



East Coasters Bike Shops
present
Mountains of Misery
Cyclist Information Guide
2010

Welcome Cyclists!

On behalf of the New River Valley Bicycle Association, the Mountains of Misery Committee welcomes you to the 13th Annual Mountains of Misery Century and, for the seventh time, the Double Metric. This event is not a race, but a beautiful and demanding ride.

CAUTIONS and RULES:

- 1) You must follow all traffic laws! Including:
 - a. Obeying all traffic signs, and
 - b. Riding no more than two abreast and riding single file to allow vehicular traffic to pass.
No exceptions.
- 2) Riders must stay to the right of the center line on the road. We can't emphasize enough not to cross the center line.
- 3) All riders shall wear a helmet.
- 4) This is a RIDE, not a race.
- 5) Course marshals stationed at intersections are there to stop you, not vehicles.
- 6) Beware of dogs! We have informed residents to keep their pets inside, but not everyone will remember.
- 7) No headphones.
- 8) No littering.
- 9) Volunteers are here for you. Please treat them with respect, and thank them for their hard work and time.
- 10) Please be appreciative and polite to motorists and people living along the route. Without the blessing of the residents, this would be a tough event to pull off and each rider needs to be aware of the power of their words and actions. We are each ambassadors for the event and sport.
- 11) The Century route is actually 103 miles. The Double Metric is about 128 miles.
- 12) In case of emergencies call 9-1-1. Then alert an event volunteer (rest stop worker, sag vehicle driver, course marshal, etc.).
- 13) Have fun, and enjoy the ride and beautiful scenery.

NUMBERS:

- Cyclists' Bib Numbers must be worn on the cyclist's back.
- Bicycle numbers must be placed on the bike frame. Bicycle numbers will be used to claim bikes at Newport.

START AREA: Mountains of Misery staggered start. **REMEMBER - THIS IS NOT A RACE!** Due to riders crossing the yellow line on the road in past rides, we are changing the start procedure to help eliminate the congestion for the first 30 miles. Our first priority is safety.

Riders will gather in the paved/gravel area next to the Newport Recreation Center – and not on the roadway. Two volunteers will count roughly the number of cyclists listed below, and the starter will bring each group out onto the road approximately one minute prior to the start time for that wave.

Wave	Start Time	Number of Riders
1	7:00am	40-50
2	7:02am	40-50
3	7:04am	40-50
4	7:06am	50-60
5	7:08am	50-60
6	7:10am	50-60
7	7:12am	50-60
8	7:14am	50-60
9	7:16am	50-60
10	7:18am	50-60
11	7:20am	50-60

Please remember the wave number that you started in, because you will have to provide your wave number at the finish line so that your finishing time will be listed correctly. Please be patient at the start area and polite to the volunteers. If you are riding with friends it will be easiest to be all together in the later waves. The waves will not be pre-selected, nor based off ability. Our goal, again, is to string the riders out as fast as possible which will eliminate congestion – creating a safer ride.

REST STOPS: Rest stops are equipped with food, water, sodas, Gatorade, HEED, some will have Hammer Gel and some tools. There are eleven rest stops for Mountains of Misery.

SUPPORT VEHICLES: SAG, Mechanical Support, and HAM vehicles will be roaming the course. SAG and Mechanical Support will have yellow flags for identification, and HAM (communication) will have identification marks on windows. For assistance, give a “thumbs down” signal. There will be **NO personal SAG vehicles** allowed on the course. Every additional vehicle on the course allows an extra element of risk for MoM cyclists. **Having a personal sag vehicle on the course will mean an automatic disqualification of the rider.** No exceptions.

COURSE IDENTIFICATION:



(Left)



(Straight)



(Right)

SEVERE WEATHER POLICY: Shelters have been arranged at most Rest Stops in the case of severe weather such as thunderstorms. If, after seeing lightning, you cannot count to 30 before hearing

thunder, seek shelter at a rest stop. If you are not close to a rest stop and cannot find shelter in a building, follow this guidance from the National Weather Service:

If caught outdoors and no shelter is nearby:

- Find a low spot away from trees, fences, and poles. Make sure the place you pick is not subject to flooding.
- If you are in the woods, take shelter under the shorter trees.
- If you feel your skin tingle or your hair stand on end, squat low to the ground and make yourself the smallest target possible.

FINISH LINE AREA: When you finish, we will take your bike, hand you your bag (see below), and give you your hard-earned FINISHER commemorative long sleeve shirt. You will also receive a great lunch featuring a variety of food including burgers (no fee for riders).

- Please remove computers and personal belongings from your bike, empty your water bottles, and make sure your bicycle number is attached to your frame.
- Your bike will then be safely transported to the Newport Rec. Center (Start Venue).
- A changing area will be provided, and massage therapists are available for \$1.00/minute (please have cash).
- Shuttle service to Newport will leave approximately every 15 minutes, beginning at 10:30AM and ending at 6:30PM.
- **The finish line closes at 6:30PM; no services will be available after that time.**

You are encouraged to visit the rest of the Mountain Lake Resort, where the movie, *Dirty Dancing*, starring Patrick Swayze and Jennifer Grey, was filmed.

CELL PHONES: Please be aware there is very limited cell phone coverage on the route. Over 90% of the ride will have no cell coverage. That is why we have HAM radio support vehicles on the course. Many SAG vehicles will also have HAM radio support.

BICYCLE PICK-UP: You must provide **your name & show your Rider Bib Number** (or identification) in Newport to claim your bicycle. **WE WILL NOT RELEASE ANY BICYCLES WITHOUT THIS INFORMATION.** This is for your benefit. Please enter to the rear of the Newport Rec Center to claim your bicycle. **Do not go to the truck.**

FAMILY, FRIENDS, AND FAN CLUBS: We ask that everyone park at the Newport Rec Center and ballfield. Parking at the top of Mountain Lake is reserved for the hotel staff and guests and event support vehicles. We don't want to wear out our welcome there. Shuttle service to the finish leaves approximately every 20 minutes beginning at 10:30AM.

SHUTTLE SERVICE: Shuttle service from Newport for spectators will begin at 10:30AM. Shuttles for participants, spectators, and bicycles from Mt. Lake to Newport will begin at 11:00AM. Shuttles leave approximately every 20 minutes or as needed.

BAGS: We advise having a gym bag, containing a change of clothes, sent up to the finish. **No paper or lightweight plastic bags will be accepted.** We will have a truck for bag drop off available Saturday from 4:00-9:00PM at the Ride Headquarters (Inn at Virginia Tech) and

at the start area Sunday morning (Newport Rec Center). Bags need to have your name and bib number on them. Tags and markers will be available if needed.

Mountains of Misery Schedule of Events:

Saturday, May 29th

4:00pm-9:00pm: Registration and packet pick-up for Mountains of Misery is at the Inn at Virginia Tech in Blacksburg.

5:30-7:00pm: Event dinner will be held at the Inn at Virginia Tech in Blacksburg. Enjoy the all-you-can-eat pasta dinner. \$20.00

7:15pm: Mountains of Misery Information Session ~ Free and recommended for first time riders to MoM. Experienced Mountains of Misery riders will be on hand to go over the course and give valuable recommendations to help you finish this challenging ride. The presentation will take place at the Inn at Virginia Tech.

Sunday, May 30th, 2010

5:15am: Breakfast offered at Inn at VT (\$8.00)

6:15am: Packet pick-up for Mountains of Misery Ride at the Newport Rec Center.

7:00am - 7:20am: Start in waves as described in the above table.

**** The split for the Century and Double Metric occurs at the 28-mile mark.**

If you are registered for the Double Metric, and are not having a good day, it is okay to “just” do the Century. Of course, if you’re having a great day, you may change from the Century and “just” do the Double Metric.

If you have any problems along the route please notify SAG, HAM or Rest Stops immediately. Our first priority is your safety. We hope that you have a wonderful and challenging ride, and enjoy Southwest Virginia. The New River Valley Bicycle Association thanks you for your support of this wonderful event.

Thanks,
2010 Mountains of Misery Committee