2020 Cycle North Carolina
Mountains to Coast
Daily Schedule

GENERAL NOTE: WE WILL UPDATE THIS DOCUMENT AS ITEMS ARE FINALIZED – CHECK BACK OFTEN!

GENERAL SCHEDULE FOR EACH DAY BEGINNING SUNDAY, OCTOBER 4TH:

6:30 am  
Breakfast begins for those on the pre-purchased Cycle NC Meal Plan  
Shower Trucks Open  
Coffee vendor opens on-site

7:00 am  
Cycle NC Rider Services Opens (Check-In/Packet-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 motor coach. 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. Campsites are now open.  
Personal Support Vehicles, RV’s, participants, etc. may not arrive at camp until after 11:00 am.

12:00 pm  
Rider Services opens

12 pm - 3 pm  
Hotel Luggage deliveries to Official Cycle NC Hotels

1:00 pm  
Trek of Greensboro 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

3:00 pm  
Local shuttles to restaurants, shops and hotels begin running

3 pm - 8 pm  
Host town afternoon/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
          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

FRIDAY, OCTOBER 2ND – EARLY CHECK-IN & PACKET PICK-UP – SPARTA ONLY

5:00 pm  Early Check-in begins at Alleghany High School (404 Trojan Ave, Sparta, NC 28675).
The camping area is now open for all CNC participants.  Camping is located on the practice football field and the baseball field.
Sparta Welcome Tent will be available to offer local information and area recommendations for food, shopping and area attractions.

7:00 pm  Early Check-In closes.  Rider Services and check-in will reopen at 10:00 am Saturday morning.

5pm - Until Once you check in, make the short trip to downtown Sparta to explore the local shops, restaurants and more!

SATURDAY, OCTOBER 3RD – ARRIVAL, CHECK-IN & TRAVEL DAY

Welcome to Sparta, a quaint mountain town, just off the Blue Ridge Parkway.  Sparta is located in the northwest mountains of North Carolina
and is in Alleghany County.  The revitalized downtown is just steps away from the campsite.  Come early and enjoy all the shopping, restaurants
and entertainment this town has to offer.  What a great way to kick off the 2020 Mountains to Coast ride!
Local Attractions: Blue Ridge Parkway, Historic Hwy 21, Stone Mountain State Park, Grayson Highlands State Park, Allegheny Historical Society
and Museum, Blue Ridge Heritage Trail

8:15 am  DURHAM:  Check-in and bike loading begins at in Durham (Sheraton Imperial Hotel, 4700 Emperor Blvd, Durham, NC) 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.

10:00 am  All buses in Durham depart for Sparta.
Cycle NC Rider Services and Local Information Tent are now open.

•  Check-in & packet pick-up begins in Sparta at Alleghany High School (404 Trojan Ave, Sparta, NC 28675).
•  The Sparta camping areas are open to participants.  Please do not set up in areas designated as “No Camping” areas.  
   Camping is located on the practice football field and the baseball field.
•  The Town of Sparta 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.

12:00pm  Shuttles begin running to official Cycle NC Hotels, downtown Sparta and back to camp.  Bicycles are not allowed on the local
          shuttles.

5:00 pm  Dinner for the Cycle NC pre-purchased meal plan begins in the Alleghany High School cafeteria onsite.
The color of your wristband indicates which meal plan option you purchased!
Tentative dinner menu: Pulled BBQ Pork with Tangy Cole Slaw and Sandwich Buns, Brown Sugar Baked Beans, Pasta Salad, 
Garden Salad with Cherry Tomatoes, Cucumbers, Shredded Carrots, Ranch and Balsamic Dressings, Assorted Cookies and 
Brownies, Sweet/Unsweetened Iced Tea and Water

Rider Services closes

6 pm – 10 pm  Music on Main!  Kick off the 2020 Mountains to Coast Tour by enjoying a music festival in downtown Sparta, just steps from the
campsite!  More details will be posted when finalized.
7:00 pm  Sparta and Cycle NC Welcome, Q&A and NC State Highway Patrol Safety briefing will be located at Laconia Ale Works, a short walk from the campsite in downtown Sparta. 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 Sparta and a safety briefing from the North Carolina State Highway Patrol. This is the best opportunity to ask any questions that you might have before the ride.

**SUNDAY, OCTOBER 4TH (DEPARTURE DAY) – 1ST DAY OF RIDING**

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

**Ride Distance:** 54 miles

**Elevation Gain:** 3,646 feet

**Destination:** Veterans Memorial Park, 691 W Lebanon Street, Mount Airy, NC 27030

**Did you know:** Mount Airy is Andy Griffith’s hometown, the real life Mayberry and inspiration for the Andy Griffith Show!

**Local Attractions:** Mount Airy Museum of Regional History, Wally’s Service Station, Mayberry Courthouse and Jail, Andy Griffith’s Home Place, Gertrude Smith House

6:30 am  Breakfast for the Cycle NC pre-purchased meal plan begins in the Alleghany High School cafeteria onsite.

Tentative breakfast menu: Sausage Egg and Cheese Breakfast Bake, Crispy Bacon, Assorted Fresh Fruit including Pineapple, Strawberries, Cantaloupe and Blueberries, Sliced Bagels with Cream Cheese and Fruit Preserves, Assorted Breakfast Breads and Muffins, Coffee (Regular and Decaf), OJ and Water

Shower Trucks are now open

7:00 am  Cycle NC Rider Services is now open at Alleghany High School (404 Trojan Ave, Sparta, NC 28675).

8:00 am  **Rest Stop #1 opens:**

Rest Stop Highlights – Information coming soon!

Cycle NC Meal Plan for breakfast is now closed.

8:30 am  **Cycle NC Excursions by Visit NC depart Camp!! Today’s tours coming soon!**

$20 – sign up at Rider Services (includes motor coach transportation & bike transport)

9:00 am  **Rest Stop #2 opens:**

Rest Stop Highlights – Information coming soon!

10:00 am  **Rest Stop #3 opens:**

Rest Stop Highlights – Information coming soon!

11:00 am  Cycle NC campgrounds now open to all participants. Camping is located in the fields at the park. RV camping is all the way towards the back of the park, with full hookups at no extra charge.

At Camp: Cycle NC massages now available in one of the picnic shelters onsite.

12:00 pm  Cycle NC Rider Services and Cycle NC Merchandise Tent open

1:00 pm  Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open

Trek of Greensboro Bike Maintenance Shop & Retail Store opens. Bikes must be checked in before 4:30 for service. Hotels Only Shuttles begin running. Bicycles are not allowed on the hotel shuttles.

12pm – 7pm  Mayberry Food Truck Fest! Head to downtown Mount Airy (less than 1.5 miles away) for this Biannual festival. Featuring over 40 food trucks, wine, beer and entertainment, you won’t want to miss this special event! Shuttles will be running from the campsite to downtown throughout the festival.

12:00 pm  Local shuttle begins running to downtown and hotels.

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 picnic shelter on-site.
Tentative dinner Menu: BBQ Glazed Chicken, Mac-n-Cheese, Green Beans, Fresh Garden Salad with Cherry Tomatoes, Cucumbers, Shredded Carrots, Ranch and Balsamic Dressings, Dinner Rolls, Sweet Treats including Assorted Cookies and Brownies, Sweet/Unsweetened Iced Tea and Water

6:30 pm  
Rider Services closes

**MONDAY, OCTOBER 5TH—DAY 2 OF RIDING**

| JERSEY THEME: | WACKY TACKY DAY!! Wear your craziest jerseys, outfit, socks, hats, sunglasses. |
| Ride Distance: | 74 miles |
| Elevation Gain: | 4,264 ft |
| Destination: | Lake Reidsville Park, 630 Water Works Road, Reidsville, NC 27320 |
| Did you know: | Reidsville High School’s football team holds 21 state championships, the most in North Carolina! |
| Local Attractions: | Haw River State Park, Lake Reidsville, Cinqua Penn Plantation Cruise Trail, Museum and Archives of Rockingham County, Market Square, Rockingham Theater |

6:30 am  
Breakfast for the Cycle NC pre-purchased meal plan begins in the picnic shelter on-site.
Tentative breakfast menu: Scrambled Eggs, Pork Sausage Links, Greek Yogurt with Granola, Assorted Breakfast Breads and Muffins, Fresh Sliced Pineapple, Strawberries and Blueberries, Bananas, Coffee (Regular and Decaf), OJ and Water
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:*
Rest Stop Highlights – Information coming soon!
Cycle NC Meal Plan for breakfast is now closed.

8:30 am  
Morning Hotel Shuttles stop running.
*Cycle NC Excursions by Visit NC depart Camp!! Today’s tours coming soon!*
$20 – sign up at Rider Services (includes motor coach transportation & bike transport)

9:00 am  
*Rest Stop #2 opens:*
Rest Stop Highlights – Information coming soon!

10:00 am  
*Rest Stop #3 opens:*
Rest Stop Highlights – Information coming soon!

11:00 am  
Cycle NC campgrounds now open to all participants. Camping is located in the fields as soon as you turn into the park. You are welcome to camp anywhere else inside the park as well, but luggage will be laid out in this area. RV camping is available down by the lake with full hookups at this stop at no extra charge.

At Camp: Cycle NC massages now available at one of the picnic shelters on-site.

12:00 pm  
Cycle NC Rider Services and Cycle NC Merchandise Tent open

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

12pm - 4pm  
Local Food vendors, beer and wine on-site.

1:00 pm  
Local shuttles begin running to hotels, restaurants, shops, area attractions, etc.
4:00 pm  Cycle NC Yoga session begins. Remember to bring your yoga mat or towel.

5pm – 8pm  Entertainment at Market Square! Head to downtown Reidsville (just a short shuttle ride) and enjoy the music of the Megan Doss Band. While in downtown, enjoy a bite to eat at many of the restaurants within walking distance of the square.

5:00 pm  Dinner for the Cycle NC pre-purchased meal plan begins in the tented area onsite down towards the lake.
Tentative dinner menu: Herb Roasted Chicken, Garlic Mashed Potatoes, Parmesan Roasted Broccoli, Mixed Green Salad with Dried Cranberries, Sliced Almonds, Crumbled Goat Cheese with Champagne Vinaigrette, Dinner Rolls, Sliced Pound Cake with Strawberries and Whipped Cream, Sweet/Unsweetened Iced Tea and Water

6:30 pm  Rider Services closes

TUESDAY, OCTOBER 6TH (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: 62 miles
Elevation Gain: 2,994 ft
Destination: Huck Sansbury Recreation Complex, 425 Long Avenue, Roxboro, NC 27573
Did you know: Roxboro is the hometown of baseball Hall of Famer Enos Slaughter. Nicknamed “Country” he played for 19 seasons on four major league teams and was a ten time All-Star. He played in 5 World Series. The St. Louis Cardinals retired his jersey in 1996.
Local Attractions: Kirby Theater, Historic Uptown, Hyco Lake, Mayo Lake Park, Person County Museum of History

6:30 am  Breakfast for the Cycle NC pre-purchased meal plan begins in tented area onsite down towards the lake.
Tentative breakfast menu: Scrambled Eggs, Hashbrown Casserole, Pork Sausage Links, Assorted Fresh Fruit, Whole Grain Bread with Butter and Fruit Preserves, Assorted Muffins, Coffee (Regular and Decaf), OJ 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:
Rest Stop Highlights – Information coming soon!
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 coming soon!
$20 – sign up at Rider Services (includes motor coach transportation & bike transport)

9:00 am  Rest Stop #2 opens:
Rest Stop Highlights – Information coming soon!

10:00 am  Rest Stop #3 opens:
Rest Stop Highlights – Information coming soon!

11:00 am  Rest Stop #4 opens:
Rest Stop Highlights – Information coming soon!
Cycle NC campgrounds now open to all participants. Camping is located on the oversized baseball field. Camping is allowed on-site outside of the fence as well.
At Camp: Cycle NC massages now available

3-Day Western registration participants taking the shuttle back to Sparta 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 main parking lot at the campsite.

12:00 pm  Cycle NC Rider Services and Cycle NC Merchandise Tent open
1:00 pm Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open
Trek of Greensboro Bike Maintenance Shop & Retail Store opens. Bikes must be checked in before 4:30 for service.
Hotels Only Shuttles begin running. Bicycles are not allowed on the hotel shuttles.

1pm – 5pm Beer Garden and Food Trucks on-site!

1:00 pm Local shuttles begin running to hotels, restaurants and shops.

4:00 pm Cycle NC Yoga session begins. Remember to bring your yoga mat or towel.

4:30 pm Boarding for the 3-Day (Western) shuttle option back to the start of the ride (Sparta) begins.

5:00 pm Shuttles back to Sparta for the 3-day ride participants departs!

5:00 pm Dinner for the Cycle NC pre-purchased meal plan begins in the Person County Schools building across from the campsite.
Tentative dinner menu: Italian Meatballs, Pasta Marinara, Herb Roasted Vegetable Medley, Caesar Salad, Dinner Rolls, Chocolate Cake, Sweet/Unsweetened Iced Tea and Water

5pm – 9pm Entertainment in downtown Roxboro! Hop a shuttle to downtown (only a mile away) to grab a bite to eat at one of the great restaurants and listen to the Malpass Brothers play in the courthouse square.

5pm – 9pm Shuttles to the steakhouses! Roxboro is known for it’s family owned steakhouses - Clarksville Station, Homestead and Old Country Club. Grab a shuttle to enjoy some down home country cookin’!

6:30 pm Rider Services closes

WEDNESDAY, OCTOBER 7TH – DAY 4 OF RIDING

JERSEY THEME: It’s Breast Cancer Awareness Day! Wear your pink jersey, socks, shorts or add some pink flair to your bike! Pink Cycle NC Jerseys are available for purchase at the the Merchandise Tent!

Ride Distance: 59 miles
Elevation Gain: 2,543 ft
Destination: Henderson Family YMCA, 380 Ruin Creek Road, Henderson, NC 27536
Did you know: The Kerr Lake reservoir, located partially in Henderson, is one of the largest reservoirs in the Southeastern United States, covering approximately 50,000 acres and bordered by over 850 miles of shoreline.
Local Attractions: Kerr Lake, Vance County Historical Museum, Raleigh Road Outdoors Theater, McGregor Hall Performing Arts Center, Kerr Lake Country Club, Ridgeway Opry House

6:30 am Breakfast for the Cycle NC pre-purchased meal plan begins in the Person County Schools building across from the campsite.
Tentative breakfast menu: French Toast Casserole with Maple Syrup, Scrambled Eggs, Sliced Bacon, Assorted Bagels with Cream Cheese and Fruit Preserves, Fresh Fruit, Greek Yogurt with Granola, Coffee (Regular and Decaf), OJ 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:
Rest Stop Highlights – Information coming soon!
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 coming soon!
$20 – sign up at Rider Services (includes motor coach transportation & bike transport)

9:00 am Rest Stop #2 opens
Rest Stop Highlights – Information coming soon!

10:00 am Rest Stop #3 opens:
Rest Stop Highlights – Information coming soon!

11:00 am
Rest Stop #4 opens:
Rest Stop Highlights – Information coming soon!

Cycle NC campgrounds now open to all participants. Camping is located on the field behind the YMCA building.

At Camp: Cycle NC massages now available inside the YMCA building on-site.

12:00 pm
Cycle NC Rider Services and NC Merchandise Tent open

12pm-8pm
YMCA Pool open to Cycle NC participants – nominal fee TBD

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

1pm – 5pm
Campsite entertainment TBD

1:00 pm
Local shuttles begin running to restaurants, shops and downtown.

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 YMCA building on-site.
Tentative dinner menu: BBQ Pork Ribs, Fried Chicken Fingers, Sweet and Sour Pasta Salad, Green Beans, Roasted Red Potatoes, Dinner Roll, Banana Pudding, Sweet/Unsweetened Iced Tea and Water

6:30 pm
Rider Services closes

5pm – 8pm
Downtown entertainment TBD

THURSDAY, OCTOBER 8TH (3-DAY EASTERN RIDE OPTION BEGINS) – DAY 5 OF RIDING

JERSEY THEME: Show your School Pride!!! It’s College Day so wear your favorite Collegiate Jersey!
Ride Distance(s): 65 miles or 100 miles
Elevation Gain: 2,061 ft
Destination: Smithfield Recreation and Aquatics Center, 600 East Booker Dairy Road, Smithfield, NC 27577
Did you know: Smithfield is the hometown of Academy Award nominated actress Ava Gardner, known for her roles in several high-profile films in the 1940s-1970s including The Hucksters, Show Boat, Mogambo, Earthquake, The Barefoot Contessa and 55 Days at Peking among many others. Be sure to visit the Ava Gardner Museum in Downtown Smithfield during your stay!
Local Attractions: Ava Gardner Museum, Carolina Premium Outlets, Johnston County Heritage Center, Neuse Little Theater, Howell Theater

6:30 am
Breakfast for the Cycle NC pre-purchased meal plan begins in the YMCA building on-site.
Tentative breakfast menu: Croissants, Oatmeal with Brown Sugar and Raisins, Cantaloupe and Honey Dew, Turkey Sausage, Scrambled Eggs with Cheese, Coffee, 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:
Rest Stop Highlights – Information coming soon!

Breakfast is now closed.

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

9:00 am
Rest Stop #2 opens:
Rest Stop Highlights – Information coming soon!
10:00 am  
*Rest Stop #3 opens:*

Rest Stop Highlights – Information coming soon!

11:00 am  
*Rest Stop #4 opens:*

Rest Stop Highlights – Information coming soon!

**Cycle North Carolina campgrounds now open to all participants.** Camping is located anywhere on the practice football field. Do not set up camp where you see “No Camping” signs.

**At Camp:** Cycle NC massages now available inside the recreation center on-site.

11:30am  
*Century Rest Stop opens:*

Rest Stop Highlights – Information coming soon!

12:00 pm  
Cycle NC Rider Services and Cycle NC Merchandise Tent open

12pm-8pm  
Pool open on-site to all Cycle NC participants - $5 per person

1:00 pm  
Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open

*Trek of Greensboro Bike Maintenance Shop & Retail Store opens.* Bikes must be checked in before 4:30 for service. Hotels Only Shuttles begin running. Bicycles are not allowed on the hotel shuttles.

1pm-5pm  
Entertainment On-site TBD

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 at the recreation center on-site.

*Tentative dinner menu:* Beef Brisket, Loaded Mashed Potato Casserole, 7-Layer Salad, Squash Casserole, Dinner Roll, Pineapple Cake, Sweet/Unsweetened Iced Tea and Water

5pm-8pm  
Downtown entertainment TBD

6:30 pm  
Rider Services closes

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**FRIDAY, OCTOBER 9TH – DAY 6 OF RIDING**

**Jersey Theme:** It’s Red, White and Blue Day! Wear yours with pride!

**Ride Distance(s):** 63 miles

**Elevation Gain:** 1,072 ft

**Destination:** Sampson County Exposition Center, 414 Warsaw Rd, Clinton, NC 28328

**Did you know:** Clinton is the county seat of Sampson County, the largest of the 100 counties in North Carolina.

**Local Attractions:** Sampson County History Museum, Sampson County Barn Quilt Trail, Alive After Five Summer Concert Series, Cohaire Intra-Tribal Council, Inc., Downtown Clinton Commercial Historic District, East Park Cinema, Mountains to Sea Trail

6:30 am  
Breakfast for the Cycle NC pre-purchased meal plan begins at the recreation center on-site.

*Tentative breakfast menu:* Sausage Gravy and Buttermilk Biscuits, Assorted Muffins, Yogurt Parfait with Fresh Strawberries, Cheese Grits, Coffee, 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:*

Rest Stop Highlights – Information coming soon!
Breakfast is now closed.

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

9:00 am  Rest Stop #2 opens:
Rest Stop Highlights – Information coming soon!

10:00 am  Rest Stop #3 opens:
Rest Stop Highlights – Information coming soon!

11:00 am  Cycle NC campgrounds now open to all participants. Camping is located in the marked areas behind the Expo Center. Do not camp where you see “No Camping” signs.

At Camp: Cycle NC massages now available inside Expo Center on-site.

12:00 pm  Cycle NC Rider Services and Cycle NC Merchandise Tent open

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

1pm – 9pm  Vendors, Beer and Food Trucks on-site!

6pm – 9pm  Band of Oz performs as part of the Alive After Five Festival! Clinton is bringing it’s popular festival to the campsite. Enjoy great food options, beer, wine and music. A full bar will be available inside the Expo Center. Beer and Wine tents will be outside in the vendor area.

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 Expo Center on-site.
   Tentative dinner menu: Fried Flounder, Sautéed Shrimp, Garden Salad, Stewed Potatoes, Slaw, Hushpuppies, Assorted Desserts, Sweet/Unsweetened Iced Tea and Water

6:30 pm  Rider Services closes

7:15pm  Rider Meeting – Last Day Logistics Q&A! Join the Cycle NC Staff inside the Expo Center as they review logistics of the final day.

SATURDAY, OCTOBER 10TH—FINAL DAY OF RIDING!
Jersey Theme: It’s the last day so wear your 2020 Cycle NC Mountains to Coast jersey!
Ride Distance(s): 75 miles
Elevation Gain: 1,021 ft
Destination: North Topsail Beach Town Park, 465 New River Inlet Rd, North Topsail Beach, NC 28460
Local Attractions: Thurston Art Gallery, Alligator Bay

6:30 am  Breakfast for the Cycle NC pre-purchased meal plan begins in the Expo Center on-site.
   Tentative breakfast menu: Fresh Link Sausage, Scrambled Eggs, Hash Browns, Cinnamon Rolls, Oatmeal with Brown Sugar and Raisins, Fresh Fruit, Coffee, Orange Juice, Milk, 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:
Rest Stop Highlights – Information coming soon!
Breakfast is now closed.

8:30 am  
Morning hotel shuttles stop running.  
*Cycle NC Excursions by Visit NC depart Camp!! Today’s tours coming soon!*  
$20 – sign up at Rider Services (includes motor coach transportation & bike transport)

9:00 am  
*Rest Stop #2 opens:*  
Rest Stop Highlights – information coming soon!

10:00 am  
*Rest Stop #3 opens:*  
Rest Stop Highlights – information coming soon!

12pm-5pm  
End of Ride Celebration, music and beverage garden, *featuring beer from Salty Turtle Beer Co.*, begins. Make sure you get a photo with your bike on the beach!

12:00 pm  
Cycle NC Rider Services and Cycle NC Merchandise Tent Open.

1:00 pm  
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.  
Camping is open at Dixon Middle School. Shuttles will be provided.

All participants taking the Cycle NC transportation option back to Henderson must load their bike on the Bike Transport Truck before 4:30pm. All participants taking the transportation options to Sparta or Durham must load their bikes on the Bike Transport Trucks immediately after you finish. All bike transport trucks will leave North Topsail Beach no later than 6pm on Saturday, October 10th.

4:30 pm  
Cycle NC Route Officially Closes.  
*Bus loading for 3-Day transportation back to Henderson begins.* All bikes must be loaded on the bike transport trucks at this time! Pick up your bike band at the bike loading area, and be sure your bike has the correct color bike band for the destination of your bike.

5:00 pm  
*Buses leaving for Henderson depart North Topsail Beach!*  
End of Ride Celebration 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 Sparta or Durham! Make sure your bike has the correct color bike band for the destination of your bike.*  
Rider Services closes

**SUNDAY, OCTOBER 11TH – BUS TRANSPORTATION BACK TO SPARTA AND DURHAM**

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

8:00 am  
Buses depart North Topsail Beach campsite for Sparta and Durham at 8:00 am and make stops in North Topsail Beach at the Hampton Inn and Quality Inn. If you need a shuttle from the Durham bus drop off point (Sheraton Imperial Hotel) to RDU, you must sign up [HERE](#).
HAVE A SAFE TRIP HOME AND WE HOPE TO SEE YOU ON ANOTHER CYCLE NORTH CAROLINA RIDE SOON!