



Cure on Wheels LAGBRAI- Saturday & Sunday, September 21st-22nd, 2019

LAGBRAI STAFF CONTACT INFORMATION

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EVENT LOCATION INFORMATION

START & END LOCATION: Brandon Hooters- 10023 Adamo Drive, Tampa, FL 33619 - Depart Saturday September 21st and return Sunday afternoon, September 22nd.

HOST HOTEL: Marriott World Center- 8701 World Center Drive, Orlando, FL 32821- Arrive Saturday afternoon September 21st and depart Sunday, September 22nd.

PARKING & LUGGAGE TRANSPORT INFORMATION: There will be no overnight parking on the Brandon Hooters property or other posted areas in the surrounding area. Riders will be able to park at the Fairfield Inn & Suites/Courtyard by Marriott, 10150 Palm River Drive, Tampa, FL 33619. Parking at the Marriott World Center in Orlando is \$23.43 per night and \$37.28 per night for valet.

WEATHER & SAFETY

Please visit www.weather.com for the latest weather conditions. Cyclists should be prepared for varied conditions.

Rider Safety

- All riders are REQUIRED to wear a bike helmet.
- All riders are REQUIRED to carry a photo ID.
- All riders must obey all Florida traffic laws.
- **NO headphones or ear buds** will be permitted.

Ride Etiquette

- Please take a few moments to review these tips to help ensure you have a safe ride.
 - Ride predictably: straight, without weaving.
 - Look behind before changing your line.
 - Generally, ride single file.
 - Do not ride two or more abreast.
 - Ride as close to the right as possible.
 - Give room for others (vehicles or faster riders) to pass.
 - Use verbal and manual signals to assist fellow riders
 - Slowdown in urban areas or on bike paths.
 - Usually pass on the left and be sure to let the person know you are passing by saying "On your left."

Bike Mechanic Tent

- A bike mechanic will be onsite in the staging area at 6:30 a.m. to assist with any bike adjustment needs. They will also be on the course and available Sunday morning.



WEEKEND ITENERARY

We ask you to please arrive early for your ride as traffic will be heavy. In addition, we urge you to please car pool if you know anyone else riding as parking will be limited as well.

- **Event Day Breakfast**

- 6:00 a.m. to 7:30 a.m. includes a continental breakfast compliments of Hooters. We also provide coffee and continental breakfast on Sunday morning at the check in location (same location as the finish/start line.)

- **Rider Check-In**

- Please look for the Cure on Wheels registration table upon arrival and please plan accordingly for time. Simply stop at the check-in table to let us know you have arrived and will be riding. Pick up your rider bag, which will include your bib number and bracelet. The number can be attached to your bike or pinned to your jersey. The bracelet must be worn the entire weekend, as it will be your admittance to all parties. The check-in and check-out process is very important to ensure we account for every rider who is riding with us. Please note: **Check in is required to receive your rider number and laminated spoke card with emergency numbers.**

- **Ride Start Location**

- Saturday, 7:30am: Official ride start time, Brandon Hooters riding to Marriott World Center
- Sunday, 7:30am: Official ride start time, Marriott World Center riding to Brandon Hooters

- **Starting Line**

- Saturday:** 7:10am - Riders Line Up for Brief Announcements
7:20am - National Anthem
7:30am - Riders Depart Brandon Hooters Sharp
- Sunday:** 7:10am - Riders Check In
7:20am - Riders Line Up
7:30am - Riders Depart Marriott Sharp

- **Road Courses**

- Riders should ride in a single file line along the right side of the road, as most areas on the course are open to traffic. Please do not ride more than two abreast at any time. All traffic, stop signs and traffic signals must be obeyed. Be sure to use proper hand signals when turning.
- Water stops will be strategically located approximately every 15-20 miles and will supply both food and beverages.
- Cure on Wheels staff will be stationed throughout the course to support all cyclists. Should you need assistance, please do not hesitate to contact a staff member on the emergency numbers provided. In addition, both medical support and bike maintenance will be monitoring the course by vehicle. The telephone numbers for personnel are provided on a spoke card at check-in.
- **Please use extreme caution over railroad tracks.**

- **Rider Return Finish Table**

- All riders must check in at the Rider Return finish area in front of the convention center at the Marriott on Saturday and Brandon Hooters on Sunday. Security will direct riders to finish line at the Marriott. Room keys will be available for pick up at that time. **If family members arrive first, have them check in with Debbie Ramker at the start/finish line, not the front desk.** Riders will also check in Sunday at Hooters. This insures that we know you have finished the race safely.

- **Ride Celebration Itinerary**

- Cure on Wheels will provide three parties. All will require your purple race bracelet.
- **2:00pm – 5:00pm, Saturday:** Finish Line Party at the Marriott World Center, Lunch provided
- **6:00pm – 8:00pm, Saturday:** Party hosted by Splitsville, 1494 East Buena Vista Dr. Orlando, FL 32830. The first bus will depart from the start/finish area at 5:30pm and will continue to shuttle if necessary.
- **1:00pm – 4:00pm, Sunday:** Finish Line party, Brandon Hooters
- **Note:** Guests are invited to celebrate with you and will be asked to purchase a purple bracelet for a \$50.00 donation to Cure on Wheels for their food and beverages at all parties.



FREQUENTLY ASKED QUESTIONS

Will I be able to ride if I have not met the minimum fundraising level? **No, all participants must have reached the minimums required to participate.** If you are unsure of your minimum requirement, please visit the fundraising page at give.cureonwheels.org/LAGBRAI.

Is check-in mandatory? **Yes!** This is the only way for you to receive your rider number, laminated spoke card with emergency numbers and purple wristband.

What do we do with our luggage if we need it transported? Please arrive to the parking lot of the Fairfield Inn & Suites/Courtyard by Marriott, 10150 Palm River Drive, Tampa, FL 33619 by 6:15am and look for the AAA van to drop off anything you need transported.

How is parking being handled for the weekend? Parking will be available at Fairfield Inn & Suites/Courtyard by Marriott, 10150 Palm River Drive, Tampa, FL 33619 for those who want to leave a car over the weekend. **(PLEASE PARK IN CORNERS OF LOT, NOT BY HOTEL ENTRANCE)** There is no overnight parking at Brandon Hooters or surrounding posted areas, it is important to know if you do park there they will tow your car. Parking at the Marriott World Center in Orlando is \$23.43 per night and \$37.28 per night for valet. If you desire parking or incidental charges, you must go to front desk and have a credit card swiped.

Should we arrive early? It is recommended that you arrive early to help avoid long lines at check-in and to obtain a parking spot.

What do I do with my cash and check donations that I have not turned in yet? Please bring your cash and check donations with you the day of the ride. We will have designated volunteers available to accept your donations and accurately log them to your account. It is very important that you have your donations recorded by a Cure on Wheels check-in volunteer to confirm all donations have been credited to your account accurately. Please do not turn them over to anyone and assume they will be logged later. In addition, we will have our credit card machine available.

Who should the checks be made payable to? Please make all checks payable to "Cure on Wheels" and be sure to note your name on the check memo line.

Do you provide food and drink for the riders? Yes, provide food and drink for the participants, however, you may want to have extra cash on hand if family or friends plan on joining you at any of the LAGBRAI party events. We also provide a bagged lunch to all riders upon arrival to the Marriott World Center on Saturday.

What if I have friends or family who want to attend the LAGBRAI party events? For each person who is not registered to ride we are asking for a \$50.00 donation to cover the cost to all or just one of the events. We will accept cash and credit cards at all the venues and a purple wristband will be provided.

When and where can I pick up my rider incentive (jersey) if I have qualified? **We are asking all riders to wear the official jersey both days of the LAGBRAI ride.** Jerseys may be picked up at the Brandon Hooters Friday night or at check in on Saturday. For all other incentives, contact Richard Spayde or Allyn Ramker. Instructions will be provided for pick up locations and times. We do keep fundraising open until October 30th to allow participants to continue fundraising for additional incentives.

Can I register the day of the event and still participate? Yes! Just keep in mind that the fundraising minimums are required to ride.

Can I continue to fundraise even after the event is over? Yes! We highly encourage you to do so! We will keep the event open for a few weeks after the event to allow for more fundraising so those who did not reach their requirements can have more time. We will keep fundraising open until October 30th. At that time we will place our final orders for rider incentives.