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Clickable live web and e-mail links will appear as blue, underlined text as in this example:

[Contact Cycle North Carolina](#)

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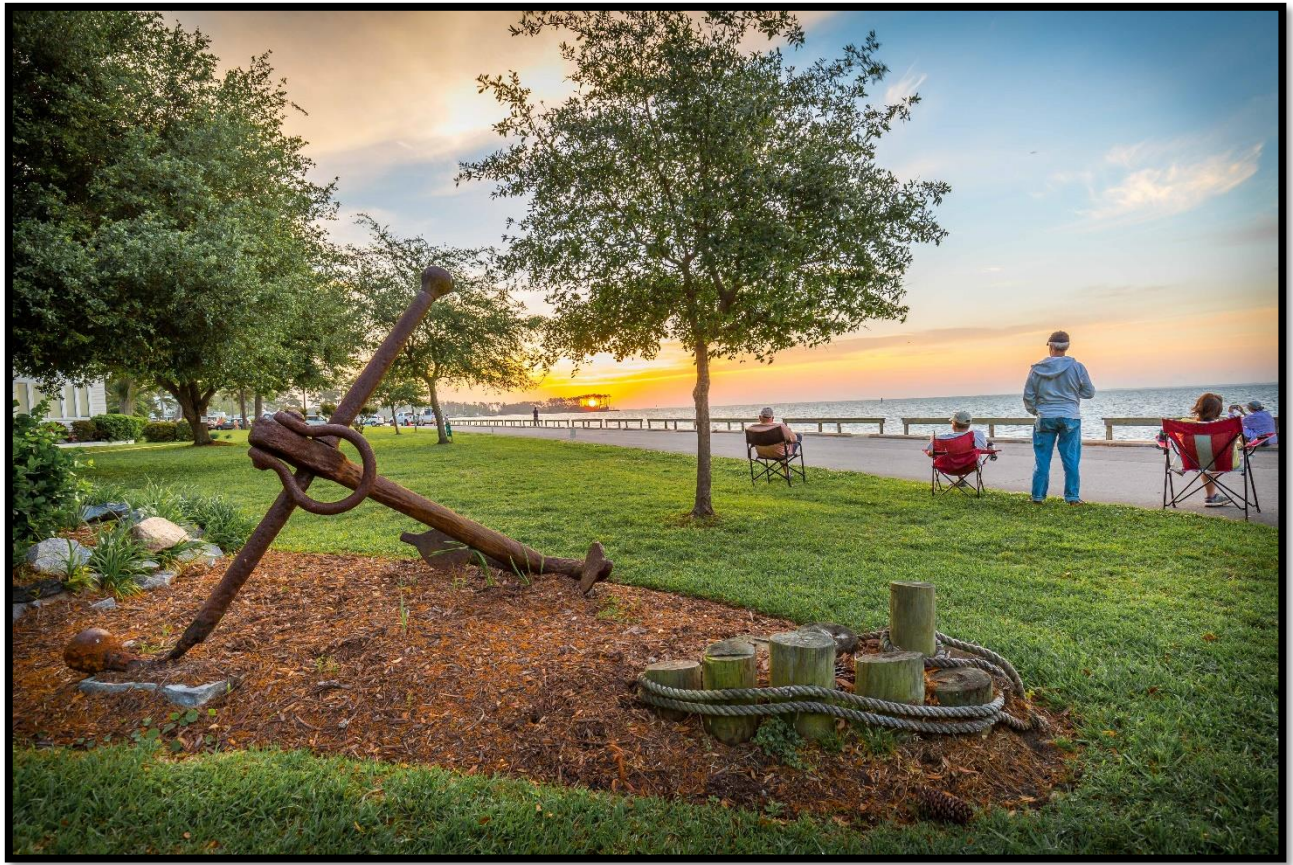


Cycle North Carolina Coastal Ride April 28-30, 2023 Oriental, North Carolina

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Cycle North Carolina Mission Statement

Cycle North Carolina is a 501c3 non-profit organization designed to promote physical fitness and good health, provide economic impact for North Carolina's charming rural communities and to promote the unparalleled cultural and geographical diversity of the great state of North Carolina.



Greetings from the Cycle North Carolina Coastal Ride Staff!

We are glad you are joining us for the Cycle North Carolina Coastal Ride. Our Participant Guides come in electronic form and they will be posted in the participant area on our website. We will email you when each one is available.

Part I: The General Details:

This version covers information you might want to know as you do your long-term planning for the event. This is general information that you need to know before coming on the Coastal Ride.

Part II: Final Details

Part II will include final details such as the schedule of events with planned activities, entertainment options, route information, camping and parking instructions, health & safety protocols and much more.

COASTAL RIDE ACCOMMODATIONS

The Basics:

The Coastal Ride offers camping options with some amenities to make your stay an enjoyable and comfortable experience. The information below will provide you with details regarding the camping options at the Coastal Ride.

Outdoor camping (also known as tent city) is available in downtown Oriental in various locations. If you choose to tent camp for the weekend, this is where you'll be. Designated camping areas will be provided when you check in.

Indoor camping will be located at Oriental Woman's Club, less than a mile from the campsite and start/finish line.

Whether indoor camping or tent camping, you are responsible for providing your own camping gear (i.e. sleeping bag, tent, mattress pad, etc.). Reservations for indoor camping is not required. Quiet hours at all campsites are from 10:00pm to 6:30am. Power is not guaranteed at any of the camping spaces so plan accordingly. No grills, fire pits or open flames are allowed in any of the camping areas. Small portable camping stoves are allowed in the outdoor camping area and RV camping areas.

Please note that you should avoid camping near: CNC Rider Services, CNC vehicles, bike mechanic areas, entertainment areas, shower trucks, etc. as they may be noisy/lighted areas at night. Please leave your camping area clean and respect the facilities and property we are using.

Outdoor Camping:

Outdoor camping will be available beginning at 1pm on Thursday, April 27th through 3pm on Sunday, April 30th. Outdoor camping is not available for overnight accommodations on Sunday. All tents, vehicles, personal belongings, etc. MUST be removed from the CNC camping and parking areas no later than 3pm on Sunday. No exceptions! Access to the campsites is not permitted until 1pm on Thursday. DO NOT arrive at the campsites or check-in area before April 27th at 1pm. ***You MUST check-in and receive your wristband BEFORE you are allowed to access the campsite areas, claim your spot and set up your tents.*** If you arrive at the campsites before 1pm on April 27th your Coastal Ride registration will be cancelled and you will not be allowed to check-in for the event. Please help us follow the arrival rules that we have formally agreed to with the

town officials.

You must camp in designated areas and do not set up in areas marked with ***"No Camping"*** signage. If you are using a canopy tent (10x10 or similar), each leg must be secured with a minimum weight of 5lbs.



Parking will be available street side, along the neighboring streets and in nearby public parking lots. You should come prepared to haul your gear to your camping area as you may not have direct access to your campsite from your vehicle. Please park in legal designated parking spaces, or you will be towed. Do NOT block resident driveways or mailboxes. Please obey all "No Parking" signs on private property and throughout town.

Indoor Camping:

Indoor camping will be available from 1pm on Thursday, April 27th through 3pm on Sunday, April 30th. Indoor camping is not available for overnight accommodations on Sunday. All tents, vehicles, personal belongings, etc. **MUST** be removed from the CNC camping and parking areas no later than 3pm on Sunday. No exceptions!

The indoor camping area will provide space for you to sleep for the weekend. Indoor camping may be limited so you will need to store your bike outside, or with your vehicle. Tents are prohibited in the indoor camping location.

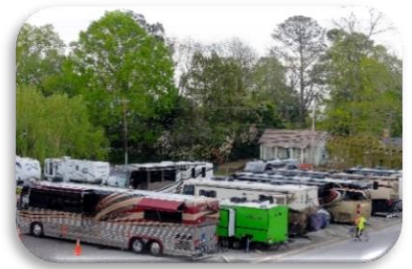
The Oriental Woman's Club has bathrooms available inside for use during your stay, but no showers. You will need to utilize the showers at the outdoor campsite. **You *MUST* check-in and receive your wristband BEFORE you are allowed to access the indoor camping area.** Do NOT arrive at the indoor camping location before 1pm on April 27th.



RV Camping:

Every participant that paid for RV parking when they registered will be sent an email in February with detailed parking instructions. Parking will be at designated lots around town. You must park as directed by the CNC staff and town officials. No exceptions. The RV, camper and camper trailer locations will be accessible beginning at 1pm on Thursday, April 27th through Sunday, April 30th at 3pm. All RV's must arrive by 1pm on Friday to be guaranteed a spot. RV camping is not available for overnight accommodations on Sunday. All tents, vehicles, personal belongings, etc. **MUST** be removed from the CNC camping and parking areas no later than 3pm on Sunday. No exceptions!

Water, sewer and electrical hookups are not provided, so plan to come self-contained for the weekend. Restroom facilities will be available in your RV lot or nearby. Shower facilities will be available at the outdoor tent campsite nearby. The Oriental RV Park (<https://www.facebook.com/RvparkOrientalNC/>) is located in town if you are looking for a location that provides full hookups (water, sewer, power) or if you want to use your generator after 10pm.



COASTAL RIDE CAMP SERVICES

Local Welcome Tent:

The Oriental Welcome Tent will be located near the Cycle NC Rider Services area throughout the weekend. This will be your main source for information about the community, planned activities, restaurants, lodging accommodations, local history, evening entertainment options and all other local information.

Coastal Ride Shower Facilities:

Shower trailers will be available throughout the weekend unless there is a State or National Emergency and the shower equipment is required for disaster relief. The showers will be located near the waterfront camping areas in downtown Oriental. The shower trailers provide changing areas, sinks and hot showers.

The shower facilities will be available beginning the afternoon of Thursday, April 27th until 3pm on Sunday, April 30th. Remember to bring a towel and toiletries.

Coastal Ride Bicycle Mechanical Services:

Motion Makers will be your bicycle technicians during the ride. Beginning Friday morning, the Motion Makers technicians will provide mechanical support at various rest stops and at the main campsite. Bicycle pumps will be

available each morning at the bike mechanic area, which will be located near the Start/Finish line.

It's your responsibility to make sure your bicycle is in good condition. **Your bike must be tuned up at your local bike shop prior to the ride.** All mechanical services during the Coastal Ride are provided to you at the normal shop rate. You will be responsible for any charges associated with service and parts.

If you forget items such as your helmet, bike shorts or cycling gadget, the Motion Makers retail store will be the place to go during the weekend. They will have a variety of cycling-related items for sale. Stop by and say hello!



Coastal Ride Bike Parking:

We always recommend securing your bike when not in use. Remember to bring your bike lock with you and store your key, or lock combination in a place you can remember.

Cycle North Carolina Merchandise:

Cycle NC merchandise will be available for purchase during the Coastal Ride weekend. The list of items includes Nike hats, a variety of long sleeve T-shirts, Cycle NC branded socks and short sleeve jerseys. The CNC merchandise will be available at the Rider Services Merchandise Tent daily when Rider Services is open.

Beginning Friday morning, any vintage CNC short sleeved shirts that we have in stock will be available at the discounted price of 2 for \$5!



Coastal Ride Event Shirt and Jersey:

The 2023 Cycle NC Coastal Ride participant shirts will be distributed at Rider Services beginning Thursday, April 27th during check-in. Jerseys ordered before February 15 will be shipped to you prior to the ride. Jerseys ordered after February 15 will be shipped to you after the ride. Jerseys can be purchased for up to 2 weeks after the event.

Stop by the CNC Merchandise Tent at Rider Services to order your jersey during the event!

CNC Riders with Medical Issues or Special Needs:

If you require special needs, or you have a medical issue that we may need to be aware of, please contact the CNC office no later than April 1st and speak with a Cycle NC staff member.

ROUTE INFORMATION:

Cycle North Carolina provides a fully supported ride with rest stops, SAG vehicles, bike technicians, etc. Our goal is to help you finish the day's ride and enjoy your cycling vacation.

Turn by Turn Route Sheets, Maps & GPS Links:

To make our event more sustainable, Cycle NC does not provide hard copies of the turn by turn route packets. However, you will be able to download and print the routes that you plan to ride prior to arriving in Oriental if you would like a printed copy. You will receive an email with download links to the routes no later than 5pm EDT on April 24th.

Ride With GPS Routes:

Cycle NC is offering access to all of the Coastal Ride routes through [Ride With GPS](#), an online bicycle mapping software. An email will be sent to you no later than 5pm EDT April 24th containing an "RSVP" link that will take you to the Coastal Ride routes. Once you RSVP, you will then have access to **premium membership features** within the Ride With GPS app and website for the Coastal Ride event.

The premium features include printable route sheets and maps, turn by turn voice navigation within the mobile app, export options in a variety of formats (TCX, Garmin Write, GPX, GPX Route, etc.), user tutorials and more. These features will be available for this event only so enjoy the benefits of a premium membership FREE during the Coastal Ride weekend. Additional details, links and instructional videos will also be available.



Coastal Ride Course Hours:

- **Friday: 9:00am to 4:00pm**
- **Saturday: 8:00am to 4:00pm**
- **Sunday: 8:00am to 2:00pm**

The length of the ride each day is up to you. Ride as long or as short as you want (or don't bike at all!). All routes begin and end at the waterfront campsite. Course support services including Rest Stops and **SAG** (Support And Gear) vans will only be available during the course hours stated above. The rest stops will have set hours of operation and close at varying times during the day. Cue sheets and route maps will include the open and closing times for each rest stop, so plan your ride accordingly. You can begin the ride when you wish each day, but keep in mind the route and rest stop opening and closing times.



All routes will be identified using multi colored markings that adhere to the Dan Henry route marking requirements, which is approved by the League of American Bicyclists. The directional circles will always be located on the road near the right-hand shoulder of the travel lane. In some cases when a route turns left, the markings will be located on both sides of the lane.

Example of route markings where the Blue Route continues straight while all other routes are turning right.

COASTAL RIDE ROUTE SUPPORT:

Cycle North Carolina is known for providing exceptional routes and great course support. The goal of our SAG's (Support And Gear) is to help you finish the day's ride.

SAG Support:

SAG support (15 passenger vans similar to the one pictured) will be on the course each day. They will be available to assist you as needed due to mechanical problems, fatigue, etc. If at any time you need assistance when out on the routes, you can flag down or call a SAG van and they will help get you to the next rest stop, back to camp or to a location where bike technicians can repair your bike. All SAG vans are equipped with med kits to treat minor injuries (i.e. cuts, scrapes, road rash, etc.). In addition to the med kits, all SAG vehicles have Automated Defibrillators on board in case of an emergency.



Rest Stops:

The rest stops are located approximately 10 - 20 miles apart. The standard rest stop items include BODYARMOR bottled water with electrolytes, BODYARMOR sports drink, assorted sodas, fruit (apples & bananas), trail mix, fig bars, assorted Clif Bars, Mt. Olive pickle cups, KIND bars, and other prepackaged snacks. We cannot guarantee that gluten free, or other dietary requirement items are available at the rest stops. Please plan accordingly if you have any special dietary requirements.

Most snacks are individually pre-packaged for freshness and to avoid contamination. Always remove your gloves and wash your hands, or use hand sanitizer before handling food at the rest stops. Never use your hands, water bottle, etc to get ice from the coolers. Due to sanitary concerns we cannot provide you with ice. Portable restrooms and hand sanitizer will be available at all rest stops.

Some rest stops may feature organizations that use this opportunity to fundraise and they may have items at the rest stops for sale or for a donation. Cycle NC encourages you to help these organizations as much as possible. However, Cycle NC will always provide the free items as described above.



EMERGENCIES and SEVERE WEATHER

EMERGENCIES:

All serious injuries that occur during the ride will be handled by Local EMS and hospital services. Dial 911 for all emergencies and provide the physical address along with your exact location at the campsite or on the route. The CNC Rider Services will be staffed throughout the weekend. You may call the CNC Rider Services if you are unable to locate a staff member.

Basic first aid kits are located in each CNC SAG vehicle and at the CNC Rider Services. If assistance is needed while out on the routes, flag down a SAG vehicle. If you are taken for medical treatment, the CNC Staff will help you locate your family, friends, bike, luggage, etc., but CNC Staff members are not able to provide you with transportation home. If you require services from a medical facility, you will be financially responsible. CNC Staff cannot store medications in CNC vehicles.

If there is an emergency situation that requires you to return home during the ride, you will be responsible for your transportation, additional housing, or any additional expenses related to the situation.

SEVERE WEATHER:

Weather is very unpredictable and severe weather during the event is always a possibility. Cycle NC is a rain or shine event. In order to protect the health and safety of all participants, the Cycle NC organizers may determine that the event is unsafe to continue and your participation in the event may be terminated with no refund.

If the event experiences severe weather (thunderstorm, tropical storm, hurricane, tornado, flooding, etc.) the CNC staff will take action to notify all participants, vendors, volunteers, etc. We will notify participants of any dangerous conditions that we are made aware of through; social media (Facebook, Twitter, Instagram), group text service, email, SAG drivers, route support staff, sounding air horns and through local law enforcement. Your first priority must always be to seek shelter in a safe location until dangerous conditions no longer exist.

■ In case of lightning on the road

- Take immediate shelter at a house, or shelter if available.
- If no shelter is available, find a clearing away from trees. Never stand near a tree. Lightning strikes the tallest point and travels downward, sometimes arcing to things — including people nearby. Once you find a clearing, squat on your toes with as little of your body touching the ground as possible.
- Staying on a bike is an individual choice. It's not the safest place to be, but sometimes it's the safest place at the time. Rubber tires won't protect you from lightning strikes.

■ In case of hail on the road

- A bike helmet will protect your head from getting hit. If the hail stays on the ground and you're riding your bike, you could slip and fall. If there is no lightning, get under a tree. Generally if there's hail with a severe storm, that probably means lightning in which case standing under a tree is not advised.

■ In case of a tornado on the road

- A tornado watch means that conditions are favorable for formation of a tornado. It doesn't necessarily mean a tornado has been spotted.
- A tornado warning means that rotation has been spotted in the clouds or a funnel has actually touched down. If there's rotation and there is a warning, take cover immediately.
- A tornado will generally come from the southwest moving southeast. Most injuries and deaths from a tornado are the result of being hit by flying debris. Tornadoic storms can produce more than one funnel, lots of lightning, rain and hail. In this storm, everyone should take immediate action and find shelter.
- If there are no homes, caves, etc., lay down in a low spot on the ground not subject to flooding.

FAMILY EMERGENCIES:

Family members may contact CNC Rider Services via telephone (919-361-1133) for emergencies, but it may take several hours to locate a rider and relay a message. The CNC Rider Services phone number will be provided in Participant Guide Part II. Call 911, or *HP for any emergency needs, or accidents that require EMS, or law enforcement.

■ In case of lightning or severe weather in camp

- If there is severe weather (lightning, flooding, tornado, wind, etc.) approaching the campsite an air horn will be sounded. Please review the protocol below for air horn sounds:
 - One short blast = CNC staff has received an alert for a severe weather WATCH. Be aware that there is severe weather (thunderstorm, flooding, etc.) in the area and prepare to move to a safe shelter location if needed.
 - Two short blasts = CNC staff has received an alert for a severe weather WARNING. Do not stay in your tent, seek safe shelter immediately.
- Do not stay in your tent if there is potential for lightning, high winds, flooding, or other dangerous conditions. Trees, limbs, power lines, etc. can fall on tents. People who are camping under trees must leave their tents for safer places. Go to a building, picnic shelter, car, pool house, etc., away from metal and power poles with conductors in them. Be aware of your surroundings and locate the storm shelter in the area once you establish your campsite.

■ In case of hail in camp

- Large hail can go through a tent, so seek safer shelter.

■ In case of a tornado in camp

- If there is a need to evacuate, move quickly but safely.
- The safest places are basements, inside rooms (never near windows) on the northeast corner of the building, under stairs and in bathrooms.

With your help, we can achieve our most important goal of a safe ride. During the ride, we are all part of the same bike team/family and we need to look out for each other and help keep each other safe. You agree to following when you register and participate in a Cycle North Carolina event:

1. Do not begin riding before the advertised route opening time. Your wristband will be removed and you will be removed from the ride if you access the route before it is officially open. Being on the route before it officially opens increases the danger for you and the CNC route set up team that is checking and setting up the route for your enjoyment.
2. **Helmets!** They protect you, so wear it at all times while on your bike. **IT'S REQUIRED!**
3. Follow the Law - it's the safest way to ride. Bicyclists have the same rights and responsibilities as other drivers and must follow the same traffic laws.
4. Stop completely at all stop signs, traffic lights and obey all yield signs.
5. Use the proper hand signals to indicate your next move.
6. Keep your head up and ears open. Do not wear headphones while riding!
7. If you have to stop at any time on the road, find a safe location and move your bike completely off the road.
8. Always yell out "car back" to surrounding riders. This passes the message forward when a vehicle is approaching from behind.
9. Call out "on your left" to alert a rider when you intend to pass.
10. Point out potholes, broken glass and any other hazards to those riding behind you.
11. Always ride with your lights on (front and rear), whether it's sunny, foggy, rainy or low light outside. The more visible you are the better.
12. Please pull off the roadway at a safe location for a brief time to allow motorists to pass you safely when multiple motorists are waiting at a substantially reduced speed with no foreseeable opportunity to pass you safely. Offer a friendly wave to the motorists that have been patiently following you so they will recognize that you are being a courteous cyclists by pulling over to allow them to pass.
13. Avoid riding in groups to increase your safety when motorists are passing you.
14. It is illegal in North Carolina for cyclists to pass motorists that are stopped at traffic lights and stop signs when there is not a separate marked travel lane.
15. It is simply best to ignore any harassment from a motorists to increase your safety and the safety of your fellow cyclists that the motorists will be encountering ahead of you. Yelling and/or using obscene gestures to a motorists will only put you and your fellow cyclists in more danger. Note the license plate, driver description, location, have a witness or video and report the incident to the police as soon as possible.
16. Some tips on how to avoid dogs when on the route:
 - a. Yell at the dog! Yelling NO or DOWN may make the dog stop.
 - b. Try to position your bike between yourself and the dog as a shield.
 - c. Spray them with water or BODYARMOR. An alternative use for your water bottle.
17. Apply a waterproof sunscreen on exposed skin several times daily. It should become a part of your rest stop routine while on the ride.
18. Wear padded gloves. Shake out your arms and legs every couple of miles to avoid soreness.
19. Drink plenty of fluids. Carry two bottles of water and drink every 15 minutes. If you are not thirsty, drink anyway! You can become dehydrated without knowing.
20. Stretch before and after riding and take plenty of breaks during the day.
21. Wear a brightly colored jacket when riding in the rain. This will help prevent excessive loss of body heat that can result in Hypothermia. The brighter the jacket color, the more visible you are to motorists driving in the rain.
22. Get yourself and your bike checked before the ride. Get approval from your physician and get your bicycle tuned up before participating in CNC.
23. An air horn will be used at camp and on sections of the routes to signal unsafe weather conditions and that you should seek shelter immediately. Refer to protocol outlined on the "Severe Weather and Emergencies" page above.
24. Do not ride in pace lines. Most accidents on the ride are bike on bike
25. Railroad tracks are very dangerous and cause a lot of bicycle accidents. ALWAYS walk your bike across if the tracks if you are not comfortable crossing them on your bike, or if they are wet, at an angle, or if traffic prevents you from crossing at a 90 degree angle.



Articles and Videos on how to be a Safe and Courteous Rider:

- [How to Bicycle in Bad Weather](#)
- [What is a Courteous Cyclist?](#) by Stephen Goodridge
- [Cyclists Safety in NC – Part I \(video\)](#)
- [Cyclists Safety in NC – Part II \(video\)](#)
- [Cyclists Safety in NC – Part III \(video\)](#)

Bicycle Safety Laws in North Carolina:

North Carolina has passed several new laws recently to increase the safety of bicyclists. Below is a summary of the bicycle friendly laws passed in North Carolina.

1. A motorist may now legally pass a bicyclist in a no-passing zone if the bicyclist is moving in the same direction and not turning left or signaling a left turn. When passing, the driver must provide at least 4 feet between his or her vehicle and the bicyclist, or the passing driver must completely enter the left lane of the roadway.
2. A bicyclist may now signal to make a right turn by pointing to the right with the right hand, as an alternative to raising the left hand.
3. Cyclists must now have a lighted lamp on the back of their bike, or wear clothing that is bright and visible from a distance of at least 300 feet when operating a bike at night.



CANCELLATION AND REFUND POLICY REMINDER

A No Refund Policy is in effect for the 2023 Cycle NC Coastal Ride unless you purchased Cancellation Protection. All payments are non-refundable for any reason including but not limited to illness, medical emergency, pandemic, epidemic, a death in the family, severe weather, hurricane and mandatory evacuation. You have the option to purchase the Cycle NC Coastal Ride Trip Cancellation Protection should you have to cancel for any reason. Registrations may not be deferred, transferred or credited. No exceptions.

2023 Cycle NC Coastal Ride Cancellation Protection

If you purchase the Cancellation Protection and find yourself unable to attend the 2023 Coastal Ride for any reason, you have until *5pm EST on Friday, April 14* to send written notification of your need to cancel to the CNC office and receive a cash refund. Those who submit a written notification after that time will receive a refund in the form of credit. The credit will only be for the registration fee and not for any additional items purchased such as parking passes, meals, merchandise, etc. The credit will be good for one year after the issue date. No cash or credit refund will be issued for written notifications received after *5pm EST on Wednesday, April 26*.

Cancellation notifications can be e-mailed to cyclenc@ncsports.org. Jerseys and additional event shirts will only be refunded for those cancellation notifications received on or before February 15. Jerseys and additional event shirts for those that cancel after February 15 will be sent to the address in your registration profile. All cash refunds will be issued in the form of a check and will be mailed no later than one month after the completion of the event. Refund will not include the money spent to purchase the Trip Cancellation Protection nor any handling fees or expenses paid for using credit from a previous Cycle NC event.

Miscellaneous...

- Children 16 and under must be supervised by a parent/guardian at all times.
- You must receive permission from the CNC office in advance to bring animals on the ride. If you are planning to bring a pet on the ride, you must submit this form for approval prior to the ride - <https://app.racereach.com/form/50035>.
- Please follow our [policies](#). CNC Staff will have the right to remove any rider from the ride at any time with no refund.

Questions?



Contact the CNC office at cyclenc@ncsports.org or by phone at 919-361-1133.