



East Coasters Bike Shop presents
Wilderness Road Bicycle Ride
Cyclist Information Guide
2006

Welcome Cyclists!

On behalf of the New River Valley Bicycle Association, the Cycling Double Header Committee welcomes you to the 15th Annual Wilderness Road Ride. We hope you enjoy this year's event. Along with our many sponsors and volunteers, you have helped make this year's ride bigger and better than ever! Riders **PLEASE CHECK IN** at the registration tables both **before and after your ride**, so that we are assured of your safe return.

THANKS TO OUR VOLUNTEERS AND SPONSORS

The ride brochure contains a list of sponsors for the ride. Without these organizations and the many volunteers who help, this ride could not take place. If you have the opportunity, please say "thank you" to our volunteers, and patronize our supporting businesses.

REST AREA/HOSPITALITY STOPS

For your comfort and enjoyment, eight rest areas are provided along the course. Volunteers will give you food and fluids to energize you on your ride. The locations of the rest stops are denoted on your maps by a star. Take the time to enjoy these stops and admire some of the historical sites.

SUPPORT

Vehicles will patrol the course and assist you in case of emergency or mechanical difficulties. These services are being provided by East Coasters, the Amateur Radio Emergency Services (Virginia HAM radio operators), and volunteers for the New River Valley Bicycle Association. These vehicles will have identifying posters in their windows. Don't hesitate to stop them if you have questions or concerns. Course monitors will be at various locations to guide you through key areas. All volunteers will be wearing yellow Wilderness Road Ride t-shirts.

COURSE IDENTIFICATION



(Left)



(Straight)



(Right)

Remember, please obey all traffic laws and wear your helmet! This is not a race and riders will not be timed.

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) Volunteers are here for you. Please treat them with respect, and thank them for their hard work and time.
- 5) Please be appreciative and polite to motorists and people living along the route. The support of these residents is a critical component of the event's success. All riders need to be aware of the power of their words and actions. We are all ambassadors for the event and sport.
- 6) In case of emergencies call 9-1-1. Then alert an event volunteer (rest stop worker, sag vehicle driver, course marshal, etc.).
- 7) Have fun, and enjoy the ride and beautiful scenery.

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.

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