

SUNDAY, OCTOBER 6 – NOW ARRIVAL, CHECK-IN & TRAVEL DAY

Welcome to Lenoir! Named after William Lenoir, a Revolutionary War hero and North Carolina statesman, Lenoir was named an All-America City in 2008, an award that recognizes communities for their civic engagement, innovation and inclusiveness.

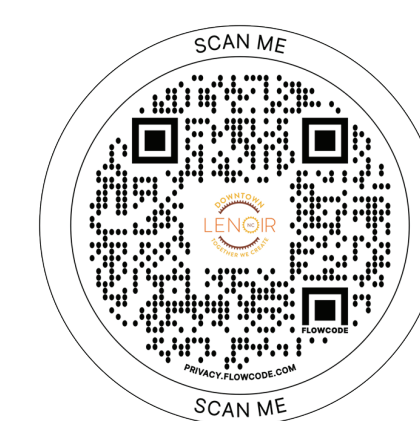
9:00 am **DURHAM:** Check-in and bike loading begins in Durham at the American Tobacco Campus for those that purchased a seat on what was originally the Raleigh-Durham to Spruce Pine bus. Bus loading will begin 30 minutes prior to the 10:00 am departure.

10:00 am **DURHAM:** All buses in Durham depart for Lenoir.

12:00 pm **Cycle NC Rider Services and Lenoir Welcome Tent are now open at Mulberry Recreation Center located at 720 Mulberry St SW.** Check-in at Rider Services, drop off your gear and relocated your vehicle before starting to set up your tent. Our camping area is located on and around the baseball fields while RV camping is in the designated parking lot across from the camping area along Mulberry Drive SW.

For those that purchased a Long-Term Parking Pass for the start of the ride, the lot is located next to our campsite at 1023 Morganton Blvd SW. Look for the CubeSmart Self Storage and WaterLife Church. You can easily return to the campsite by utilizing the path that cuts through the trees which will bring you out by the baseball fields, opposite of where Rider Services is.

Once you've set up, enjoy what all we have going on at camp and venture out to explore Downtown Lenoir, located less than a mile from today's campsite. Scan the QR Code for a map of Downtown Lenoir that you can utilize when you go for a stroll or hop on a shuttle to check out the shops, restaurants and more!



1:00 pm **Hotel and Local Shuttles begin running.** Bicycles are not allowed on the shuttles.

2pm - 5pm **Kick off this year's Mountains to Coast Ride with a DJ at camp plus various food options including Village Inn Pizza, Perk's Food Truck & Hot Dogs For All.** There will be no Cycle NC Happy Hour today but Liquid Roots Brewing is located downtown and features 16 taps filled with brewed-on-site craft beer, cider and the occasional guest taps. Plus it's Cornhole Tournament Sunday starting at 2:30pm!

5:00 pm **Dinner for the Cycle NC pre-purchased meal plan begins inside the Mulberry Recreation Center at the campsite.**

Dinner Menu – Pork loin, roasted sweet potatoes, green beans, rolls, water and tea

5:30 pm **Cycle NC Rider Services and the Local Welcome Tent are now closed.**

6:30 pm **Dinner for the Cycle NC pre-purchased meal plan ends.**

Cycle NC Welcome Meeting + Q&A Session begins @ at the amphitheater at the campsite.

This will be a 30-45 minute session where the Cycle NC Staff will go over some last minute details about the ride, routes, etc. followed by a Q&A Session. This is the best opportunity to ask any questions that you might have. Following the conclusion of the session, Cycle NC Staff will meet with all RVs and Personal Vehicles that will be with us for the week to review the policies and answer any questions.

10:00 pm **Quiet hours begin at camp and the shower truck is now closed.**

MONDAY, OCTOBER 7 – NOW DAY 1 OF RIDING

Jersey Theme: Wacky Tacky Day! Wear your craziest jersey, outfit, socks, hats, sunglasses, etc.
Ride Distance: 58 miles
Elevation Gain: 3,677 feet
Destination: Purple Heart Homes - 755 Washington Ave, Statesville, NC 28677
Did you know: FireFly Balloons, one of the largest manufacturers of sport and commercial hot air balloons, is located in Statesville. First known as The Balloon Works when it was founded in 1972 by Tracy Barnes, this company is the second oldest hot air balloon manufacturer in the United States.

- 5:30 am** **Rockhounds Coffee open at camp.**
- 6:30 am** **Breakfast for the Cycle NC pre-purchased meal plan begins inside the Mulberry Recreation Center at the campsite.**
Breakfast Menu – Egg, meat + cheese wraps, potatoes, fruit, coffee and water
Shuttles begin. Shuttles will be 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.
- 7:00 am** **Cycle NC Rider Services is now open in Lenoir.**
- 7:30 am** **Cycle NC route opens. DO NOT start riding before 7:30am!**
- 8:00 am** **Rest Stop #1 opens at Bethlehem Baptist Church.**
Rest Stop Highlights – Grab some breakfast provided by the congregation and learn about how this vibrant church recovered recovered from a devastating fire in 2015.
Breakfast for the Cycle NC pre-purchased meal plan ends.
- 8:30 am** *Cycle NC Excursions by Visit NC depart camp! (Sign up at Rider Services in advance for \$30.)*
- Experience the world's largest collection of 1800's log cabins at Hart Square Village
- Enjoy lunch and shopping in downtown Hickory
- Visit the Hickory Art Museum and its over 15,000 art objects
- 9:00 am** **Rest Stop #2 opens at Hiddenite Heritage and Arts Center.**
Rest Stop Highlights – This 3-story Victorian mansion that is listed on the National Register of Historic Place was recently damaged when Hurricane Helene hit the area. Unfortunately you will no longer be able to explore their many exhibits that aim to connect the public with the rich arts and cultural heritage of the northwest region of North Carolina but we will still have good porch music and food available in exchange for a donation that will go to help the non-profit and Hiddenite community rebuild. If you're looking for a unique lunch experience, head over to Yellow Deli, located just a few blocks from the rest stop.
- 10:00 am** **Rest Stop #3 opens at Fort Dobbs State Historic Site.**
Rest Stop Highlights – Get a glimpse into the tumultuous period of history known as the French and Indian War that took place from 1754 to 1763. As the state's only historic site associated with this period and one of the last remaining forts overall from this war, it represents North Carolina's link with a global war for empire that crossed five continents, lasted near a decade and sowed the seeds for independence.
- 12:00 pm** **Cycle NC campsite now open to all participants.** Camping is located on the grassing area to the left of the parking lot. No camping is allowed to the right of the parking lot. RV camping is in the designated parking area across from the camping area. Cycle NC Massage will be set up across from the camping area - check out the Mountains to Coast Experience to make a reservation!
Cycle NC Rider Services, Cycle NC Merchandise and Local Welcome Tent open.
Stop by the Local Welcome Tent to receive a special gift from the town and to grab a bottle of water courtesy of Doosan Bobcat. You can also meet some of the over 80 animal ambassadors from Rescue Ranch, a local humane education center that provides sanctuary and permanent residency to more than 80 rescued animals. These animals, or animal ambassadors as they are affectionately known, all have a story to share as they came to the Ranch from situations like neglect, hoarding or owner surrender.
- 1pm - 4pm** **Food trucks, whiskey samples, craft beer and HOT AIR BALLOONS at camp!**
- Bricker Family Favorites, Viva Tacos & Sabor and Bushcraft BBQ Food Trucks will be onsite serving up tasty items like a kielbasa wrapped in bacon, signature tacos and top secret smokey BBQ sauces.
- Southern Distilling will be on hand sampling their award winning spirits. Like what you taste? Hop on the shuttle and head out to the distillery for a free tour and tasting!
- Red Buffalo Brewing Company, a local brewery, will have locally renowned brews on tap for sale to wet your whistle.
- And did we mention HOT AIR BALLOONS! What kind of host would Statesville, the "Ballooning Capital of the East," be if they didn't let our riders experience hot air balloons? Experience the feeling of ascension inside a tethered hot air balloon from 2pm to 4pm at camp in exchange for a donation that will go directly to help our original start town, Spruce Pine, as they work to recover and rebuild.
- 2:00 pm** **Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC is open.**
Bike Repair Services & Retail Store is open. Bikes must be checked in before 5pm for service.
Hotel and Local Shuttles begin running. Bicycles are not allowed on the shuttles.
- 3pm - 4pm** **Cycle NC Happy Hour @ the Fat Tire Beer Garden!**
Join us at today's campsite to share stories from today's ride and enjoy free New Belgium Brewing beer!
- 4:30 pm** **Cycle NC route closed.**
- 5:00 pm** **Dinner for the Cycle NC pre-purchased meal plan begins at the Statesville Civic Center. Hop on a shuttle or make the short walk from the campsite to get there.** Dinner Menu – Lasagna buffet with meatballs, salad, bread, tea and water
- 5:30 pm** **Rider Services, Cycle NC Merchandise Tent, Local Welcome Tent and Recovery Zone are now closed.**
- 5:30pm - 8pm** **Head downtown to dine, shop and discover Downtown Statesville!**
The Downtown Statesville Development Corporation is rolling out the red carpet for our participants including kicking off the evening with \$5 in Downtown Dollars that can be used for dinner, a sweet treat or a souvenir at one of the many unique shops. Missed out on the tethered hot air balloon rides at camp? Not to worry, they'll be available downtown as well from 5:30pm to 7:30pm at the Statesville Civic Center, Mitchell Community College and Broad Street United Methodist Church in exchange for a donation that will go directly to help Spruce Pine recover and rebuild. And don't forget to hang around after 7:30pm when it gets dark for a Balloon Glow - a site you most certainly won't want to miss!
- 6:30 pm** **Dinner for the Cycle NC pre-purchased meal plan ends.**
- 10:00 pm** **Quiet hours begin at camp and the shower truck is now closed.**



TUESDAY, OCTOBER 8 – NOW DAY 2 OF RIDING (END OF WESTERN OPTION)

Jersey Theme: Vintage Cycle NC Day! Let's see who has the oldest Cycle NC jersey!
Ride Distance: 65 miles
Elevation Gain: 2,853 feet
Destination: Baptist Children's Home of NC - 100 Boone Drive, Thomasville, NC 27360
Did you know: Built in 1922, the original "Big Chair" stood at only 13 feet 6 inches in height and was made of pine which wore down over time. The current large-scale replica of a Duncan Phyfe armchair was built in 1950 by Thomasville Furniture Industries and made out of steel and concrete with a limestone base. The current chair stands a towering 30 feet tall and was used by Lyndon B. Johnson who stood on the chair and waved to locals during his 1960 presidential campaign.

- 5:30 am** **Rockhounds Coffee open at camp.**
- 6:30 am** **Breakfast for the Cycle NC pre-purchased meal plan begins under the awning of the building located next to the camping area.**
Breakfast Menu – Scrambled eggs, bacon, sausage, breakfast potatoes, danishes, fruit, coffee and water
Shuttles begin. Shuttles will be 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.
- 7:00 am** **Cycle NC Rider Services** is now open in Statesville.
- 7:30 am** **Cycle NC route opens. DO NOT start riding before 7:30am!**
- 8:00 am** **Rest Stop #1 opens at Cleveland Town Hall.**
Rest Stop Highlights – Our first stop of the day is in the Town of Cleveland, the only incorporated town in western Rowan County. Committed to preserving hometown, quality living, this town possess a host of historic homes and buildings as well as small-town charm galore. Meet the mayor while you enjoy some music and quality small-town hospitality. You'll want to pedal slowly through this area and take time to appreciate the awe-inspiring nature, centuries-owned family farms and lush landscapes that surround this town.
Breakfast for the Cycle NC pre-purchased meal plan ends.
- 8:30 am** *Cycle NC Excursions by Visit NC depart camp! (Sign up at Rider Services in advance for \$30.)*
- Enjoy a cup of joe as you tour Black Powder Coffee
- Rev into an experience at the NC Auto Racing Hall of Fame
- Grab a bite to eat in Mooresville, aka "Race City USA"
- 9:00 am** **Rest Stop #2 opens at Bethel Lutheran Church.**
Rest Stop Highlights – Enjoy a beautiful, shady front yard and some homemade baked goods from the Bethel Lutheran Church congregation.
- 10:00 am** **Rest Stop #3 opens at Short Circuit Arcade Bar.**
Rest Stop Highlights – You're going to want to bring some cash/quarters and take a nice long break from the saddle at this stop! Short Circuit is a 5,000 square foot playground of games, ranging from vintage mechanical games to classic video games. Not only is it the first and only arcade bar in Davidson County but it is also the first bar in the county to feature a self-pour beer and wine tap system. We've got high hopes that some of our riders will leave this stop with their name on the leaderboard!
- 12:00 pm** **Cycle NC campgrounds now open to all participants.** Camping is located on the grassing area by Rider Services. Do not camp in the areas marked with No Camping signs. RV camping is in the designated lot on Boone Drive. Cycle NC Massages will be set up near the camping area behind Rider Services. Check out the Mountains to Coast Experience in the Ride with GPS app to make a reservation!
Cycle NC Rider Services, Cycle NC Merchandise and Local Welcome Tent open.
Text "CYCLE2024" TO 888-777 to receive an automated message with info on today's shuttle route as well as other message about what all is going on in Thomasville today.
-  **3-Day Western riders taking the shuttle back to Lenoir must place their bike on the Lenoir bike rack located at Rider Services no later than 4pm. You will take your luggage with you on the bus.**
- 1pm - 4pm** **Food Trucks at camp including:**
- **Elizabeths Pizza:** Pizza by the Slice (Cash Only) - **Zip Nutrition:** Healthy Shakes, Energy Drinks, etc.
- **The Blend:** Charcuterie Boxes - **Pelicans:** New Orleans Shaved Ice
- **The Mills:** Coffee, Specialty Drinks, Baked Goods & Snacks (Actual restaurant - only a 3-4 minute walk from the camping area)
Plus we'll have DJ Weapon X at the campsite and photo ops with the COT Fire Department Ladder Truck. And don't forget to sign the tapestry created by a local artist to commemorate our overnight stop in Thomasville!
- 2:00 pm** **Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open.**
Bike Repair Services & Retail Store open. Bikes must be checked in before 5pm for service.
Hotel and Local Shuttles begin running. Bicycles are not allowed on the shuttles.
- Laundry at Camp!** Thomasville has set up a laundry truck at camp today providing you with a chance to clean those smelly riding clothes.
- 3pm - 4pm** **Yoga class available onsite at camp.** (Donations strongly encouraged.)
- 4pm - 5pm** **Cycle NC Happy Hour @ the Fat Tire Beer Garden!**
Hop on the shuttle to join us at the Thomasville Farmers Market for free New Belgium Brewing beer and live music from local musician, Craig Baldwin.
- 4:30 pm** **Cycle NC route closed.**
-  **Boarding for the Western shuttle option back to the Lenoir begins at the shuttle stop located along Blackwell Blvd.**
- 5:00 pm** **Shuttle back to Lenoir for the Western riders departs!**
Dinner for the Cycle NC pre-purchased meal plan begins at the gymnasium located across the street from the camping area.
Dinner Menu – Grilled chicken breast, meatloaf, mashed potatoes, green beans, cheesecake, tea and water
- 5:30 pm** **Rider Services, Cycle NC Merchandise Tent, Local Welcome Tent and Recovery Zone are now closed.**
- 6:30 pm** **Dinner for the Cycle NC pre-purchased meal plan ends.**
- 7:30 pm** **Grab a chair or a blanket and enjoy an outdoor movie at camp.**
- 10:00 pm** **Quiet hours begin at camp and the shower truck is now closed.**



WEDNESDAY, OCTOBER 9 – NOW DAY 3 OF RIDING

Jersey Theme: Show us your all time favorite jersey - bonus points if it is a Cycle NC Jersey, wink wink!
Ride Distance: 64 miles
Elevation Gain: 2,932 feet
Destination: Chatham County Agriculture & Conference Center - 1192 US-64 Business, Pittsboro, NC 27312
Did you know: Asteria, the second ever Storyliving by Disney community, is currently under construction in Pittsboro. The name Asteria pays homage to the wonder of the night sky and its ability to make us pause, ponder and consider life's possibilities. This community is envisioned as an oasis for lifelong learners that will be full of gathering spots and green space that will provide the perfect setting to meet new friends who share a passion for life to its fullest.

- 5:30 am** **Rockhounds Coffee open at camp.**
- 6:30am** **Breakfast for the Cycle NC pre-purchased meal plan begins at the gymnasium located across the street from the campsite.**
Breakfast Menu – Breakfast sandwiches, fruit cups, home fries, juice, coffee and water
Not on the meal plan and looking for breakfast? The Mill, a 3-4 minute walk from the camping area, will be open at 6am serving coffee, specialty drinks and baked goods. The Thomasville Woman's Club will also be offering a breakfast buffet starting at 7am. The Woman's Club is located at 15 Elliott Drive, just a short detour over from our route out of town.
Shuttles begin. Shuttles will be 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.
- 7:00 am** **Cycle NC Rider Services** is now open in Thomasville.
- 7:30 am** **Cycle NC route opens. DO NOT start riding before 7:30am!**
- 8:00 am** **Rest Stop #1 opens at The Richard Petty Museum.**
Rest Stop Highlights – The Richard Petty Museum presents the unparalleled success story of one of the founding families of stock car racing, their drive for engineering excellence and the technical inventiveness, innovation and ingenuity that made it all possible. See the actual house that Richard Petty himself grew up in and Reaper Shed, his father Lee's very first race shop. And don't be afraid to say hi if you happen to see Richard himself walking around the grounds.
Breakfast for the Cycle NC pre-purchased meal plan ends.
- 8:30 am** *Cycle NC Excursions by Visit NC depart camp! (Sign up at Rider Services in advance for \$30.)*
- Visit the American Classic Motorcycle Museum featuring a large private collections of antique Harley-Davidsons
- Go wild at one of the world's largest natural habitat zoos, the North Carolina Zoo
- 9:00 am** **Rest Stop #2 opens at Patterson Cottage Museum.**
Rest Stop Highlights – This little cottage was built around 1885 by Dr. Armstead Patterson as a home for his aging parents. First standing two blocks north of its present location, this cottage was located across from the business district which burned down in 1895 but thankfully the cottage survived the fire. It was relocated to East Swannanoa Street in the early 1900s and used by Bobby Simmons as a rental property until he sold the lot on which the house stood to be used for Liberty's first convenience store. The plan was to tear the cottage down but a committee of interested citizens rallied together to have the house moved to its current location and restored to honor the Patterson family and serve as a museum for the town of Liberty. This rest stop not only has history but will have music and festivities plus the Spill the Beans Coffee Truck and Custom Corn Food Truck which sells sandwiches, hot dogs, roasted corn and more.
- 10:00 am** **Rest Stop #3 opens at Heritage Farm Park.**
Rest Stop Highlights – Take a break from the saddle to enjoy this restored historic village featuring a tobacco barn, working steam and diesel engines, a civil war era homestead and more. You will definitely want to make sure to swing by the antique barn for some live bluegrass music before hitting the road and making your way to today's campsite.
- 12:00 pm** **Cycle NC campsite now open to all participants.** Camping is on the grassing areas on the left as you make your way through the arch as well as towards the back of the campsite. RV camping is located in the back left corner of the campsite next to the Long-term Parking lot for those joining us for the 3-Day Eastern option. Cycle NC Massages will be set up inside the Conference Center. Check out the Mountains to Coast Experience in the Ride with GPS app for details on how to make a reservation!
Cycle NC Rider Services, Cycle NC Merchandise and Local Welcome Tent open.
- 1pm-6:30pm** **It's a party at camp with music, vendors, food trucks and more!**
- Enjoy live music from Glenn Jones (11:30am - 2pm), Geoff McBride (2pm - 4:30pm) and Big Time Shine (4:30pm - 6:30pm).
- Grab a bite to eat from one of the food trucks including Doherty's The Paddy Wagon, Tacos Paraiso, Ta Contento, Food By H&V and Maple View Mobile.
- Quench your thirst with a drink from BMC Brewing, FireClay Cellars, Thirsty Skull Brewing and Red Moose Brewing Company.
- Take of tour of the Agriculture Center's Smokehouse.
- Make it a truly memorable ride with a commemorative Cycle NC tattoo from 401 Tattoo.
.... and all of that is just a taste of what will be going on at camp!
- 2:00 pm** **Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open.**
Bike Repair Services & Retail Store open. Bikes must be checked in before 5pm for service.
Hotel and Local Shuttles begin running. Bicycles are not allowed on the hotel shuttles.
- For those staying at the Hampton Inn or Holiday Inn Express in Sanford, shuttles will leave at 2:30pm, 4:30pm and 6pm.
- For those staying at the Hyatt Place in Chapel Hill, shuttles will leave at 1:30pm, 3:45pm, 4:45pm and 6:00pm.
- 4:30 pm** **Cycle NC route closed.**
- 5:00 pm** **Dinner for the Cycle NC pre-purchased meal plan begins inside the Conference Center.**
Dinner Menu – Hamburger steak, mashed potatoes & gravy, green beans, rolls, tea and water
- 5:30pm** **Rider Services, Cycle NC Merchandise Tent, Local Welcome Tent and Recovery Zone are now closed.**
- 6pm - 9pm** **Head on over to the After Party sponsored by Mosaic at Chatham Park!**
Grab your chair or blanket and hop on a shuttle to join us for the Cycle NC After Party where there will be food and drink available for purchase as well as live music from The Embers.
- 6:30 pm** **Dinner for the Cycle NC pre-purchased meal plan ends.**
- 10:00 pm** **Quiet hours begin at camp and the shower truck is closed.**



Scan the QR Code for more details about what all is going on at camp and at the Cycle NC After Party!



THURSDAY, OCTOBER 10 – NOW DAY 4 OF RIDING (EASTERN RIDE OPTION BEGINS)

- Jersey Theme:** Rep where you're from! It can be your local club jersey, your college jersey or any other kind of jersey that shows where you're from.
- Ride Distance:** 64 miles
- Elevation Gain:** 3,085 feet
- Destination:** Lee Street Complex - 401 S Elm Street, Benson, NC 27504
- Did you know:** Forget the Kentucky Derby and Hollywood glam! In Benson, Mules take center stage for four glorious days during the legendary Benson Mule Days. This isn't your average festival. It's a heartfelt tribute to the hardworking mules that have served the community for generations. Over 70 years strong, Benson Mule Days attracts nearly 30,000 people with rodeos, mule competitions, dazzling arts and crafts, mouthwatering food vendors, lively dances, thrilling carnival rides and a parade.
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5:30 am **Rockhounds Coffee open at camp.**

6:15am **Shuttles begin loading/running.** Shuttles will be 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.

- For those staying at the **Hampton Inn or Holiday Inn Express in Sanford**, shuttles will leave at 6:16am and again around 7:30am once the buses return from dropping off at camp.
- For those staying at the **Hyatt Place in Chapel Hill**, shuttles will leave at 6:15am, 6:45am and 7:45am. **BRING YOUR LUGGAGE WITH YOU ON THE BUS - LUGGAGE WILL NOT BE PICKED UP AT THE HYATT PLACE.** Your luggage will be delivered to your next hotel in Dunn/Benson.

6:30 am **Breakfast for the Cycle NC pre-purchased meal plan begins inside the Conference Center.**
Breakfast Menu – Scrambled eggs, bacon, sausage, grits, biscuits, coffee and water

7:00 am **Cycle NC Rider Services** is now open in Pittsboro.

7:30 am **Cycle NC route opens. DO NOT start riding before 7:30am!**

8:00 am **Rest Stop #1 opens at the Jordan Dam Visitors Center.**

Rest Stop Highlights – Take in the views and learn more about Jordan Dam and Jordan Lake which together conserve 46,768 acres in the midst of the expanding Triangle thanks to a partnership between the U.S. Army Corps of Engineers and the State of North Carolina. Rangers will be onsite to tell you more about the history of the project and the abundance of wildlife in the area including Bald Eagles.

Breakfast for the Cycle NC pre-purchased meal plan ends.

8:30 am *Cycle NC Excursions by Visit NC depart camp! (Sign up at Rider Services in advance for \$30.)*

- Hear an all-American success story and taste some great items at Southern Supreme Fruitcake & More
- Find your way through a corn maze and enjoy a hayride at Gross Farms
- Grab a bite to eat in downtown Sanford and learn about the heritage of the area



9:00 am **Rest Stop #2 opens at Northwest Harnett Fire Department.**

10:00 am **Rest Stop #3 opens at the Angier Depot.**

Rest Stop Highlights – Grab a bite to eat from the food trucks onsite and enjoy the live music or venture into the downtown Angier area that surrounds our rest stop to check out the local shops and restaurants including Ed's Family Restaurant, Thanks a Latte Coffee & Gift Boutique, Napper Tandy's Public House and The Soap Bar. Whichever option you choose, you're going to want to make sure to stop by The Little Goat Soda Fountain and Candy Store to get yourself a sweet treat before taking on the final leg of today's route.

12:00 pm **Cycle NC campsite now open to all participants.** Camping is located on the three smaller baseball fields. Do not camp on the larger baseball field marked with "No Camping" signs. RV camping is located on the grassy field to the right when you enter the campsite. Cycle NC Massage will be set up in the camping area. Check out the Mountains to Coast Experience in the Ride with GPS app for details on how to make a reservation!

Cycle NC Rider Services, Cycle NC Merchandise and Local Welcome Tent open.

12pm - 3:30pm **Food Trucks at camp including Man With a Pan, Big B's Southern Kitchen, Belly Busting BBQ and Pancakki Express.**
Plus we'll have live music from Bruce Naegelen, a favorite performer of the Johnston County locals that plays classic 70s rock.

2:00 pm **Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open.**
Bike Repair Services & Retail Store open. Bikes must be checked in before 5pm for service.
Hotel Shuttles begin running. Bicycles are not allowed on the hotel shuttles.



4pm - 5pm **Cycle NC Happy Hour @ the Fat Tire Beer Garden!**
Join us at the campsite near the gymnasium and Rider Services for free New Belgium Brewing beer.



4:30 pm **Cycle NC route closed.**

5pm - 8pm **Take a stroll or hop on a shuttle and head to the Railroad Street area in downtown Benson for live music, food trucks and more.** Man With a Pan, Big B's Southern Kitchen, Belly Busting BBQ and The Cheesesteak Factory food trucks will be set up plus the Outlaw Bit Band will be providing our riders with a taste of southern rock and real country at the Fainting Goat Brewing Co. located right there on Railroad Street.

5:00 pm **Dinner for the Cycle NC pre-purchased meal plan begins inside the gymnasium at the campsite.**
Dinner Menu – Pulled pork, chopped chicken, green beans, potato salad, Martin's potato buns, brownies and tea

5:30 pm **Rider Services, Cycle NC Merchandise Tent, Local Welcome Tent and Recovery Zone are now closed.**

6:30 pm **Dinner for the Cycle NC pre-purchased meal plan ends.**

10:00 pm **Quiet hours at camp begin and the shower truck is now closed.**

FRIDAY, OCTOBER 11 – NOW DAY 5 OF RIDING

Jersey Theme:	It's Pink Day! In honor of Breast Cancer Awareness month, gear up for the PINK OUT happening in Elizabethtown tonight by spending the day riding in your pinkest jersey.
Ride Distance:	66 or 100 miles
Elevation Gain:	1,027 or 1,676 feet
Destination:	Elizabethtown Parks & Rec - 803 W King Street, Elizabethtown, NC 28337
Did you know:	Melvins' Hamburgers and Hotdogs was recognized by Southern Living earlier this year as one of the South's Most Beloved Hamburger Joints. When the three Melvin brothers first opened Melvins' in 1939, it was little more than a pool room with a grill in the back. Operating in the same building more than 85 years later, you can still get a Carolina-style hamburger for just around \$3.

5:30 am	Rockhounds Coffee now open at camp.
6:30 am	Breakfast for the Cycle NC pre-purchased meal plan begins inside the gymnasium at the campsite. Breakfast Menu – Bacon/egg/cheese or sausage/egg/cheese on a waffle, fruit, hash browns, coffee and water Shuttles begin. Shuttles will be 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.
7:00 am	Cycle NC Rider Services is now open in Benson.
7:30 am	Cycle NC route opens. DO NOT start riding before 7:30am!
8:00 am	Rest Stop #1 opens at Spivey's Corner Volunteer Fire Department. Breakfast for the Cycle NC pre-purchased meal plan ends.
8:30 am	<i>Cycle NC Excursions by Visit NC depart camp! (Sign up at Rider Services in advance for \$30.)</i> <i>- Visit the Aversboro Battlefield and Museum</i> <i>- Learn about the life of a true American hero at the General C. Lee Airborne Museum</i> <i>- Enjoy lunch in downtown Dunn</i>
9:00 am	Rest Stop #2 opens in the Town of Roseboro. Rest Stop Highlights – Voted Best Rest Stop on our 2018 Mountains to Coast Ride, the Town of Roseboro will be rolling out the red carpet yet again for our riders this year with live music, food trucks and more.
10:00 am	Rest Stop #3 opens at K&P Store & Grill. Rest Stop Highlights – Ever tried a frog leg? What better time than the present! Try a southern-style frog leg special featuring frog legs, peel + eat shrimp, two sides and a sweet tea for only \$10.
11:00 am	Century Rest Stop opens at David King Museum. Rest Stop Highlights – Take some time to explore all there is onsite including an Antique Auto Collection, Old Country Store Exhibit, Soda Shop Exhibit and an Ol' Time Barber Shop Exhibit. And don't forget to sign in on the Century Club sheet while you're there!
12:00 pm	Cycle NC campsite now open to all participants. Camping is located on and around the baseball fields. RV camping in the parking lot across from the baseball fields where the shower truck is located. Cycle NC Massage will be set up in the camping area. Check out the Mountains to Coast Experience in the Ride with GPS app for details on how to make a reservation! Cycle NC Rider Services, Cycle NC Merchandise and Local Welcome Tent open.
12pm - 5pm	Barefoot Brew Coffee and Steel Smokin' BBQ set up at camp on the soccer field behind Rider Services.
2:00 pm	Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open. Bike Repair Services & Retail Store open. Bikes must be checked in before 5pm for service. Hotel Shuttles begin running. Bicycles are not allowed on the hotel shuttles.
4pm - 5pm	Cycle NC Happy Hour @ the Fat Tire Beer Garden! Join us on the soccer field behind Rider Services for free New Belgium Brewing beer!
4:30 pm	Cycle NC route closed.
5:00 pm	Dinner for the Cycle NC pre-purchased meal plan begins inside the gymnasium. Dinner Menu – BBQ, fried chicken, slaw, potato salad, string beans, hush puppies, banana pudding, tea & water
5:30pm	Rider Services, Cycle NC Merchandise Tent, Local Welcome Tent and Recovery Zone are now closed.
6pm - 9pm	PINK OUT with the Pink Slips! Throw on your pink, hop on a shuttle and head to the Cape Fear Farmers Market to be a part of Elizabethtown's 2nd annual PINK OUT featuring live music from the Pink Slips. There will be giveaways throughout the evening plus local vendors set up who have pledged to donate a percentage of their proceeds to the Breast Cancer Fund at Bladen County Hospital that helps to provide free mammograms to uninsured individuals in the community. Barefoot Sandwich Shoppe & Barefoot Wagon will be open selling food plus the Farmers Market is located in the heart of downtown which has a variety of other dining options as well including Tokyo Bistro, Melvin's, Hibachi Chinese, Taqueria and more.
6:30 pm	Dinner for the Cycle NC pre-purchased meal plan ends. End of Ride Rider Meeting on the soccer field located behind Rider Services. Cycle NC Staff will go over end of ride logistics and answer any questions at the end of the meeting.
10:00 pm	Quiet hours begin at camp and the shower truck is now closed.



SATURDAY, OCTOBER 12 – FINAL DAY OF RIDING!

Jersey Theme: It's the last day so wear your 2024 Cycle NC Mountains to Coast jersey!

Ride Distance: 68 miles

Elevation Gain: 970 feet

Destination: Finish Line: Town Center Park -11 E 2nd St, Ocean Isle Beach, NC 28469

Campsite: Brunswick Beaches Campground - 7200 Brunswick Beaches Drive, Sunset Beach, NC 28468

Did you know: Ocean Isle Beach is considered one of the most haunted areas on the East Coast thanks to its over 500 years of rich history involving Spanish conquistadors, settlers, pirates, shipwrecks, whiskey smugglers, NAZI U-Boats, epic storms, sunken ships and more.

5:30 am **Rockhounds Coffee now open at camp.**

6:30 am **Breakfast for the Cycle NC pre-purchased meal plan begins at the gymnasium.**

Breakfast Menu – Scrambled eggs, grits, bacon, country ham, biscuits, coffee and water

Shuttles begin. Shuttles will be 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.

For those outdoor camping, pay close attention to the sign at each truck this morning when loading your bags. One truck will be labeled "NOT Camping Overnight in Ocean Isle" and this luggage will be dropped at the Finish Line. The other truck will be labeled "Camping Overnight in Ocean Isle" and this luggage will be dropped at our campsite, Brunswick Beaches Campground.

As a reminder, our campsite for tonight NOT within walking distance of the Finish Line. We will have shuttles running to the campsite as well as to our the Best Western and Sure Stay in Shallotte but we HIGHLY encourage you to enjoy the End of Ride Celebration before hoping on a shuttle. The shower truck will be set up at Town Center Park so rather than heading to the campground or your hotel to shower, simply back a change of clothes, shower at the park and enjoy celebrating your big accomplishment.

7:00 am **Cycle NC Rider Services** is now open in Elizabethtown.

7:30 am **Cycle NC route opens. DO NOT start riding before 7:30am!**

8:00 am **Rest Stop #1 opens at the George Henry White Memorial Health and Education Center.**

Rest Stop Highlights – Enjoy a sausage, egg & cheese croissant or pancake & sausage on a stick in exchange for a donation to the Center while you learn more about the life and legacy of Congressman George Henry White. Though largely forgotten today, he was a household name in North Carolina and most of the nation at the turn of the 20th century. During his lifetime he was a major civil rights leader and the nation's highest elected African American official, considered by many to be the equal of well known African American contemporaries such as Booker T. Washington and W.E.B. Du Bois.

Breakfast for the Cycle NC pre-purchased meal plan ends.

8:30 am *Cycle NC Excursions by Visit NC depart camp! (Sign up at Rider Services in advance for \$30.)*

- Tour Brunswick Town/Ft. Anderson located along the banks of the Cape Fear River

- Join us for food, music and more at the End of Ride Celebration



9:00 am **Rest Stop #2 opens at Old Dock Methodist Church.**

10:00 am **Rest Stop #3 opens at Soldier Day Baptist Church.**

12:00 pm **Cycle NC Rider Services and Cycle NC Merchandise now open.**

12pm - 5pm **End of Ride Celebration featuring music, food, a beverage garden and more!**

Grab a cold New Belgium Brewing Beer @ the Fat Tire Beer Garden, fix yourself a plate and enjoy some music as you celebrate the completion of this year's Mountains to Coast Ride. Menu includes Fried Shrimp, Fried Trout, Steamed Shrimp, Slaw, Pasta Salad, String Beans and Hush Puppies. And don't forget to get a photo with your bike on the beach! The public beach access is only a couple of blocks away - go down Halifax Street and then take a right on E 1st Street. The public beach access will be on your left after you pass Breakers Pizza Grill & Arcade.



If you are taking one of the Cycle NC transportation options back to Elizabethtown, Pittsboro, Raleigh-Durham or Lenoir your first priority when you arrive at Ocean Isle Beach is to take your bike to the Bike Loading Area which is located next to the Museum of Coastal Carolina. Stop by the table located at the Bike Loading Area to receive a color band for your bike. Each color corresponds to a specific transportation option so double check to make sure your bike has the correct band color on it. Once you've placed your band on your bike, simply place your bike on one of the bike racks at the Bike Loading Area and venture on to enjoy the End of Ride Celebration. All bike transport trucks will leave Ocean Isle Beach no later than 6pm on Saturday, October 12th.



3:00 pm **Cycle NC route closed.**

5:00pm **Bus loading for the transportation back to Elizabethtown and Pittsboro begins.** All bikes must be loaded at this time.

5:30 pm **Buses departs for Elizabethtown and Pittsboro!**

All bikes going to Spruce Pine or Lenoir must be on the Bike Transport trucks at this time!

Rider Services and Cycle NC Merchandise Tent closed. Local shuttles will be running for those staying overnight at our campsite or Shallotte hotels until 9pm. See Shuttle Route Maps for more information on the routes.

SUNDAY, OCTOBER 13 – BUS TRANSPORTATION BACK TO LENOIR & RALEIGH-DURHAM

7:00 am Bus loading for transportation back to Lenoir and Raleigh-Durham week-long parking begins at the Best Western, Sure Stay and Ocean Isle Inn (our official Cycle NC hotels). All participants at these locations must be on the bus no later than 7:30am.

7:30 am Bus loading for transportation back to Lenoir and Raleigh-Durham week-long parking begins at the campsite.

8:00 am Buses depart Ocean Isle Beach campsite for Lenoir and Raleigh-Durham week-long parking locations.