4:00pm - 5:30pm** **Try your hand at the game that is sweeping the nation – PICKLEBALL!** Led by local Pickleball Ambassador Cindy Clodfelter. Meet at the tennis/pickleball courts onsite.
- 4:00pm - 5:30pm** **Learn how to play DISC GOLF from one of the pros at Innova!** Creekside Park has a full 18 hole disc golf course and lessons will be offered onsite!
- 4:00pm - 5:30pm** **Learn to line dance!** Led by local instructor Marcus B. Smooth. Meet at the stage onsite.

- 4:30 pm **Boarding for the 3-Day (Western) shuttle option back to the start of the ride (Black Mountain) begins.**
- 5:00 pm **Shuttles back to Black Mountain for the 3-day ride participants departs!**
- 5:00 pm Dinner for the Cycle NC pre-purchased meal plan begins in the covered picnic shelter in the middle of camp.
Dinner menu: Boneless chicken Cacciatore, bean and vegetable stew, steamed rice, melon, marinated broccoli, French rolls carrot cake, sweet/unsweet tea and water.
- 5:30 pm **Shuttles leave for the Kersey Valley Escape Room!** Visit <https://kerseyvalleyescape.com/> to check out the escape room options. The 6:00pm-7:00pm has been reserved for CYCLE NC. Call 336-431-1700 to reserve your space in your desired room. Mention Cycle NC and receive a discount.
- 5:00 pm – 8:00 pm **Archdale onsite dinner options and entertainment begins near the tennis courts!** Zekos 2 Go and Manna will be onsite at Creekside Park. Also, a Rotary Spaghetti Dinner will be offered at the Fire Station (short walk from the campsite on the greenway). Zekos offers chicken souvlaki, philly steaks & chicken, gyros, veggie pita and pizza. Manna offers gluten free flatbreads, sandwiches, quesadillas, salads and quinoa. **Enjoy the entertainment of the Part Time Party Time Band (PTPTB) while you eat!** The PTPTB are proud members of the Carolina Beach Music Hall of Fame. **Finally, a Beer & Wine Garden will be available from local establishments Four Saints Brewing and Native Son Vineyard.**
- 7:30 pm **Rider Services closes**



WEDNESDAY, OCTOBER 3 – DAY 4 OF RIDING

- JERSEY THEME: It's club jersey day! Show your cycling club pride!**
- Ride Distance: 75.5 miles**
- Elevation Gain: 3,384 ft**
- Destination: Memorial Park, Southern Pines, NC**
- Did you know:** Southern Pines is part of the central region of North Carolina known as the Sandhills. It was slow to develop after being settled in the 1700s because the sandy soil could not produce many crops except the sprawling forests of pine trees. Once the inhabitants realized the pine trees were a cash crop that could be easily harvested and shipped away as lumber, the town quickly grew into a vibrant and prosperous community.
- 5:00 am – 8:00 am **Zekos 2 Go onsite for breakfast near the tennis courts!** Menu includes waffles, breakfast sandwiches, biscuits and breakfast plates. Milk, orange juice and coffee available as well.
- 6:30 am **Breakfast for the Cycle NC prepurchased meal plan begins in the covered picnic shelter in the middle of camp.**
Breakfast Menu: Raisin pecan toast casserole, log cabin syrup, scrambled eggs, assorted rolls, oatmeal bar with milk, bananas, brown sugar and butter, pork sausage link, home-style grits, coffee (reg & decaf), milk, orange juice and water.
- Shuttles begin running from hotels to bring participants back to camp if needed.**
Shower Trucks open.
- 8:00 am **Rest Stop #1 opens: Lake Lucas – Asheboro, NC**
Rest Stop Highlights – Lake Lucas is a picturesque reservoir for the town's water supply and recreation. Enjoy exploring!
- Cycle NC Meal Plan Breakfast is now closed.**
- 8:30 am **Morning hotel shuttles stop running.**
Cycle NC Excursions by Visit NC depart Camp!! Today's tours include:
\$20 – sign up at Rider Services (includes motorcoach transportation & bike transport)
Go wild at the North Carolina Zoo
Lunch at the Zoo (additional cost)
Visit STARworks Ceramics and Glass Studio



- 9:00 am** *Rest Stop #2 opens: NC Pottery Museum – Seagrove, NC*
Rest Stop Highlights – The NC Pottery Museum celebrates the outstanding NC pottery culture of the Seagrove area which has more than 100 potters in this very rural small town. The museum will provide demonstrations for cyclists.
- 10:00 am** *Rest Stop #3 opens: Robbins Train Station – Robbins, NC*
Rest Stop Highlights – The Town of Robbins has a quaint and pretty old railroad depot being renovated for community events. Multiple local musicians will be on hand to entertain!
- 11:00 am** *Rest Stop #4 opens: Carthage Buggy Museum – Carthage, NC*
Rest Stop Highlights – The museum has some fascinating transportation history to share – be sure to ask about it!
- Cycle NC campgrounds now open to all participants. Outdoor camping is located on the ballfields at Memorial Park. Indoor camping is located in the gym onsite. **Please remove your cycling shoes before entering the building! Do not arrive earlier!**
- At Camp:** Cycle NC massages by “B” Massaged now available and located inside the field house.
- 1:00 pm** **Cycling Spoken Here Bike Maintenance Shop & Retail Store opens. Bikes must be checked in before 4:30 for service.**
Cycle NC Rider Services, Check-in and Cycle NC Merchandise Tent open
Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open
Hotels Only Shuttles begin running. Bicycles are not allowed on the hotel shuttles.
- 3:00 pm** Complimentary local Southern Pines shuttles begin running to restaurants, shops, downtown, etc. **Laudromat is included on the downtown shuttle loop!**
- 3:00 pm – 7:00 pm** **Southern Pines onsite entertainment!** Enjoy the beverage garden and band set up across from the YMCA/indoor camping area. Chunky Daddy will be performing! Based out of Charlotte, NC, Chucky Daddy is your Hunky, Chunky, Funky Party Band! With a playlist ranging from the 60’s to today, there is something for everyone.
- 4:00 pm** **Cycle NC Yoga** session begins. Remember to bring your yoga mat or towel.
- 5:00 pm** **Dinner for the Cycle NC pre-purchased meal plan begins.**
Dinner menu: Vegetarian vegetable soup, classic Caesar salad, Salisbury steak with creamy gravy, mashed potatoes, buttered peas, dinner rolls, lemon pound cake, sweet/unsweet tea and water.
- 7:30 pm** **Rider Services closes**



THURSDAY, OCTOBER 4 (3-DAY EASTERN RIDE OPTION BEGINS) – DAY 5 OF RIDING

- JERSEY THEME:** **WACKY TACKY DAY!!** *Wear your craziest jerseys, outfit, socks, hats, sunglasses.*
- Ride Distance(s):** 59.7 miles or a Century Option
- Elevation Gain:** 1,908 ft or 3,600 ft
- Destination:** Clarence Lee Tart Memorial Park, Dunn, NC
- Did you know:** The town was originally called “Lucknow.” After the Battle of Averagesborough, most residents left for Lucknow and renamed the town Dunn in 1873. Dunn was incorporated in 1887 as a logging town and turpentine distilling center. The name honors Bennett Dunn, who supervised the construction of the railway line between Wilson and Fayetteville.
- 6:30 am** **Breakfast for the Cycle NC pre-purchased meal plan begins in the community center.**
Breakfast menu: Spinach and egg casserole with mozzarella, steamed rice, sausage and gravy, pork sausage links, biscuits, oatmeal bran with milk, brown sugar, butter, coffee (reg & decaf), water, orange juice and milk.
Shower Trucks open.
- Shuttles begin running from hotels to bring participants back to camp if needed.*
- 8:00 am** *Rest Stop #1 opens: Cypress Presbyterian Church – Cameron, NC*
Rest Stop Highlights – The NC Sandhills region has a rich Scottish heritage. Periodic bagpipe music will be playing to celebrate this heritage.

Breakfast is now closed.

8:30 am Morning hotel shuttles stop running.
Cycle NC Excursions by Visit NC depart Camp!! Today's tours include:
\$20 – sign up at Rider Services (includes motorcoach transportation & bike transport)

*Watch the U.S. Army's Golden Knights Practice
 Lunch at Cypress Bend Vineyard (additional cost)
 Discover the Airborne Special Operations Museum*



9:00 am **Rest Stop #2 opens: Barbecue Presbyterian Church – Sanford, NC**
Rest Stop Highlights – How did BBQ Presbyterian Church get its name? It's worth asking – hint...it's related to how BBQ Creek got its name. The church will have BBQ sliders available and will continue the Scottish Heritage celebration with more bagpipe music!

10:00 am **Rest Stop #3 opens: Bunnlevel Volunteer Fire Department – Bunnlevel, NC**
Century Rest Stop opens: Raven Rock State Park – Lillington, NC
Rest Stop Highlights – The Visitor Center has interesting exhibits relating to the natural and geologic history of the park. But sure to ask the staff on hand!

11:00 am Cycle NC campgrounds now open to all participants. Outdoor camping is located on the back fields. Indoor camping is in the gymnasium onsite. **Please remove your cycling shoes before entering the building! Do not arrive earlier!**

At Camp: Cycle NC massages by "B" Massaged now available and located inside gymnasium.

1:00 pm **Cycling Spoken Here Bike Maintenance Shop & Retail Store opens. Bikes must be checked in before 4:30 for service.**
Cycle NC Rider Services, Check-in and Cycle NC Merchandise Tent open
Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open
Hotels Only Shuttles begin running. Bicycles are not allowed on the hotel shuttles.



1:00pm - 5:00pm **Food options on-site at Tart Memorial Park!** Papa Johns Pizza and hot dogs will be available.

3:00 pm Complimentary local Dunn shuttles begin running to restaurants, shops, downtown, etc. The hotel shuttles and local shuttles will all be running on the same loop.

4:00 pm **Cycle NC Yoga** session begins inside the racquetball court inside the gymnasium area. Remember to bring your yoga mat or towel.

5:00 pm **Dinner for the Cycle NC pre-purchased meal plan begins in the community center.**
Dinner menu: Tossed salad with mixed greens, tomatoes and onions (ranch and Italian dressings), pork chops, boiled potatoes, baked beans, cole slaw, buttered corn, corn bread, banana pudding, sweet/unsweet tea and water.

6:00pm - 9:00pm **Boogie on Broad!!** Take the shuttles to downtown Dunn and enjoy their concert series with food, beer and local entertainment. The Tonez will be headlining the event. The Tonez are an 8-piece band dedicated to keeping crows on their feet dancing and enjoying live music. They play a mix of Oldies, Motown, Rock & Roll, Country, Funk, R&B and Beach Music. DJ Butch Halpin, Sybil the Clown, Funn-4-Ahl Concessions and Sisters II Ice Cream will all also be there.

7:30 pm **Rider Services closes**

FRIDAY, OCTOBER 5 – DAY 6 OF RIDING

JERSEY THEME: It's Red, White and Blue Day! Wear yours with pride!
Ride Distance(s): 63.5 miles
Elevation Gain: 863 ft
Destination: Bladen County Recreation Center, Elizabethtown, NC

- Did you know:** The Battle of Elizabethtown, which took place on Aug 27, 1781 and essentially crushed the Tories' sway in the North Carolina Cape Fear region, involved one of the great ruses in the state's Revolutionary War history. The Patriots, far outnumbered, devised a scheme in which the inferiority of their forces would be masked by false commandes to "phantom" soldiers, intended to be heard by the enemy. When the battle started, the Patriots went on the offensive and many of the Tory troops plunged headlong into a deep ravine near the river, which has been known ever since as "Tory Hole."
- 6:30am - 8:30am** Breakfast options on-site at Tart Memorial Park! Sausage and ham biscuits will be available for purchase near the campsite.
- 6:30 am** Breakfast for the Cycle NC pre-purchased meal plan begins in the Elizabethtown Presbyterian Church, which is a 3 minute walk (.1 mile) from camp on the other side of town hall.
Breakfast menu: Cheese and vegetable strata, crispy bacon, home-style grits, oatmeal (butter, brown sugar and raisins), biscuits, coffee (reg & decaf), orange juice, water and milk.
Shower Trucks open.
- Shuttles begin running from hotels to bring participants back to camp if needed.*
- 8:00 am** **Rest Stop #1 opens: Spivey's Corner – Dunn, NC**
Rest Stop Highlights – Our rest stop will be located at the Spivey's Corner Volunteer Fire, which was the location of the famous Spivey's Corner National Hollerin' Contest for 47 years. The fireman will prepare their famous pork tenderloin breakfast sandwiches for riders!
Breakfast is now closed.
- 8:30 am** Morning hotel shuttles stop running.
Cycle NC Excursions by Visit NC depart Camp!! Today's tours include:
\$20 – sign up at Rider Services (includes motorcoach transportation & bike transport)
Explore the Cape Fear Botanical Gardens
Spiveys Corner Hollerin' Contest demonstration
Tour and Tasting at Duplin Winery
- 
- 9:00 am** **Rest Stop #2 opens: Downtown Roseboro**
Rest Stop Highlights – Roseboro will roll out the red carpet for the riders! Main street will be closed with a band performing and lots of local food vendors. As an added bonus, the local Pelican SnoCone Shop is right next to the rest stop!
- 10:00 am** **Rest Stop #3 opens: Hwy 242 Grill – Elizabethtown, NC**
Rest Stop Highlights – Hwy 242 Grill is located in the small unincorporated town of Ammon. It is a local favorite and they have a reputation for good food. Hamburgers, chicken, BBQ, hot dogs are all available for purchase at the grill.
- 11:00 am** The Bladen County Recreation Center and ballfields are now open to participants, support vehicles, etc. **Do not arrive earlier!** Indoor Camping is available in the Gymnasium. **Please remove your cycling shoes before entering the building!** Outdoor camping is now available on any of the ball fields. **Please camp in designated camping areas only.**
- At Camp:** Cycle NC massages by "B" Massaged now available and located inside gymnasium.
- 12:00pm - 4:00pm** Local food vendors offered onsite at camp. Little Caesars Food Truck, Popcorn, Italian Ice and BBQ.
- 1:00 pm** Cycling Spoken Here Bike Maintenance Shop & Retail Store opens. Bikes must be checked in before 4:30 for service.
 Cycle NC Rider Services, Check-in and Cycle NC Merchandise Tent open
 Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open
 Hotels Only Shuttles begin running. Bicycles are not allowed on the hotel shuttles.
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- 3:00 pm** Local Elizabethtown shuttles begin running to restaurants, shops, downtown, hotels etc.
- 4:00 pm** Cycle NC Yoga session begins. Remember to bring your yoga mat or towel.
- 5:00 pm** Dinner for the Cycle NC pre-purchased meal plan begins in the Elizabethtown Presbyterian Church, which is a 3 minute walk (.1 mile) from camp on the other side of town hall.

Dinner menu: Marinated chicken, pasta and vegetable salad, lightly blackened salmon, tartar sauce, mixed greens and parmigiana with sunflower seeds vinaigrette, stewed cannellini beans with kale, sliced French bread, sweet/unsweet tea and water.

5:00 pm - 8:00 pm Elizabethtown Evening Entertainment and activities begin! Live music from Soul on the Beach and a beverage garden will be set up behind Town Hall, adjacent to the campsite.

7:30 pm Rider Services closes

SATURDAY, OCTOBER 6 – FINAL DAY OF RIDING!

JERSEY THEME: *It's the last day so wear your 2018 Cycle NC Mountains to Coast jersey!*

Ride Distance(s): 74 miles

Elevation Gain: 626 ft

Destination: Middleton Park, Oak Island, NC

6:30 am Breakfast for the Cycle NC pre-purchased meal plan begins in the Elizabethtown Presbyterian Church, which is a 3 minute walk (.1 mile) from camp on the other side of town hall. *Just show your wristband for your meal!*

Breakfast menu: Mini doughnuts, fried pork loin, scrambled eggs, cheese grits, assorted breads (white, grain, oatmeal, etc.), coffee (reg & decaf), milk, orange juice and water.

Shower Trucks open.

Shuttles begin running from hotels to bring participants back to camp if needed.

8:00 am *Rest Stop #1 opens: White Plains Presbyterian Church – Council, NC*

Rest Stop Highlights – Big Daddy's Catering, a local favorite, will have breakfast biscuits, danishes and coffee for sale.

Breakfast is now closed.

8:30 am Morning hotel shuttles stop running.

*Cycle NC Excursions by Visit NC depart Camp!! Today's tours include:
\$20 – sign up at Rider Services (includes motorcoach transportation & bike transport)
Visit America's Happiest Seaside Town – Southport
End of Ride Celebration*



9:00 am *Rest Stop #2 opens: Bolton United Methodist Church – Bolton, NC*

Rest Stop Highlights – Bolton is the home of the Pine Tree Festival, which will be taking place as we pass through. Hop off your bike and check it out!

10:00 am *Rest Stop #3 opens: Camp Branch Church – Ash, NC*

Rest Stop Highlights – Sunset Slush of Bladen County and Elizabethtown will have 'Classic Italian Ice' slushies for sale.

11:00 am *Rest Stop #4 opens: Supply Volunteer Fire Department Station 13 – Supply, NC*

Parking at End of Ride location (Middleton Park) is available in any public parking area.

12:00 pm End of Ride Celebration, band, meal and beverage garden begins. Make sure you get a photo with your bike on the beach!

Catered meal for all registered participants (included in the registration fee.)

End of Ride Meal menu: Fried flounder, deviled crabs, popcorn shrimp, barbecued chicken, cole slaw, boiled potatoes, cornbread sticks, sweet/unsweet tea, water and lemon pound cake.


12:00 pm Cycle NC Beverage Garden Opens.

Cycle NC Rider Services and Cycle NC Merchandise Tent Open.

Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open

Shuttles to hotels and to local restaurants will run until 8pm.

Outdoor camping (at Middleton Park) and indoor camping (Community Center on-site) are available.

All participants taking the Cycle NC transportation option back to Southern Pines must load their bike on the Bike Transport Truck before 4:30pm. All participants taking the CYCLE NC transportation options to Black Mountain or Raleigh must load their bikes on the Bike Transport Trucks immediately after you finish. All bike transport trucks will leave Oak Island no later than 6pm on Saturday, October 6. 


3:00 pm *Cycle NC Route Officially Closes.*

4:30 pm *Bus loading for 3-Day transportation back to Southern Pines begins. All bikes must be loaded on the bike transport trucks at this time! Make sure your bike has the correct color bike band for the destination of your bike.*

5:00 pm *Buses leaving for Southern Pines depart Oak Island!*
End of Ride Celebration catered meal ends.
Cycle NC Rider Services and the Cycle NC Merchandise Tent closed.

6:00 pm *All bikes must be on the Bike Transport Trucks that are going to Black Mountain or Raleigh! Make sure your bike has the correct color bike band for the destination of your bike.*
Rider Services closes

SUNDAY, OCTOBER 7 – BUS TRANSPORTATION BACK TO BLACK MOUNTAIN AND RALEIGH

7:00 am Bus loading for transportation back to Black Mountain and Raleigh week-long parking begins.
All bikes at this point should have been loaded on both the Black Mountain and Raleigh bike trucks by 6pm on Saturday. 

8:00 am Buses depart Oak Island campsite for Black Mountain and Raleigh at 8:00 am and make stops in Oak Island at the Hampton Inn, Comfort Suites and Wingate by Wyndham. **If you need a shuttle from the Raleigh bus drop off point to the Fairfield Inn & Suites or to the Airport, you must sign up [HERE](#).**

HAVE A SAFE TRIP HOME AND WE HOPE TO SEE YOU ON ANOTHER CYCLE NORTH CAROLINA RIDE SOON!