

2019 RIDER HANDOUT

Are you ready to trek across Southcentral Alaska? We are! The snow has melted (twice), the ride is full and we are looking forward to getting out of town. Here's a few things to know that will help you have a great weekend. Thank you for all your fundraising for the American Lung Association, now let's go ride bikes!

GETTING THERE

Google says it will take you 2 hours and 17 min to drive the 113.6 Miles to Talkeetna from Anchorage, so plan your travel time accordingly. Important things to remember to bring are: additional **pledges**, your **required gear** including your **safety vest** and **helmet**, your **bib** and **bike bib**, your **bike** and your **sense of adventure!** It's important to note that the Talkeetna Alaskan Lodge (TAL) is pet-free and does not allow dogs. Please make alternative arrangements for your animal's care while you are away.

WHAT TO BRING

Keep in mind that, in Alaska, weather can change rapidly. Prepare for a variety of types of weather, including rain, snow, wind, and heat.

SAG wagons will watch for trekkers in need of support. On the day of the ride, you will need:

REQUIRED

- Helmet – an ANSI/Snell or CPSC approved helmet.
- Safety Vest (your own, or the one provided)
- Water Bottle (two is best)
- One extra bike tube and a hand pump
- Any necessary medication (such as inhaler)
- Photo ID and money and/or credit card
- Health Insurance card

STRONGLY RECOMMENDED

- Rain gear (waterproof, not just water resistant)
- Riding gloves
- Undershirt (synthetic or wool)
- Outer shirt or windbreaker (bright color)
- Riding shorts or long pants
- Socks (wool or synthetic)
- Bike shoes or stiff cross-training shoes
- Tire patch kit & tire levers

SUGGESTED

- Extra pair of dry socks
- Bike shoe covers
- Hand warmers
- Bike multi-tool (MP tool)
- Sunscreen
- Sunglasses

IN TALKEETNA

Friday, May 10

3:00 pm	Room Check-in for qualified two-night trekkers - Winners Circle, Champions Circle and VIP level fundraisers.
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Saturday, May 11

6:00 am	Room Check-in for all trekkers
6:00 am to 10:00 am	Breakfast for all two-night trekkers. Guest meal tickets available for purchase.
8:00 am to 11:00 am	Ride Starts! Check the chart for your start wave time.
8:00 am to 6:00 pm	Start/Finish activities - Bike Decorating, Selfie Station, and Bounce House (4 pm to 6 pm)
2:00 pm to 10:00 pm	Massage appointments available
5:00 pm to 10:00 pm	Live Music with the Carhartt Brothers
5:00 pm to 7:30 pm	Dinner buffet is open. Guest meal tickets available for purchase.
8:00 pm	Why We Ride Program and awards - must be present to win!

Sunday, May 12

7:00 am to 10:00 am	Bike Check out
11:00 am	Lodge Check out.

IN TALLEETNA, CONTINUED...

ARRIVAL: For folks driving up on Friday, check-in time at the is 3:00 pm. When you arrive, **check in at the American Lung Association table before** checking into your room with the Talkeetna Alaskan Lodge staff.

BIKE SECURITY: When in Talkeetna, there are three places to put your bike: 1.) Keep it locked **in** your vehicle, 2.) Keep it locked **on** your vehicle, OR 3.) Check it into Bike Security. Bike Security is available at the Lodge, beginning at 5:00 pm Friday evening. Security is outdoors and 24-hour coverage is provided by Bike Anchorage volunteers and TAL security staff. The **TAL has respectfully asked that you do not bring your bike into your room**, and we'd appreciate it if you'd oblige them.

WHERE TO EAT: TAL's Base Camp Bistro will have dinner available for purchase Friday evening from 5:00 pm to 9:00 pm, or you may choose to go any of the excellent restaurants n Talkeetna such as the Denali Brewpub, The Flying Squirrel, Mile High Pizza Pie, the Talkeetna Roadhouse, West Rib Bar and Grill, and the Wildflower Cafe. The TAL bar will be open with a limited menu 9:00 pm to 11:00 pm both Friday and Saturday night.

We provide breakfast Saturday morning at the Lodge for our overnight trekkers and volunteers, and dinner Saturday evening as part of the ride. Denali Brewing Company has once again created a signature ale for the Clean Air Challenge that will be on tap at the TAL. Meal tickets are provided at check-in, and extras are available for purchase for guests who are not registered trekkers or volunteers. \$60 for dinner and breakfast (\$30 for kids under 12), \$25 for breakfast only (\$12 for kids under 12), \$45 for dinner only (\$25 for kids under 12).

On Sunday morning, from 7:00 am to 10:00 am you can purchase breakfast at the Bistro or local restaurants, and new this year, the Talkeetna Alaskan Lodge is hosting a Mother's Day Brunch from 10:00 am to 1:00 pm. Menus and prices will be posted at the Lodge. The brunch is open to the public, and what a wonderful way to celebrate Mom...a gorgeous meal in the shadow of Denali!

LODGE ACTIVITIES: Decorate your bike for the ride, dedicate your trek to a loved one, and get a pic at the Selfie Station! There's a Bounce House for the kids in the afternoon, a party at the Finish Line to welcome every trekker back to the Lodge, and live music with The Carhartt Brothers starting at 5:00 pm.

MASSAGE: You'll find the massage therapists in the Ptarmigan Room downstairs, starting at 2:00 pm. The sign up sheets will be outside their door when you return from your ride and they will be available until 10:00 pm. Not all of the therapists are capable of accepting credit/debit cards, so bring cash or your checkbook. Massages are \$25 for 30 minutes.

WHY WE RIDE: After dinner, meet in the Great Room for the *Why We Ride* program, the individual and team awards, and door prizes! The bar will be open late with a limited menu and we encourage you to celebrate, relax, and enjoy that feeling of accomplishment that come with doing something good!

We think Eddy Merckx said it best...

"Ride as much or as little, as long or as short as you feel. But ride." – Eddy Merckx

Thank you for fundraising for the American Lung Association, and helping us all breathe easier.



TREK ROUTES AND SAFETY INFORMATION

All CAC ride distances start and finish at Talkeetna Alaska Lodge on Saturday, May 11, 2019. Everyone must be on the road by 11:00 am and off the road by 6:00 pm due to time restraints for the event DOT permit. Participants who are unable to finish will be assisted with a SAG wagon.

RIDE LENGTH	START TIME	TURNAROUND All distances reverse route back to the Talkeetna Alaskan Lodge.	SUGGESTED RIDE SCHEDULE
Century 100 miles	8:00 am	Trekkers ride to Rest Stop 3 Kesugi Ken Campground (MP 135.6 on the Parks Highway) New this year!	Leave TAL at 8:00 am Leave RS 1 by 10:00 am, leave RS 2 by NOON, and leave RS 3 by 2:30 pm Complete course by 6:00 pm
60 miles	9:00 am	Trekkers ride to Rest Stop 2 Trapper Creek Trading Post MP 115.5 on the Parks Highway)	Leave TAL at 9:00 am Leave RS 1 by NOON Leave RS 2 by 2:30 pm, Complete course by 6:00 pm
26 miles	10:00 am	Trekkers ride to Rest Stop 1 Junction of the Talkeetna Spur Road and the Parks Highway	Leave TAL at 10:00 am Complete course by 6:00 pm
10 miles	11:00 am	Trekkers ride to the Cookie Stand (MP 7.5 on the Talkeetna Spur Road)	Leave TAL at 11:00 am Complete course by 6:00 pm

SIGNING OUT AND IN AT START/FINISH: On Saturday morning, check in at Start/Finish and highlight your name with your route color on the big reader board when you leave. Then, when you finish (even if it's in a SAG) sign back in with your finish time and initial.

SAFETY: Riders must ride on the bike path on the Talkeetna Spur Road, not on the road. Riders must RIDE SINGLE FILE at all times. It is a hazard to yourselves, other trekkers and vehicles when you ride abreast. All ride support personnel (staff and volunteers) have the authority to remove someone from the trek if they feel they are not riding safely and appropriately.

NEED HELP? If you are on the route and find you need assistance, pat yourself on the head to get the attention of a SAG wagon or support motorcycle. Medics from Nordic Ski Patrol are stationed at all rest stops and bike mechanics are at Rest Stops 1 and 2. Our DOT permit does not allow for personal SAG vehicles so please tell friends and family that choose to drive the route to cheer you on to visit at the rest stops only.

ROAD CROSSINGS: Be sure to cross the road on bike path and/or at designated crossing areas, and only as directed by an approved, certified flagger in the bright yellow gear.

IPODS: iPods make it hard to hear when traffic and other participants are near. DO NOT ride with head phones or ear buds. This is a hazard to yourself as you will not hear traffic or other trekkers passing you. You also may not be able to hear important information given by the support team.

REST STOPS

Each rest stop has the basics - bagels, fruit, peanut butter, trail mix, granola bars, and cookies, along with water, sports drinks, and hot chocolate - plus a signature dish listed below. We recommend not stopping for too long as your body could get cold and stiffen up. Remember to gently stretch before you get back on your bike and re-warm up slowly as you begin to ride again.

REST STOP 1 at the Talkeetna Junction is home of the Hot Potatoes, and is happily hosted by Credit Union One.

REST STOP 2 in Trapper Creek is the BBQ stop, hosted by Ciara and Danielle with a crew from Matson slinging burgers and dogs just you!

REST STOP 3 in the shadow of Denali has changed location this year, but not hosts! You'll find Kathleen and the Jones family at the Kesugi Ken Campground Roundabout with a big pot of soup and smiles for all.

ROUTE MAP

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Rest Stop #3
Denali State Park Kesugi Ken Site
Parks Highway Milepost 135.6



Parks Highway

2

Rest Stop #2
Trapper Creek Trading Post
Parks Highway
Milepost 115.5



Start/Finish
Talkeetna Alaskan Lodge
Talkeetna Spur Highway
Milepost 12.5



10 Mile
Turnaround/Cookie Stand

1

Rest Stop #1
Parks Highway Milepost 98.7



Map by 