

## **Restaurants:**

Restaurant	Thursday 4/27	<u>Friday</u> 4/28	Saturday 4/29	<u>Sunday</u> 4/30	Specials and Other Info
The Bean Coffee Shop (304 Hodges St.) 252-249-4918	7am-7pm	6am-8pm	6am-8pm	6am-7pm	Coffee, smoothies, bagels, pastries, and ice cream and teas.
The Silos (1111 Broad St. Ext) 252-249-1050	11am - 9pm	11am - 9pm	11am - 9pm	Closed	Friday & Saturday - Live music at the Red Rooster behind The Silos.
Red Rooster (1111 Broad St. Ext) 252-249-1050		7pm-9pm Live Music	3pm-8pm Live Music BBQ Festival		Friday Live music 7pm-9pm. Saturday Live music Gospel, Blues & Rockin' BBQ festival – BBQ, Pig picking, Food, & Drinks 3pm-8pm
Brantley's Village Restaurant (900 Broad St.) 252-249-3509	7am - 8pm	7am - 8:30pm Country Buffet @ 5pm	6am - 8:30pm Breakfast Buffet Seafood Buffet @ 5pm	Closed	Friday 5pm - Country Buffet, Saturday 5pm - Seafood Buffet. Saturday - Breakfast Buffet
Chubby's Southern BBQ (19974 NC-55) Merritt, NC 28556 252-249-6254 Southern BBQ & So Much More	10:30am- 7pm	10:30am-7pm	10:30am-7pm	Closed	Delicious Mississippi style BBQ smoked fresh everyday! Pulled pork, ribs, wings, shrimp burgers, cheese burgers, homemade sides and desserts. Please find our full menu at <a href="https://www.chubbbyssouthernbbq.com">www.chubbbyssouthernbbq.com</a>
Barcos (518 Water St.) 252-249-6257	5pm-9pm	5pm-9pm	12pm-9pm Live Music 1pm-4pm	12pm-9pm	Live Music Saturday in The Beer Garden - Hoff 'N' Finch 1pm-4pm
Oriental Mini Mart (902 Broad St.) 252-249-0720	5am - 11pm	5am - 12pm	5am - 12pm	8am - 10pm	Coffee every day. Thursday, Friday & Saturday - Breakfast & Lunch, Sunday - Pizza
Rick's BBQ (802 Broad St.) 252-249-6430	11am-7pm	11am-7pm	11am-7pm	Closed	BBQ, Chicken, Ribs, Brisket & Beer. Best Butts in town.
Oriental Deli &Subs (807 Broad St.) 252-249-6224	7am - 2pm	6am - 2pm	6am - 2pm	6am - 2pm	Daily Breakfast and Lunch Specials
M&M's (205 Water St.) 252-249-2000	11am - 9pm	11am - 9pm	11am - 9pm	11am - 9pm	Daily Specials
Toucan Grill and Fresh Bar (101 Wall St.) 252-249-2204	12pm - 9pm	12pm - 9pm	12pm - 9pm	12pm - 9pm	Behind the Oriental Marina & Inn. Live music at the Tiki Bar Saturday night @ 7pm.
Tiki Bar (101 Wall St.) 252-249-2204	4pm-Close	4pm-Close	4pm-Close Live Music 7pm	4pm- Close	Band Saturday Night – Captain Dick and the Lost Seaman. Band starts @ 7:00pm Behind the Oriental Marina & Inn
The New Village Brewery & Taproom (702 Broad St.) 252-249-6132	4pm-8pm	2pm-9pm Live Music 5pm-8pm	12pm - 9pm Live Music 5pm-8pm	Closed	Food Trucks and Live music in the Beer Garden Friday Hoff 'n' Finch & Saturday Turquoise Trader Band

Restaurant	Thursday 4/27	<u>Friday</u> <u>4/28</u>	Saturday 4/29	<u>Sunday</u> <u>4/30</u>	Specials and Other Info
Dragon Café at the Piggly Wiggly (1400 Broad St. Ext) 252-249-3100	7am-8pm	7am-8pm	7am-8pm	7am-8pm	Hot and cold sandwiches and other grab and go food and drinks
Food Trucks @ New Village Brewery & Taproom (702 Broad St.) 252-249-6132		2pm-8pm Meraki Mediterranean Kafe	2pm-8-pm Jasmine Tasty Thai		

# Retail, Groceries, Seafood, Art, & More:

Retail & More	Thursday 4/27	Friday 4/28	Saturday 4/29	Sunday 4/30	Specials and Other Info
Piggly Wiggly (1400 Broad St. Ext) 252-249-3100	7am-8pm	7am- 8pm	7am-8pm	7am-8pm	The Piggly Wiggly in town is a full-service grocery store and gas station (24/7) with a complete line of food including the Oriental Dragon Café.
Garland Fuchard Seafood (301 Hodges Street) 252-497-1329	10am- 5:30pm	10am- 5:30pm	10am-5:30pm	Closed	Stop by for fresh shrimp, flounder, and salmon, plus a variety of other seafood! 10% off for participants wearing their wristband. They will pack your order in ice to go!
Endurance Seafood (501 Oriental Road) 252-249-2558	1pm-5pm				Family wedding this weekend but you can drop by or call and see if they are open!
Oriental's History Museum (802 Broad St.)	Closed	10am- 4pm	10am-4pm	Closed	Come learn about the rich history of Oriental! Our current exhibit is "Oriental's Historic Homes." There are about 50 homes in Oriental 100 years old and older. Stop by the Museum to pick up brochures for easy Walking Tours around Oriental to see the homes and other sites!
Paul's Produce on Hwy 55 just outside of Oriental (21045 NC-55) 252-670-1290	10am-5pm	10am- 5pm	10am-5pm	12pm- 4pm	Paul's Produce has a wide variety of local produce, jams, jellies, and plants. Stop by during your ride!
Inland Waterway Provision Company (305 Hodges Street) 252-249-1797	9am-5pm	9am- 5:30pm	9am-5:30pm	10am-5pm	The Inland Waterway and Provision Company is a quirky store filled with eclectic things, where the unofficial motto is "if we don't have it, you don't really need it!" From organic groceries, to wine and craft beers, t-shirts, gifts, marine products and, the Ole Dragon Shoppe – they've got it all. Play "Cycle Trivia" and you can save up to 15% on your purchases!
First Citizen Bank (409 Broad Street) 252-249-1462	9am-5pm	9am- 5pm	Closed	Closed	ATM 24/7
Dollar General (1403 Broad Street Ext.) 252-249-5470	7am-9pm	7am- 9pm	7am-9pm	7am-9pm	Everybody knows what the Dollar General has.
Village Hardware (804 Broad Street) 252-249-1211	8am-5pm	8am- 5pm	8am-5pm	Closed	Village Hardware features a full line of hardware that includes RV supplies and bicycle accessories. Stop by during your stay for any of your hardware needs!

Retail & More	Thursday 4/27	Friday 4/28	Saturday 4/29	Sunday 4/30	Specials and Other Info
Marsha's Cottage (204 Wall Street) 252-249-0334	12pm-4pm	12pm- 4pm	 10am-5pm	Closed	Marsha's Cottage is a ladies clothing boutique with colorful spring styles, whimsical gifts and much, much more. For more information, feel free to visit Marsha's Cottage on Facebook! During your stay,
Studio 55 (705 Broad St.) 252-249-2887	9am-5pm	9am- 5pm	Closed	Closed	Visit Studio 55 Hair and Nail Design and enjoy a variety of amenities including haircuts, perms, color treatments, and nails services. For appointments, please call 252-249-2887. Walk-ins are welcome!
Nautical Wheelers (411 Broad Street) 252-249-0359	9am-8pm	9am- 8pm	9am-8pm	9am-6pm	It's where all the POLYWOOD ADIRONDACKS are outside and insidePerformance Clothing, Shoes, Wines from around the world, unique Oriental keepsakes and Gifts. Shops brands like Olukai, Columbia, Huk, and Helly Hanson!
Holt's Chapel Community Center 136 Janerio Rd 252-229-2678	Closed	9am- 3pm	Closed	Closed	One of the few Rosenwald Schools left standing in the US.
Oriental Mini Mart (902 Broad Street) 252-249-0720	5am-11pm	5am- 12pm	5am-12pm	8am-10pm	Stop by the gas station and convenience store for your morning coffee and a variety of grab-and-go breakfast items! Lunch items will also be available on Thursday, Friday & Saturday. Pizza 10am on Sunday
West Marine (1104 Broad St. Ext) 252-249-3200	10am-5pm	10am- 5pm	10am-5pm	10am-5pm	
Village Health and Fitness (1006 Broad Street) 252-249-1869	7am-7pm	7am- 5pm	7am-5pm	Closed	Village Health and Fitness offers a full range of aerobic and strength training equipment and weights, as well as an indoor pool and showers. For Cycle NC participants with a wristband, day passes will be available for \$5.00 (a 50% discount)!
Spirit Shack (310 Hodges St.) 252-249-6188	10am-5pm	10am- 5pm	10am-5pm	10am-5pm	New retail store offering one-of-a-kind art, jewelry, crystals & stones, tarot cards, greeting cards, wall art, and more. 20% off for CycleNC participants wearing their wristband. Co-owners Sev Tok and George Elvin look forward to seeing you.
Village Mobile Bike Repair (202 King St.) 910-229-8000	10am-5pm	10am- 5pm	10am-5pm	Closed	Happy to serve CycleNC for their event.
Georgie's Hair Styling (801 Broad St.) 252-249-1727	8am-2pm	8am- 2pm	Closed	Closed	Please call for an appointment. Walkins are welcome.
Karen's Hair & Massage (807 Broad St.) 252-249-6444	10am-	10am-	10am-	Closed	Please call for an appointment. Walkins are welcome.
Tranquil Escape Spa (502 Main St.) 252-675-2385	10am-4pm	10am- 4pm	10am-4pm		Please call for an appointment. Walkins are welcome.
True You Hair Studios (502 Main St.) 252-649-4064	10am-4pm	10am- 4pm	10am-4pm		Please call for an appointment. Walkins are welcome.
Jonathons Automotive Repair (707 Broad St.) 252-249-1223	9am-6pm	9am- 6pm	Closed	Closed	General Car Maintence and Repairs Cell # - 252-634-8275
Village Gallery 300 Hodges St. 252-249-0300	10am-5pm	10am- 5pm	10am-5pm	12pm- 5pm	A variety of artwork by local Oriental and eastern NC artists. Paintings, pottery, glass, jewelry and woodcarving.

#### **ABC Stores:**

- There are no ABC stores in the town of Oriental. There are two on the way to Oriental in Pamlico County. Both are on the main road from New Bern Hwy. 55.
  - o Alliance, NC 28509 13932 NC 55 Hwy. 252-745-3561. Mon.-Wed.- 9am-8pm, Thur.-Sat. 9am-8pm.
  - Reelsboro, NC 28560 6936 NC 55 Hwy. 252-745-5225. Mon.-Wed. 9am-7pm. Thur.-Sat. 9am-8pm.This store might be drive thru only due to construction.

## **Activites on the Water:**

- Bow to Stern (290 Blackwell Point Loop Road): Visit Bow to Stern Boating Center to enjoy the local waters of Oriental. Kayaks, Sailboats and Power Boats are all available for rent or Bow to Stern can provide a captain to take you out on your boat of choice. You can call ahead at 252-474-6000 for more information or visit them online at <a href="https://www.bowtosternboating.com">www.bowtosternboating.com</a>.
- Fishing guides. Scheduling in advance is recommended!!!!
  - O North State Guide Service Captain Jennings Rose 910-231-7741
  - O Spec Fever Guide Service Captain Gary Dubiel 252-249-1520.
  - O Paradise Shores Inc. Captain Blake Dunbar 252-249-6127
- Paddling (starting from the Wildlife Ramp at the end of Midvette St., please see town map for location): Throughout the course of your stay, there will be a group of local paddlers who will be using equipment from the Sound Rivers Foundation to get folks out on the water. There will be no charge; however, donations to the sponsoring organization, Sound Rivers Foundation, are encouraged. The mission of the Sound Rivers Foundation is to help them help keep the Sounds, Rivers, and Creeks in Eastern North Carolina clean, fishable, swimmable, and friendly to the local wildlife. The planned schedule (subject to change) is as follows:

*Friday, April 28<sup>th</sup>* – 2:00pm, 3:00pm, and 4:00pm *Saturday, April 29<sup>th</sup>* – 2:00pm, 3:00pm, and 4:00pm;

<u>Everyone must email or call to reserve a spot on a paddle!</u> There will be approximately 20 loaner Kayak seats (some may be tandems) available for each session, and sessions will be about 1 hour +/- (depending on weather). Please plan on arriving 30 minutes early for your session, as each paddler will have to sign a waiver before paddling. If you have a kayak, paddle and/or a vest, you are encouraged to bring them! There may be a limited number of loaner paddleboards available, but it would be best if you brought your own setup. Please note that 12 only paddlers 12 years of age and older may paddle a solo kayak, while paddlers ages 6 to 11 may only paddle in a tandem kayak with a parent or guardian. A parent or guardian must also sign the waiver form for anyone under the age of 18.

For more information or to make a reservation, contact Larry Summers - 252-675-0467 - laesum@aol.com.

Kayaking: Guided paddle tours will begin at 2:00pm at the Wildlife Ramp located at the end of Midyette St. (see town map for directions) on both Friday and Saturday. Kayaks, vests, and paddles will be available, or you can bring your own. Donations to the Sound Rivers Foundation will be accepted! Please contact Larry Summers at <a href="mailto:larsum@aol.com">larsum@aol.com</a> or 252-675-0467 in advance for reservations!

**Labyrinth:** The Oriental, NC community labyrinth is located directly across the street from Lou Mac Park. This space, which is open to everyone, is a gift to the Community from the Oriental United Methodist Church. Our labyrinth's design is patterned after the 13<sup>th</sup> century labyrinth in the Chartres Cathedral in France. The labyrinth's power derives from the fact that it can be a map of the healing journey. Walking a labyrinth may provide answers to life's questions or even spiritual transformation, or it can be used simply for relaxation and contemplation.





#### Thursday, April 27rd

- Cycle NC Check-In & Rider Services Open from 1pm to 6pm at Oriental United Methodist Church (404 Freemason St).
- Visit the Oriental Local Welcome Table at Oriental United Methodist Church for local information and assistance from 1pm to 6pm.
- Explore the Village of Oriental to discover where you'll be eating, shopping, and playing during the weekend when you are not on your bike. Many local businesses will offer special discounts during the weekend to Cycle NC participants that show their Cycle NC wristband! Checkout "What to see and do in Oriental" above for more details.

## Friday, April 28th

- Breakfast Options. Please look at the restaurant section for all options for your stay:
  - o Oriental Mini Mart opens @ 5:00am
  - o The Bean Coffee Shop opens @ 6:00am
  - o Oriental Deli & Subs opens @ 6:00am
  - o Brantley's opens @ 7:00am
  - Dragon Café at the Piggly Wiggly opens @ 7:00am
- Cycle NC Check-In, Rider Services & Visit Oriental Local Welcome Table -Open at the Oriental United Methodist Church from 8am to 11am. Will relocated to Lou Mac Park in the afternoon from 2pm to 6pm.



Cycle NC Routes Open – All routes open at 9:00am. All routes begin and end at the Waterfront Campsite at the intersection of South Avenue and Mildred Street near River Neuse Suites. All routes will close at 4:00pm. Rest Stops on today's route options include:

#### Camp Seafarer

This exceptional waterfront YMCA camp offering a pristine view of the Pamlico Sound has been in operation for 75 years. A part of the Triangle YMCA group, the camp offers a well-rounded program with a special emphasis on sailing.

#### Temple Point Home Place

Enjoy this beautiful home nestled along the Pamlico River that was built back in the 1890s. Helen and Bill Brinson will be on site to share the multigenerational history of this unique property.

## Holt Chapel Community Center

The locally renovated Holt Chapel Community Center was once a three room Rosenwald School that housed grades 1-8 from 1920 to 1963. Spearheaded by Julius Rosenwald and Booker T. Washington, the Rosenwald Schools were a group of nearly 5,000 schoolhouses built in the early 1900s to educate African Americans when schools were segregated. The Rosenwald Schools would cumulatively educate over 700,000 African American children over four decades. Take time to talk with the volunteers at this rest stop, many of which attended school at Rosenwald.

- \* Rest Stops vary by route.
- Visit the Oriental Local Welcome Tent at Lou Mac Park for local information and assistance from 1pm to 6pm.
- Holt's Chapel Community Center 136 Janerio Rd Friday 9am -3pm- This is a must to see to learn their history. Built in 1921 by Julius Rosenwald and Booker T. Washington. It is one of over 5,000 Rosenwald schools that were built to educate African Americans when schools were segregated. Please drop by and meet some past students! This is a rest stop on most of the routes today, but if you don't feel like riding your bike, be sure to drop by in your car and meet some past students!
- Oriental's History Museum Come learn about the rich history of Oriental! Our current exhibit is "Oriental's Historic Homes." There are about 50 homes in Oriental 100 years old and older. Stop by the Museum to pick up brochures for easy Walking Tours around Oriental to see the homes and other sites! 10am-4pm.

- Kayaking: Guided paddle tours will begin at 2:00pm at the Wildlife Ramp located at the end of Midyette St. (see town map for directions). Kayaks, vests, and paddles will be available, or you can bring your own. Donations to the Sound Rivers Foundation will be accepted! Please contact Larry Summers at larsum@aol.com or 252-675-0467 in advance for reservations!
- CNC Coastal Ride Beverage Garden by New Belgium Brewing Company! Don't forget to stop by the CNC Coastal Ride beverage garden between 5pm and 7pm, featuring beer from New Belgium Brewing Company, for a complimentary brew! Fat Tire Ale, Voodoo Ranger and Mountain Time Lager will be available.



- Live Music in the Beer Garden at The New Village Brewery & Taproom Hoff 'N' Finch 5pm-8pm.
- Live Music at the Red Rooster behind The Silos! An outdoor music venue with live entertainment at "Oriental's Favorite Joint," beginning at 7pm at the RED ROOSTER stage out back! Stop by and enjoy a fun evening outdoors. <a href="https://www.silosnc.com">www.silosnc.com</a>

## Saturday, April 29th

- Breakfast Options. Please look at the restaurant section for all options for your stay.:
  - Oriental Mini Mart opens @ 5:00am
  - The Bean Coffee Shop opens @ 6:00am
  - o Oriental deli & Subs opens @ 6:00am
  - o Brantley's opens @ 6:00am
  - Dragon Café at the Piggly Wiggly opens @ 7:00am
- Cycle NC Routes Open All routes open at 8:00am. All routes begin and end at the Waterfront Campsite at the intersection of South Avenue and Mildred Street near River Neuse Suites. All routes will close at 4:00pm. Rest Stops on today's route options include:

### Joe Himbry Waterfront Park & Sweet Annie's Bakery

Grab a treat at Sweet Annie's Bakery and then venture back across the street to enjoy your food while you take in the beautiful view at Joe Himbry Waterfront Park. They've got great breakfast options for the first time you stop by and even better ice cream for those routes that are lucky enough to hit it on the way back into camp as well. Not hungry? They also have locally roasted coffee from Chaos Coffee for you to enjoy. This family business moved to Bayboro three years ago and will be around for you to learn more about their story and the local area.

#### Aurora Fossil Museum

This small, quiet town just south of the Pamlico River has a population well under 1000 boasts a rich geological history making it the capitol of the world for many fossil enthusiasts. Take time to explore the museum which contains a wide array of fossil displays collected from the phosphate mine.

#### **RE Mayo Seafood**

This century old family business is known as the hub for locally caught fish, crabs, scallops and shrimp. We don't recommend trying to carry fresh seafood back with you on your bike but we do recommend you stopping by on your way out of town with your cooler to get some of their excellent fresh seafood to take home with you.

#### **River Dunes**

Situated in an unparalleled location between the Pamlico Sound, the Intracoastal Waterway and the Mouth of the Neuse River, this Southern living inspired community boasts 14 miles of pristine waterfront, award-winning coastal architecture and a first-class marina. It is also home to the annual Oriental Drago Boat Festival.

Other points of interest along some of today's routes include the

- I&M Oyster Company: Local oyster farm specializing in wild caught and farm raised oysters.
- Squidders Store: Be sure to stop in, get a snack and talk with Russ about the rich, coastal community of Vandemere.

- Oriental's History Museum Come learn about the rich history of Oriental! Our current exhibit is "Oriental's Historic Homes." There are about 50 homes in Oriental 100 years old and older. Stop by the Museum to pick up brochures for easy Walking Tours around Oriental to see the homes and other sites! Open today from 10am to 4pm.
- Kayaking: Guided paddle tours will begin at 2:00pm at the Wildlife Ramp located at the end of Midyette St. (see town map for directions). Kayaks, vests, and paddles will be available, or you can bring your own. Donations to the Sound Rivers Foundation will be accepted! Please contact Larry Summers at larsum@aol.com or 252-675-0467 in advance for reservations!

<sup>\*</sup> Rest Stops vary by route.

- **❖** Live Music in The Beer Garden at Barcos Hoff 'N' Finch 1pm-4pm.
- Live Music at the Red Rooster behind The Silos Gospel, Blues, Rockin' BBQ Festival BBQ/Pig Picking/Food/Drinks 3pm-8pm
- Live Music in The Beer Garden at The New Village Brewery & Taproom Turquoise Trader Band 5pm-8pm
- Live Music at Toucan's Tiki Bar and Grill at the Oriental Marina & Inn: Head down to Toucan's for great seafood, steaks and pasta, indoor and patio seating, and full bar. After dinner, visit the Tiki Bar patio for drinks and live entertainment! 7pm Captain Dick and the Lost Seaman.
- CNC Coastal Ride Social (included in registration) where all registered participants eat FREE, will be located at the Waterfront Campsite along South Avenue. Dinner will be served from 4:30pm to 7:30pm. See the full menu at <a href="https://ncsports.org/event/cyclenc\_coastal\_ride/social/">https://ncsports.org/event/cyclenc\_coastal\_ride/social/</a>.
- CNC Coastal Ride Beverage Garden by New Belgium Brewing Company! Don't forget to stop by the CNC Coastal Ride beverage garden between 5pm and 7pm, featuring beer from New Belgium Brewing Company, for a complimentary brew! Fat Tire Ale, Voodoo Ranger and Mountain Time Lager will be available.
- Don't miss the CNC Coastal Ride Live Musical Entertainment at the waterfront campsite featuring the local band McWilliams, Hoff and Bailey, from 5:00pm to 9:00pm!



- Breakfast Option. Please look at the restaurant section for all options during your stay.
  - o The Bean Coffee Shop opens @ 6:00am
  - o Oriental deli & Subs opens @ 6:00am
  - o Dragon Café at the Piggly Wiggly opens @ 7:00am
  - o Oriental Mini Mart opens @ 8:00am Coffee and Pizza at 10am.
- Cycle NC Routes Open All routes open at 8:00 am. All routes begin and end at the Waterfront Campsite at the intersection of South Avenue and Mildred Street near River Neuse Suites. All routes will close at 2:00pm on Sunday. Rest Stops on today's route options include:



Hoff, and Bailey

## **Arlington Place**

A premier coastal community along the Pamlico Sound that boasts being an adventures paradise of cycling, paddling, fishing and see amazing nature.

## **River Dunes**

Situated in an unparalleled location between the Pamlico Sound, the Intracoastal Waterway and the Mouth of the Neuse River, this Southern living inspired community boasts 14 miles of pristine waterfront, award-winning coastal architecture and a first-class marina. It is also home to the annual Oriental Drago Boat Festival.

#### Bethany Christian Church

Grab a snack and kick up your feet underneath the picnic shelter before heading back out on the route.

Other points of interest along some of today's routes include Kennels Beach, a unique waterfront neighborhood with a pristine and scenic view of the Pamlico Sound.

- \* Rest Stops vary by route.
- Sunday Church Services:
  - o St. Peter the Fisherman Catholic Church: 1149 White Farm Road; 10:30am
  - o Oriental United Methodist Church: 404 Freemason Street; 10:00am
  - o Pierce Chapel AME Zion Church: 711 Holdman Street.; 11:00am
  - o St. Thomas Episcopal Church: 402 Freemason Street; 8:00am & 10:30am
  - Oriental First Baptist Church: 605 Broad Street; 11:00am
  - o Pamlico Presbyterian Church: 1085 Kershaw Road, 11:00am
  - o Oriental Free Will Baptist Church: Ragan Road; 11:00am

WE LOVE YOUR PICTURES!! Don't forget to take plenty of pictures at camp, in town and out on the routes. Be sure to tag

Cycle NC when posting to <a href="mailto:lnstagram">lnstagram</a> or your <a href="mailto:Facebook">Facebook</a> page. You never know, your pictures might end up in any of the Cycle

NC brochures, handbooks or on the website. Or you can send us your photos to <a href="mailto:cyclenc@ncsports.org">cyclenc@ncsports.org</a>.