

*The following email was sent to Riders and Crew on 9/5 and 9/12.*

This email includes very important logistical information. Please read and make sure to complete the necessary items.

## ACTION ITEMS

- **Download the Ride with GPS app** so you can see the [2024 route](#) on your device. We will include the event landing page in the final logistics email prior to the Ride and QR codes on cue sheets each morning. Please note that the route is subject to change leading up to the Ride, so it's a good idea to re-download the map each day of the Ride over breakfast.
- **Download the DonorDrive app and sign up for C4C mobile alerts** by texting CYCLE to 74409 to make sure you don't miss any urgent updates leading up to and on the Ride.
- **Review our [Travel Information Document](#)** again. Crew will receive pizza when they arrive in Westborough as there is no lunch stop during your bus ride. For Riders, please bring a bagged lunch or cash to buy yourself lunch on Day 0 at the lunch stop that day.
- **Start planning your Red Dress Day outfit for Day 2 (Saturday)!** For those new to Red Dress Day, [take a look at this video](#) and see how you can express yourself that day as we Ride and Crew in red together. Plus, we'll give out our annual Red Dress Day awards that evening, from Fan Favorite and Best on the Road, to Best Rest Stop and Best Sweep Van.
- And don't forget that Da 1 (Friday) is Team Jersey Day and that Day 3 (Sunday) is Cycle for the Cause Jersey Day!

- There will be a few opportunities over the weekend for you to honor loved ones that you are Riding or Crewing for, so please bring (2) copies of 4x6 photos of those you Ride or Crew for.
- **Keep fundraising!** The Center could not provide our HIV/AIDS programs and services without the funds raised from all of your hard work. Keep up the great work, earn [C4C swag](#), let's put an end to HIV/AIDS for good!

## MANDATORY FOR ALL PARTICIPANTS

- **Re-watch this [10 minute safety video](#)** so that you and your fellow participants stay safe along the route.
- **Review your comprehensive [packing list](#)**
- NOTE: All participants should plan for layering, such as arm warmers for the chillier fall morning temps, and know you can shed some layers with our Rest Stop teams.

## MANDATORY FOR RIDERS ONLY

- **Review the C4C [Bike Safety Checklist](#)** and have your bike tuned up prior to drop-off to ensure it is in optimal riding condition.
- **Learn how to fix a flat!** While we have bike techs at Rest Stops, riders should be equipped to know how to handle this for themselves and for teammates. Here's a [helpful video](#) to watch when you have some "spare" time! Get it?
- NOTE: We encourage you to **bring any endurance nutrition items (energy chews or gels), extra tubes, CO2 cartridges, and massage gear or devices** that you have been using in your personal training.
- If your bike has very specific parts, be prepared with spares. Our bike techs will only be equipped with generalized parts. Be particularly conscious of your

derailleur hanger as they are different for most bikes.

## IMPORTANT TIMES

### Crew

Thursday, 9/19/24 Check-in at The Center/ADP Roseland - 6:30am

Thursday, 9/19/24 Departure from The Center/ADP Roseland to Westborough, MA - 7:30am

Thursday, 9/19/24 Crew arrival time in Westborough, MA - 1:30pm

Thursday, 9/19/24 Mandatory Crew Meeting in Westborough, MA - 1:30pm

### Riders

Wednesday, 9/18/24 Bike drop-off at The Center/ADP Roseland - 7:30am-1pm

Thursday, 9/19/24 Check-in at The Center/ADP Roseland - 9am

Thursday, 9/19/24 Departure from The Center/ADP Roseland - 10:30am

**On-Event Resources** such as public cheering stations to share with your friends and family, schedules, route cues, packing lists, and more are being added and [stored here](#) for access throughout the next few weeks and event weekend. Please bookmark on your phone!

Please email me at [lgueldenzopf@gaycenter.org](mailto:lgueldenzopf@gaycenter.org) with any questions or updates.

Can't wait to hit the road with you!

Lisa Gueldenzopf & the C4C team