



East Coasters Bike Shops
present
Mountains of Misery
Cyclist Information Guide
2006

Welcome Cyclists!

On behalf of the New River Valley Bicycle Association, the Cycling Double Header Committee welcomes you to the 9th Annual Mountains of Misery Century and, for the third 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! No exceptions.
- 2) This is a RIDE, not a race.
- 3) Course marshals stationed at intersections are there to stop you, not vehicles.
- 4) Beware of dogs! We have informed residents to keep their pets inside, but not everyone will remember.
- 5) No headphones and please no littering.
- 6) Riders must stay to the right of the center line on the road. We can't emphasize enough not to cross the center line.
- 7) Volunteers are here for you. Please treat them with respect, and thank them for their hard work and time.
- 8) 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.
- 9) The Century route is actually 101 miles. The Double Metric is about 128 miles.
- 10) In case of emergencies call 9-1-1. Then alert an event volunteer (rest stop worker, sag vehicle driver, course marshal, etc.).
- 11) Have fun, and enjoy the ride and beautiful scenery.

On-the-Bike Marshals: There will be safety marshals en route. They will be wearing bright orange vests labeled "Marshal." They have the authority to pull riders for non-compliance of traffic rules.

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. The tag attached to your bib number must not be taken off until the finish.

START AREA: This year we will have a staggered start.

6:55am – Double Metric Riders assemble for announcements

7:00am – Double Metric Ride Starts

7:05am – Century Riders assemble for announcement

7:10am – Century Ride starts

REST STOPS: Rest stops are equipped with food, water, sodas, Gatorade, and some tools.

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.

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 ticket for 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). 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. Shuttle service to Newport will leave approximately every 20 minutes, beginning at 12:30PM and ending at 6:30pm. **The finish line closes at 6:30PM; no services will be available after that time.**

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 you please park at the Newport Rec Center. 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 11:00AM.

SHUTTLE SERVICE: Shuttle service from Newport for spectators will begin at 11:00AM. Shuttles for participants, spectators, and bicycles from Mt. Lake to Newport will begin at 12:30PM. 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 4:00-8:00PM at the Ride Headquarters (The 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.

COURSE IDENTIFICATION



(Left)



(Straight)



(Right)

Remember, please obey all traffic laws and wear your helmet!

Cycling Double Header Schedule of Events:

Friday, May 26th, 2006

4:00-9:00pm Registration and packet pick-up

6:00pm Doors open for dinner.

Silent auction items and great door prizes!!

6:30 Dinner starts

7:00pm Bob Roll is our Featured Speaker

Q & A to follow presentation

Pictures and autographs follow Q & A with Bob Roll

Saturday, May 27th, 2006

5:45am: Breakfast offered at the Inn at Virginia Tech for riders and family members. On Memorial Day weekend there are not very many options for early morning breakfast. Sausage, biscuits, whole fruit, bagels, danishes, coffee and beverages for \$6.95, tax and tip included!

6:30am: Registration at the Dedmon Center at Radford University for Wilderness Road Ride

7:00am- 9:00am: Show and go start for the 15th Annual Wilderness Road Ride. The start and finish are both at the Dedmon Center. For those on the longer WRR rides, please start before 7:45am.

4:00pm-8:00pm: Registration and packet pick-up for Mountains of Misery at the Inn at Virginia Tech.

7:00pm: 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. Light refreshments will be provided.

7:30pm: Avoiding the Bonk ~ Free presentation about the nutrition component for Mountains of Misery. Free samples of energy products given out.

Sunday, May 28th, 2006

5:15am: Breakfast offered at the Inn at Virginia Tech for riders and family members. On Memorial Day weekend there are not very many options for early morning breakfast. Ham and cheese croissant, whole fruit, bagels, danishes, coffee and beverages for \$6.95, tax and tip included!

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

7:00am: Start of the 9th Annual Mountains of Misery Ride for double metric riders.

7:10am: Start of the 9th Annual Mountains of Misery Century Ride.

**** 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 decide to change your original distance, you must check in at Rest Stop # 2!**

If you have any problems along the route please notify SAG, HAM or Rest Stops immediately. Our first priority is your safety. Beyond 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,

2006 CDH Committee