



EVENT HANDBOOK

ct
challenge

BEFORE THE RIDE

Safety First

RULES OF THE ROAD

When you registered to participate in the CT Challenge, you agreed to abide by all of the following rules of the road at all times during CT Challenge weekend. We will be riding on roads that are open to car traffic. Please review the rider safety rules below. Commit them to memory and make sure that everyone in your group, especially young riders, does the same. Practice using all the hand signals and safety precautions during your training rides.

- The CT Challenge is not a race.
- The ride is conducted on open roads. Motor vehicle traffic will be present. Be aware of what's going on around you at all times.
- Obey all traffic signs and signals.
- Ride as far to the right of the road as is safely possible, except to pass.
- Pass on the left side only.
- Helmets must be worn at all times while riding.
- Headphones, iPods and radios are not permitted while riding.
- Endangering the safety of your fellow Riders is strictly prohibited.
- Ride defensively in consideration of your fellow Riders and ride in control of your bike at all times (i.e. be able to stop within a reasonable distance).
- Communicate with your fellow Riders using proper cycling terms such as "On your left," "Car back," etc.
- Use proper hand signals when turning.
- Make left turns from the center of road or left turn lane.
- Cross railroad tracks at right angles to avoid dropping wheels into space between the rails and road.
- Do not cross the yellow centerline regardless of passing zone.
- Obey instructions from the CT Challenge road crew and pay attention to information posted on CT Challenge road signs.
- Each Rider is expected to speak out when observing a violation. When spoken to, the response should be in appreciation of the concern expressed.

BEFORE THE RIDE

Tips for Safe Group Riding

BE PREDICTABLE

Group riding requires even more attention to predictability than riding alone. Other riders expect you to continue straight ahead at a constant speed unless you indicate differently.

USE SIGNALS

Use hand and verbal signals to communicate with fellow cyclists and with other traffic. Hand signals for turning and stopping are as follows: left arm straight out to signal a left turn; left arm out and down with your palm to the rear to signal slowing or stopping; and for a right turn, put your right arm straight out or put your left arm out with elbow bent and palm facing forward.

GIVE WARNINGS

Warn cyclists behind you well in advance of changes in your direction or speed. To notify the group of a change in path, the lead rider should call out “left turn” or “right turn” in addition to giving a hand signal.

CHANGE POSITIONS CORRECTLY

Generally, slower traffic stays right so you should pass others on their left. Say “on your left” to warn the cyclist(s) ahead of you that you are passing. If you need to pass someone on the right, say “on your right” clearly since this is an unusual maneuver.

ANNOUNCE HAZARDS

When riding in a group, most of the cyclists do not have a good view of the road surface ahead, so it is important for the lead rider to announce holes, glass, sand, grates and other hazards. The leader should indicate hazards by pointing down to the left or right, and shouting “hole,” “bump,” etc. where required for safety.

WATCH FOR TRAFFIC COMING FROM THE REAR

Because those in front cannot see traffic approaching from the rear, it is the responsibility of the riders in back to inform the others by saying “car back” when rounding curves, on narrow roads, or when riding double. It is also helpful to warn of traffic approaching from the front with “car up.”

WATCH OUT AT INTERSECTIONS

When approaching intersections that require vehicles to yield or stop, the lead rider will say “slowing” or “stopping” to alert those behind to the change in speed. When passing through an intersection, some cyclists say “clear” if there is no cross traffic. Note: Each cyclist is responsible for verifying that the way is indeed clear.

LEAVE A GAP FOR CARS

When riding up hills or on narrow roads where you are impeding faster traffic, leave a gap for cars between every three or four bikes. That way a motorist can take advantage of shorter passing intervals and eventually move around the entire group.

MOVE OFF THE ROAD WHEN YOU STOP

Whether you are stopping because of mechanical problems or to regroup with your companions, move well off the road so you do not interfere with traffic. When you start up again, each cyclist should look for, and yield to, traffic.

RIDE ONE OR TWO ACROSS

Ride single file or two abreast as appropriate to the roadway, traffic conditions and where allowed by law. Most state vehicle codes permit narrow vehicles such as bikes and motorcycles to ride two abreast within the lane. Even where riding double is legal, courtesy dictates that you single up when cars are trying to pass you.

BEFORE THE RIDE

Equipment Check

Please remember to have your bike tuned up PRIOR to the CT Challenge Ride and, please, no tubular tires (sew-ups), if at all possible.

YOUR BIKE

- Check the air in your tires (recommended pressure is on the tire sidewall)
- Make sure your seat, handlebars and wheels fit tightly
- Lubricate your bike chain
- Test your brakes to make sure they work and aren't sticking

We will have bike mechanics on site prior to the ride, both Friday night and Saturday morning. We will also have bike mechanics at all rest stops, in case there is an emergency on course. The mechanics will be busy helping with emergencies, so please don't rely on them for a full tune-up.

YOUR HELMET

All cyclists are required to wear a helmet during the ride. A helmet is only effective when fitted correctly and strapped on correctly. It should be worn level and cover your forehead. It should not be tilted forward, backward or sideways.

The straps should always be fastened and make sure they're adjusted so that you can't pull or twist the helmet around on your head. If you are riding with a child, make sure his/her helmet meets all safety specifications and fits properly. Your helmet should not be cracked or deformed in any way. If it is, invest in a new helmet.

Hydration and Nutritional Information

Please remember to keep yourself well hydrated before, during and after the ride (regardless of the weather). There will be plenty of cold fluids at the Greenfield Hill Church as well as out on the course.

Please carry one water bottle with you on the bike; if you are riding the 50, 75 or 100 mile routes you should be carrying two bottles with you. It is critically important to avoid dehydration by drinking water and sports drinks on a schedule throughout the ride (roughly one liter per hour or one bottle every 45 min, starting with water and switching to sports drinks after the first hour or two). Do not rely on thirst—thirst only kicks in when you are already becoming dehydrated.

It is also important, however, not to over-consume water. Over-hydration with straight water lacking the sodium found in sports drinks may result in hyponatremia, sometimes referred to as water toxicity. This is a dangerous and potentially deadly condition that can be avoided by switching to primarily drinking sports drinks that contain at least 100 mg of sodium after the first 1–2 hours of riding. Be sure to read your fluid labels as many “sports beverages” contain far less than this minimum recommended amount of sodium. There will be electrolyte tablets at the Aid Stations as well.

When cycling for long distances, your body's main source of fuel is carbohydrate. When exercising for longer than 1.5 hrs it is important to be taking in approximately 30-90g of carbohydrate per hour (based on your weight – the more you weigh, the more you need) in order to maximize energy levels and delay the onset of fatigue. Snacking on fruits that are potassium-rich and pretzels that contain sodium will also help replenish nutrients the body loses during the Ride. Aid stations will be stocked with plenty of carbohydrate-based foods

BEFORE THE RIDE

Gearing Up

The following is a suggested packing list for the Ride.

- Helmet
- Tuned-up bike with hand pump and at least two CO2 cartridges + nozzle
- Saddle bag with tire levers, patch kit, two spare inner tubes, CO2 cartridges and dispenser or a hand-pump, and a cycling multi-tool
- Cycling shoes (or comfortable sneakers), cycling shorts and/or tights (or comfortable riding shorts), cycling shirt or jersey (or comfortable riding shirt), socks, gloves
- Rainwear
(prepare for all types of weather)
- Extra water bottle
(Make sure your bike has a water bottle cage mounted)
- Sunglasses
- Sunscreen
- Lip balm
- Cell phone for emergency use only
(in a zip lock bag, carry with you)
- Identification, money/credit card
(carry with you)
- Insurance card
- Prescription medications
(if applicable)
- Casual clothes if you plan to change after the Ride
- Sweatshirt or fleece
(weather dependent)

DURING THE RIDE

Saturday Morning – Before the Start

RIDER DIRECTIONS AND PARKING

All riders park on the field across from the Greenfield Hill Church. Enter at marked locations and follow CT Challenge volunteer directions. Please refer to the Driving Directions page on the website to learn how you will enter the parking area coming from I-95 and the Merritt Parkway. If you are using GPS, input 1045 Old Academy Rd, Fairfield, CT 06824 as your destination.

RIDER REGISTRATION

Every Rider must check in.

Riders may check in at the Friday night check in or on Saturday morning, whichever you choose. You only need to check in once.

Registration on Friday will run from 5:00 PM to 8:00 PM and Saturday from 5:30 AM to 7:30 AM. After parking, Riders should proceed to the Rider Registration area which will be located adjacent to the Main Tent.

LATE RIDER CHECK-IN

Late Rider Registration will be available. Location and process will be the same as normal registration. However, please make every effort to arrive on time, as our volunteer deployment on the course (including police control) is based on Riders starting at the indicated times.

WALK-UP REGISTRATION

Riders who are not pre-registered will go through a complete online registration process with a registration volunteer. A credit card is required.

BIKE MAINTENANCE

Please tune up your bike prior to bringing it to the CT Challenge Ride. However, if you need emergency assistance during the Ride, bike mechanics will be located at each rest stop. Bike mechanics will also be available at the Friday night check in, as well as Saturday morning on the grounds for last minute tweaks and glitches. SAG vehicles along the route will be available to lend a hand as well in the event of a problem while you are riding.

DURING THE RIDE

Saturday Morning – Before the Start

FIRST AID ASSISTANCE

If you need assistance with a medical question or issue before the Ride, First Aid volunteers will be at the Greenfield Hill Church. Please note that the First Aid volunteers will not be dispensing supplies or medications prior to the Ride unless there is an emergency, at which time appropriate EMT support will be contacted to assist.

PHOTO ID LABEL

You will receive a photo ID label (a number) to affix to the front of your helmet. This will enable you to more easily find your event photos when they are available a week after the Ride.

CANCER SURVIVORS

You will receive a “Survivor” jersey tag that you can customize as you like. You can pin this tag to the back of your jersey for your ride. All survivors are invited to participate in the Salute to Survivors during the Opening Ceremony.

MEETING AREAS

While you may choose to meet your friends, family or teammates wherever you would like on the bike event property, we have established four additional meeting areas for you in the field in front of the stage. Each is marked by a tall, neon-colored feather flag and a unique hashtag phrase. They are: #CTChallenge (neon yellow), Undeatable (neon orange), #NoLimits (neon-green) and #Thrivin (neon pink).

TEAM PHOTOS

Team photos will be taken in front of the clubhouse from 6:30 AM to 7:20 AM on Saturday. A team photo will be emailed to the captain of each team that is photographed.

BREAKFAST

Will be provided by Cinch and include hard boiled eggs, oatmeal and toppings, fruit, granola, yogurt, coffee, tea and juices; located under the tent and offered to all Riders.

HONOR FLAGS

Before you start your Ride, design an Honor Flag with a personal message in honor or memory of someone affected by cancer. These flags will be mounted on the side of the road as you finish your Ride. The flags to fill out will be at a table near Rider Registration.

RIDER SEND OFF

NEW THIS YEAR - The 100 & 75 Mile Rides will begin staging at 6:15am. Send off for those distances will be 6:30am. All other routes will gather at 7:30 AM for safety remarks, the National Anthem, Survivor Walk and butterfly release then depart in timed waves depending on the distance they are riding. (See “Staging” on next page.)

DURING THE RIDE

The Start

NEW THIS YEAR - 100 & 75 MILE RIDE STARTS AT 6:30AM

All other routes begin at 7:30am

STAGING

All Riders will be staged in designated starting groups for the commencement of the Ride. Riders will be staged according to the distance they are riding and then self-selected speed destinations. Riders will depart through a designated chute. We send riders out in waves in a slightly staggered start to increase rider safety by reducing congestion on the road in the early miles. The Riders going the farthest will be released first.

Riders will not be allowed to enter the chute until their staging group has been called and there will be one designated entry point at the back of the chute that all Riders must use.

While staging helps us manage the large number of participants, the route is very crowded at the start of the Ride. Therefore, it is particularly important for all Riders to adhere to the rules of the road at the Start (see pages 1 and 2).

Remember, the CT Challenge is not a race. Please be patient, careful and courteous to those around you. After this initial phase, the group will slowly spread out and Riders can settle into a comfortable pace for the remainder of their Ride. We appreciate your patience and cooperation as we work to ensure a safe start for all CT Challenge Riders.

RIDING WITH A GROUP

We encourage people to ride together, but trying to stay together as a large group at the start of the Ride can cause confusion and safety issues. Our recommendation is make a plan with each member of your group to start the Ride at their own pace and meet at the first rest stop. Just remember, when you ride as a group, you must still ride single file and follow the rules of the road.

GUESTS AT THE COMMENCEMENT OF THE RIDE

We encourage guests to join us to send off the Riders on Saturday morning and stay throughout the day to applaud Riders as they return to the Greenfield Hill Church. Guests should plan to park at the Fairfield Country Day School down the road: 2970 Bronson Rd, but parking will be limited, so please try to carpool if possible. All guests should be at the Greenfield Hill Church by 7:15 AM as parking will be tight. All guests are welcome to stay for the afternoon of live music. The concert is free and guests may purchase wrist bands for food at the wristband table under the main tent on the day of the Ride.

DURING THE RIDE

Safety and Support

RIDER NUMBERS/STICKERS

Riders will receive a numbered bib and helmet sticker at registration to be pinned onto the back of their jersey and front of your helmet. It is mandatory that Riders wear their number for the entire Ride. Your number will distinguish you as a CT Challenge Rider for our on-course support crews and allow our volunteers to confirm your safety at the completion of your ride.

CUE SHEETS AND COURSE MAPS

Know your route. Review the course cue sheets and maps for your Ride on the bike.ctchallenge.org website. (You'll find them in the "Ride" section.) Copies will be available when you check in before your ride.

SIGNAGE

CT Challenge is a rules-of-the-road ride. Please pay careful attention to the CT Challenge signage along the route. In addition to directing Riders along the route, signs will warn Riders of any specific areas where they should remain particularly cautious of oncoming traffic or road conditions.

STANDING MARSHALS

Standing marshals will be stationed along all routes for added rider safety and support.

SUPPORT (SAG) VEHICLES/ VOLUNTEERS

There will be support (SAG) vehicles patrolling all routes. SAG vehicles will be marked by CTC signage and stocked with basic bike maintenance supplies, basic First Aid supplies, food, water and electrolyte tablets.

VANS

Passenger vans will be on the route to help shuttle cyclists (and their bikes) who abandon their ride back to the Greenfield Hill Church. Depending on the distance, passengers may transfer from van to van in order to get all the way to the Greenfield Hill Church.

PERSONAL SUPPORT VEHICLES

Given that the CT Challenge has arranged for a significant number of support vehicles and support volunteers to monitor the entire route, we respectfully request that Riders DO NOT have personal support vehicles follow them along the route. Though this is a rules of the road ride and Riders will be proceeding along public roads, the route is obviously safer when there are fewer vehicles traveling on it.

FIRST AID ASSISTANCE

First aid assistance will be available at most rest stops along the route, including the commencement of the ride at the Greenfield Hill Church. Please remember that volunteers will only provide basic first aid services and will not dispense any prescription medications or treatments. EMT and hospital services will be on call throughout the day at appropriate locations along the route.

HELP LINE

If you need assistance for any reason during the Ride and you cannot locate a CT Challenge Volunteer, please call (888) 526-3664.

DURING THE RIDE

Safety and Support

STOPPING BEFORE YOUR CHOSEN FINISH

If a Rider needs to stop before completing his or her chosen route, the Rider should contact the nearest CT Challenge volunteer, support vehicle, or call (888) 526-3664. CT Challenge will determine how and where to transport the Rider at that time.

RIDING FARTHER THAN YOUR CHOSEN FINISH

If a Rider wishes to ride farther than his or her chosen distance, the Rider should contact the nearest CT Challenge volunteer to indicate his or her intentions. Please remember that the fundraising commitment irrevocably increases if riding farther than the distance for which a Rider initially registered.

WEATHER CONDITIONS

Weather is unpredictable and rain is a very real possibility. Barring severe weather emergencies, the CT Challenge Ride continues despite poor weather conditions. Riders should be prepared for high winds, temperatures ranging from 50-100 degrees Fahrenheit, heavy rainfall, and/or a combination of these conditions.

Given that weather can change during the event, weather-related announcements may need to be issued after the start of the Ride. SAG drivers will communicate these announcements to any riders they come across on the road, however, riders should be cautious in the case of inclement weather and attempt to find the nearest shelter until weather conditions improve.

Weather during the summer can be very unpredictable. We take the safety of our riders very seriously, and will keep an eye on the forecast as the date of the Ride approaches. We encourage you to sign up for text alerts in case of weather related updates. Please text CTCBIKE to 84483. This will be our main line of communication should there be any weather related issues. We will also send emails as soon as possible to relay any updates.

CT Challenge Ride organizers reserve the right to postpone the Ride start, reduce the Ride length, restrict Ride options, or cancel the Ride to ensure the safety of its participants. We will do everything within our capabilities to communicate cancellation, postponement, or alteration of the event to Riders as quickly as possible. In all cases, Riders are responsible for their own safety and should use their best judgment in deciding whether or not to continue if severe weather conditions exist.

ALL CT CHALLENGE ROUTES CLOSE AT 4:00 PM ON SATURDAY. ANY RIDERS STILL ON THE COURSE AT THIS TIME WILL BE REQUIRED TO ACCEPT A RIDE BACK TO THE GREENFIELD HIL CHURCH IN A CT CHALLENGE SUPPORT VEHICLE.

DURING THE RIDE

Rest Stops

25-MILE RIDE

- Emmanuel Episcopal Church, 285 Lyons Plains Rd. Weston, CT (Mile 10)

50-MILE RIDE

- Redding Town Hall, 100 Hill Road, Redding, CT (mile 15)
- Saint Patrick's Church, 169 Black Rock, Redding, CT (mile 29)

75-MILE RIDE

- Redding Town Hall, 100 Hill Road, Redding, CT (mile 15)
- Lover's Leap State Park, 178 Shortwoods Rd. New Milford, CT (mile 33)
- Oakview Park, 2 Oakview Rd. Newtown, CT (Mile 52)
- Saint Patrick's, 169 Black Rock, Redding, CT (mile 62)

100-MILE RIDE

- Redding Town Hall, 100 Hill Road, Redding, CT (mile 15)
- Lover's Leap State Park, 178 Shortwoods Rd. New Milford, CT (mile 33)
- Lake Waramaug State Park, 30 Lake Waramaug Rd (Mile 47)
- Roxbury Congregational Church, 24 Church St. Roxbury, CT (Mile 63)
- Oakview Park, 2 Oakview Rd. Newtown, CT (Mile 77)
- Saint Patrick's, 169 Black Rock, Redding, CT (mile 88)

The approach to rest stops will be marked by CT Challenge signs. Rest stops will have snacks, water, Gatorade, ice, basic first aid, bike supplies and restrooms. Each rest stop will be staffed by volunteers, and All Riders should stop at rest stops. They are there for your safety and enjoyment. So, rest, hydrate, stretch, meet your fellow Riders and enjoy your Ride. Eat before you are hungry and drink before you are thirsty. Remember, this is not a race and there is no prize for finishing first.

DURING THE RIDE

Volunteers

We love our volunteers and count on them to execute the many details that add up to a safe, successful Ride. If you are part of the army of volunteers who so generously donate their time and energy to the event, thank you.

VOLUNTEER HOME BASE

Pizza will be available for volunteers at the Volunteer Tent. It is also where you will check in when you arrive for your shift. Beverages are under the main tent.

GREENFIELD HILL CHURCH VOLUNTEER CHECK IN

Volunteers must check in at the Volunteer Table located near Rider Registration. When you check in, you will receive your volunteer t-shirt and any other necessary additional instruction regarding the role you signed up for.

Please arrive at least 15 minutes before your shift begins to allow time for parking and registration.

OFF SITE VOLUNTEER CHECK IN

Rest stop, standing marshal, SAG and sweeper vehicle volunteers: You will receive separate instruction regarding check in.

FOOD AND BEVERAGES ON SITE

Volunteers will be served food and beverages at the Volunteer Table. So that we may channel as much of the monies raised during the Ride as possible to funding programs for all who battle cancer, the catered food and beverages are reserved for Riders. Volunteers and non-Riders may purchase a wrist band for the catered food for \$20 (kids: \$8). Alcohol generously provided by Two Roads Brewing Co.

Live music performances are free and open to all.

WHAT TO WEAR

Volunteers must wear a CT Challenge volunteer t-shirt. You will receive your volunteer t-shirt at check in. Otherwise, please dress comfortably according to the weather and the role you are filling. Temperatures could be high so please consider bringing a hat, sunglasses and sunscreen.

YOUR COMMITMENT

Volunteers are expected to commit to the entire shift time for which they signed up. It is not permissible to leave early. Leaving early could unfairly burden fellow volunteers as well as riders who are counting on you to fulfill your task.

If for some reason you cannot fulfill your role or experience an emergency that calls you away from your shift, please text Melissa at 203.858.5630.

At volunteer sites where alcohol is served, volunteers should not drink until their shift is completed.

TAKE INITIATIVE

We encourage volunteers to take initiative. If your task is complete, find something else to do within your area or return to the Volunteer Tent to be reassigned to an area that needs more assistance.

FLEXIBILITY

If you are asked to do a task that you did not sign up for, we ask you to be flexible and help in the area of greatest need. We do our best to give volunteers an opportunity to work where their interests lie, but this cannot be achieved in every instance.

AFTER THE RIDE

Finish Line Celebration

The finish line celebration at the Greenfield Hill Church is a triumphant festival in honor of cancer survivors and all Riders – their physical accomplishments and their fundraising commitments. The celebration will consist of a delicious lunch catered by Fairfield-based Cinch and live music all day.

LUNCH

A delicious lunch buffet will be provided for Riders. Every Rider will receive a wrist band at Rider Registration. This will give them access to the food tent throughout the day. Non-riders may purchase wrist bands the day of the ride at the Wrist Band Table under the main tent.

Wrist bands for non-riders are: \$20 each for non-riders 14 years and up, \$8 for non-riders 13 years and under. CT Challenge expects to accommodate thousands of Riders and guests, so please plan accordingly as the buffet area will become very busy during peak arrival time.

LIVE MUSIC

Bands start at 10:30 AM and conclude at 4:00 PM.

Live music performances are open and free to all.

Children, volunteers and guests are charged for food so that we can ensure donations are applied to programming that benefits survivors.

BEVERAGES

A variety of beverages will be available throughout the day on Saturday. Anyone wishing to enjoy alcoholic beverages will need to display a valid driver's license or other photo ID to designated CT Challenge Volunteers in order to verify that they are of legal drinking age. When proper identification is produced, the CTC Volunteers will stamp your hand so that you may be identified throughout the afternoon and evening in order to obtain alcoholic beverages. Alcoholic beverages will not be provided to anyone who is not displaying the proper wrist band and stamp. Individuals will be limited to two alcoholic beverages at one time and four total throughout the day.

GUESTS AT FINISH LINE CELEBRATIONS

We encourage guests to come and cheer on Riders as they arrive at the Greenfield Hill Church finish line. Guests should park down the street at the Fairfield Country Day School: 2970 Bronson Rd.

Guests who wish to eat the catered food at the finish line celebration must buy a wrist band at our Wrist Band Sales Table, located in the Main Tent (\$20 each for non-riders 14 years and up, \$8 for non-riders 13 years and under). For those guests who do not wish to buy a meal ticket, please have a meal before attending the finish line celebration or bring a picnic or snack to enjoy while you are cheering on Riders.

WRIST BAND POLICY

Concert, Food and Alcohol Information

SATURDAY WRIST BAND:

1. Wrist bands will be used to identify all riders and non-riders who have paid for food on Saturday.
2. Riders will receive their Saturday wrist band at Post Ride check-in.
3. Saturday wrist bands will be sold to non-rider adults for \$20 on the day of the Ride at the Wrist Band Table under the main tent
4. Saturday wrist Bands will be sold to children (under 14) for \$8 on the day of the Ride at the Wrist Band Table under the main tent.
5. All guests who purchase a wristband for food online will receive their wrist band at the Wrist Band Table under the main tent.

LIVE MUSIC ACCESS:

Live music is free and open to all. Food is available for purchase by non-riders.

CTC STAMP

1. Only Riders and guests who are 21 and over will be served alcoholic beverages. Everyone will be ID'd by the CTC staff. When the rider or guest shows proof that they are 21+, their hand will be stamped. This will identify them as of legal age to bartenders.
2. Riders/Guests will be limited to two drinks at one time and four drinks total.

FREQUENTLY ASKED QUESTIONS

Riders

RIDER CHECK-IN

Where/When is Rider Check-In?

Riders may check in between 5:00 -8:00 PM Friday. Alternately, Riders may check in on Saturday morning starting at 5:30 AM. Check-in closes at 7:30 AM on Saturday.

Do I receive a gift bag?

If you are riding, you will receive your gift bag when you check in at the completion of your chosen route.

Can I bring a guest to the Ride?

Yes. However if your guest(s) is coming for the start, they must arrive by 7:15 AM. If your guests would like to stay for lunch they need to purchase a wrist band per our Wrist Band Policy.

THE RIDE

How far do we have to ride at once?

Saturday ride lengths are 10 miles, 25 miles, 50 miles, 75 miles and 100 miles. There will be Rest Stops along the route approximately every 12 to 20 miles. Drinks, food, mechanical support and first aid assistance will be available at most stops. Support vehicles will also patrol the route to provide immediate assistance if needed. If you feel you need to rest before you reach a rest stop, please pull over to the side of the road.

What if I want to ride farther and increase my fundraising commitment on the day of the ride?

For safety and logistical reasons, we must know which Riders are on the route at all times. If you decide to ride farther than the route you originally chose, please notify a CT Challenge staff member or volunteer ASAP. Please note: If you increase the distance you are riding, your fundraising commitment may also increase.

What if I can't finish my route?

All CT Challenge routes are fully supported. Support vehicles, identifiable by CT Challenge signage, will be patrolling all routes to assist Riders and help them return to the Greenfield Hill, if necessary. If you do not see an accessible support vehicle, please call the CT Challenge Command Center at (888) 526-3664.

What kind of medical coverage is there for the ride?

EMTs will be at most rest stops and support vehicles will patrol the route to provide immediate first aid assistance. These volunteers will offer basic first aid only. Any situation requiring greater attention will require transportation to the nearest medical facility via ambulance. While riding, please carry all of your prescription medications and your health insurance card in your jersey or bike bag. The first aid staff will have no I.V. solutions or prescription medications. If you are in need of medical assistance while on the route, please call the CT Challenge Command Center at (888) 526-3664. In the case of an emergency, please call 911 first, then the CT Challenge Command Center so CT Challenge officials can track the incident and assist as necessary.

FREQUENTLY ASKED QUESTIONS

Riders

BIKES, BIKE MAINTENANCE AND STORAGE

Where/When can I get my bike serviced?

Bike mechanics will be located at every rest stop on the route, and at the start and finish. However, please tune up your bike before CT Challenge weekend to avoid lines.

What if my bike breaks during the ride?

Support vehicles will patrol all CT Challenge routes to assist Riders with emergency repairs. If you have a mechanical issue on the route, please call (888) 526-3664.

Can I rent a bike for the ride?

CT Challenge event organizers are not renting bikes to Riders this year. However, we have compiled a list of local bike shops who rent bikes. You can find it at bike.ctchallenge.org in “The Ride” section.

REST STOPS

Where are the rest stops?

There are rest stops approximately every 12-20 miles.

FOOD

Will food be provided?

Snacks will be provided at every Rest Stop on the route.

FREQUENTLY ASKED QUESTIONS

Families and Other Supporters

PARTICIPATION

I'm not riding. How can I participate?

The CT Challenge mission is to raise money to help cancer survivors reclaim their lives through game-changing programs of exercise, nutrition, mind-body health and community-building support. If you're unable to participate as a Rider or volunteer, but would still like to fundraise, you can become a Virtual Rider. Please visit bike.ctchallenge.org for additional information and to register.

INJURIES

What if a Rider gets hurt along the route or isn't able to finish?

If a Rider is hurt or otherwise unable to finish the Ride, support vehicles or First Aid Volunteers will provide appropriate first aid assistance and will contact EMT services if necessary. If a Rider is transported to a medical facility, the Rider's designated emergency contact person will be notified of the nature of the injury and the medical facility to which the Rider was transported. If a Rider does not need to be transported for an injury but is otherwise unable to finish his or her Ride, support vehicles will pick up the Rider and transport him/her back to the Greenfield Hill Church.

SUPPORT YOUR RIDER

Where can I cheer for my Rider along the route?

We encourage friends and family members to cheer on Riders as they proceed along the various routes. When traveling to a particular portion of the route, please make every effort to travel along alternative roads in order to keep riding routes as clear of cars as possible. Guests should also park cars away from the route in order to keep those roads clear and safe for Riders. At the finish line celebration, guests must follow all instructions provided by members of law enforcement and CT Challenge volunteers and should look for signage directing them to designated guest parking areas. Please note that guests are not invited to enter any of the rest stops along the route. Guests must not attempt to enter rest stops for any reason as it endangers the Riders who are entering and exiting the properties. Additionally, please note that putting spray paint on public roadways in an effort to cheer on Riders is strictly prohibited by law.

Will there be food and beverages at the finish line?

Guests who would like to eat the catered food at the finish line celebration will need to buy a wrist band. If you do not wish to buy a wrist band, feel free to bring a picnic or snack to enjoy while you cheer on Riders. You do not need a ticket to enjoy the live music. It is free and open to all.



MEETING PLACE FLAGS

- ★ #THRIVIN
- ★ #UNDEFEATABLE
- ★ #NOLIMITS
- ★ #CTCHALLENGE

LOCATION KEY

BATHROOMS-PORTOLETS	1
BEER GARDEN	2
MEDICAL TENT +	3
BIKE TECH AREA	4
STAGE	5
CTC FINISHER'S PODIUM	6
FOOD DISTRIBUTION	7
FOOD SERVICE TENTS	8
FOOD WRISTBAND PURCHASE	9
FOOD WRISTBAND CHECK	10
GREENFIELD HILL CHURCH	11
KIDS ZONE & GAMES	12
MAIN TENT	13
START-FINISH AREA	14
REGISTRATION & RIDER CHECK-IN	15
RIDER STAGING AREA	16
TEAM PHOTO AREA	17
VOLUNTEER CHECK-IN	18