



# BIKE MS: CITY TO SHORE SAFETY CLINIC

September 2, 2021

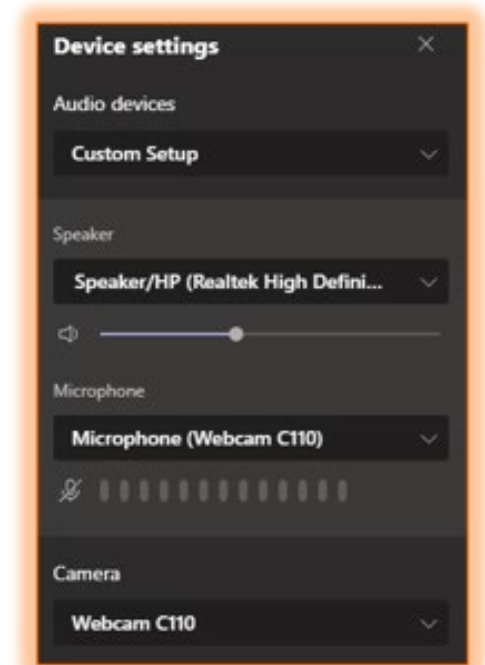
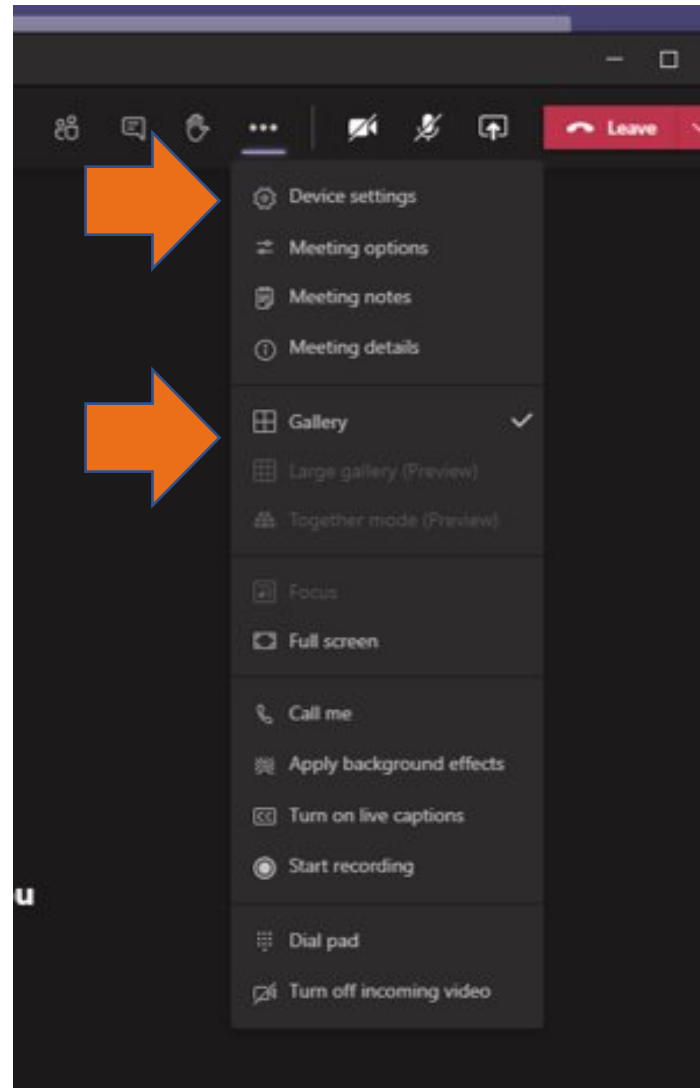
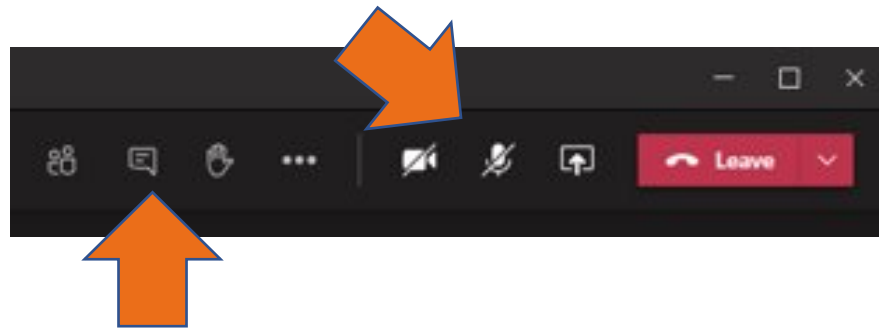


City to Shore  
presented locally by



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# MICROSOFT TEAMS BEST PRACTICES



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# AGENDA

- Importance of Safe & Courteous Cycling Behavior
- Getting Prepared for Ride Weekend
- COVID -19 Safety Protocol
- PATCO Start Reminders
- Safe & Courteous Cycling Basics
- Group Riding Basics
- Ride Weekend Support
- Medical & Non-Medical Emergencies
- Questions

MS<sup>®</sup>  
TH!NK  
SAFE

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# WELCOME & INTRODUCTIONS

**Nicole Lewis**

Sr. Director, Bike MS



**Diana Hulboy**

City to Shore Top Fundraiser & Planning Team Member  
League of American Bicyclists Certified Instructor #2477

**John DeGood**

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IMPORTANT:  
SAFE & COURTEOUS  
CYCLING BEHAVIOR



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# MASS RIDES POSE SPECIAL PROBLEMS

- **Variety of Skill Levels**
- **Mob Mentality**
- **Inconsiderate Behavior**

**All roads are open to traffic  
City to Shore weekend**



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# PERSONAL RESPONSIBILITY

As responsible cyclists, we care about our image, so we try to be courteous to others with whom we are sharing the road, whether they are motorists or cyclists.

- LAB Student Manual, pg. 8



- **You play an important role** in providing a well-run, well-supported, safe and enjoyable Ride.
- Bike MS provides the necessary tools to educate all City to Shore cyclists but **it's up to YOU to be a responsible cyclists.**
- *The commitment is minimal, but the impact is tremendous*

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GET PREPARED



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# DO YOU HAVE YOUR RIDER NUMBER PACKET?

**WHAT:** Final rider number mailing September 8

**WHY:**

1. Save time ride morning
2. Limit gathering at the PATCO start
3. Only opportunity to receive packet prior

**WHERE / HOW:** Reach required \$300 fundraising minimum before September 8



Visit City to Shore Website:  
Registration > Packet Pick Up

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# MANDATORY BIKE INSPECTIONS:

**WHO:** All registered City to Shore participants

**WHAT:** Overall evaluation of the overall condition of your bike.

**WHERE:** City to Shore sponsoring bike shop

**WHY:**

1. It's FREE!
2. identify any major mechanical issues
3. receive free bike maintenance City to Shore weekend

**HOW:** bring your bike + show Bike Shop Inspection BEFORE September 18



Visit City to Shore Website:  
Training & Prep

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# COVID-19 SAFETY PROTOCOL



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# PRECAUTIONS & BEST PRACTICES: COVID SAFETY

- **Face coverings will be required for all** riders, volunteers, and staff throughout the event regardless of vaccination status for COVID-19 throughout the event.
  - Riders may remove their masks when out on the road, eating, or drinking.
- **Pre-Event health screening** of all staff, participants, and volunteers.
- **Promotion of social distancing, reduced touchpoints and additional sanitation**
- **Anyone at increased risk or exhibiting symptoms of COVID-19 will be directed to stay home.**

Visit Website: [Bike Safety & COVID-19 page](#) + [City to Shore Ride Weekend Details](#)

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# PRECAUTIONS & BEST PRACTICES: COVID SAFETY

## Start Locations & Release Protocol: 20 & 40 Mile

- Larger/longer start chute to accommodate social distancing
- **MASK REQUIRED** while waiting to be released on route

## Start Locations & Release Protocol: PATCO

- Team Photos will not be offered
- Reduced capacity in the corrals
- **MASK REQUIRED** while waiting to be released on route
- All participants highly encouraged to meet mailing deadlines
- Century release prioritized access to the start

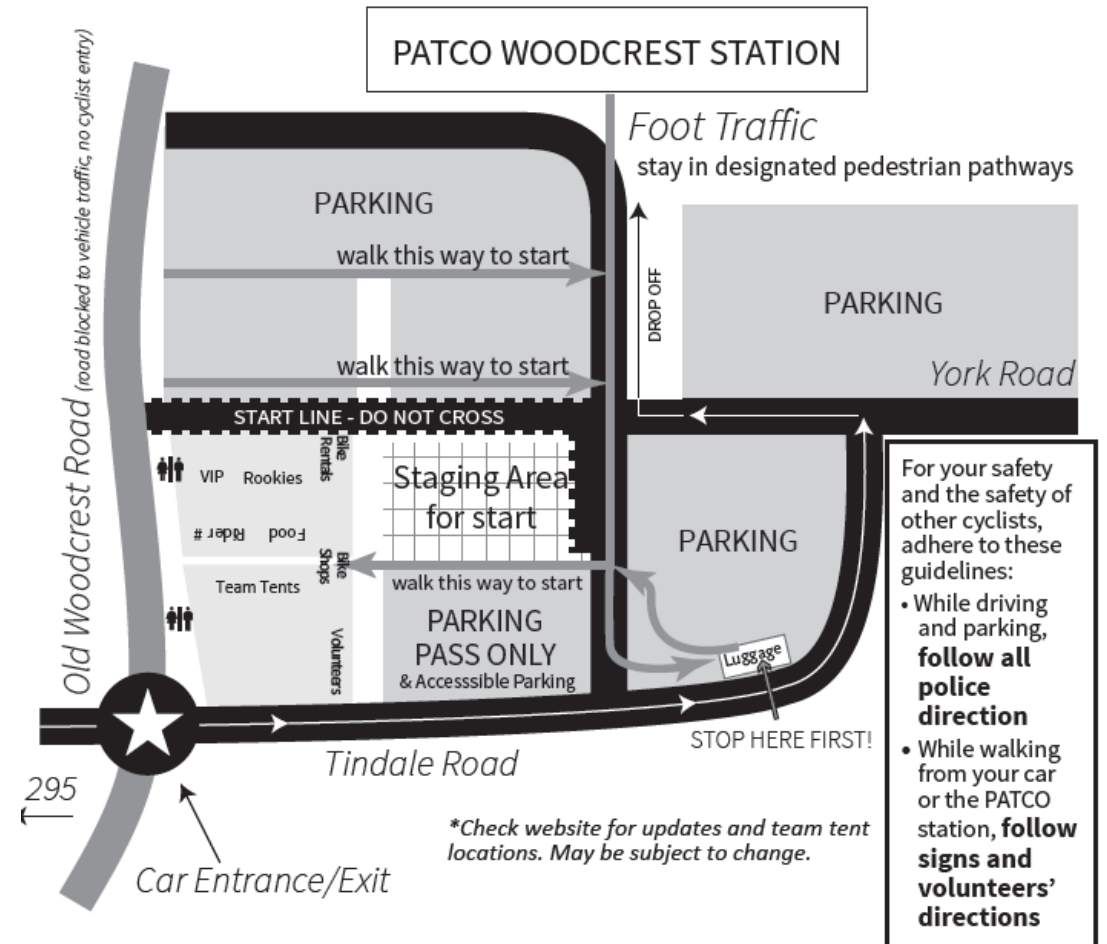


Visit Website: [Bike Safety & COVID-19 page](#) + [City to Shore Ride Weekend Details](#)

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# STARTING FROM PATCO

- Travel Tips
- Arriving at PATCO – Where to Go
- Luggage Drop Location & Procedure
- Food & Beverage
- Start Times
  - Site Opens: 5:30am
  - 8am: All Cyclist Must be on the Road
- Cyclist Release Protocols



Woodcrest Rd is Closed  
to Vehicle Traffic

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# PERSONAL RESPONSIBILITY: COVID SAFETY

- Complete the Health Screening
- **Wear Your Mask (unless eating, drinking or riding)**
- Be courteous and responsible of personal space and practice social distancing **Come Prepared**
  - Reach \$300 before September 8
  - Bring your water bottle
  - Review the website for more details
- **@ PATCO** > wait in your vehicle until your comfortable



Visit Website: [Bike Safety & COVID-19 page](#) + [City to Shore Ride Weekend Details](#)

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# RIDE WEEKEND SUPPORT



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# WHAT TO BRING RIDE WEEKEND

## REQUIRED:

- Bicycle (inspected)
- Rider number
- Water bottle (all rest stops are cup-free)
- Helmet
- **Face Mask**

## SUGGESTED:

- Cycling gloves
- Padded cycling shorts
- Sunscreen & lip balm
- Windbreaker
- Rain gear
- Phone
- ID & money
- Sunglasses
- Overnight bag

## OPTIONAL:

- Patch kit & spare tube
- Dietary preferences or needs



Visit City to Shore Website:  
Training & Prep

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# *Outstanding support, every mile of the way...*

## **FOOD & DRINK**

- **Breakfast:**
  - Saturday: Breakfast Bars, Water & Sports Drink
  - Sunday: Continental Buffet Breakfast 5:30am-7:30am
- **Rest Stops:** individually wrapped sweet & salty snacks, fruit, water and sports drink.
- **Lunch @ Hammonton** each day (75 & 100 Mile Routes)
- **Saturday Finish Line:** Light Bites in the festival area + Spaghetti Dinner 3-7pm + Ocean City Boardwalk!



**Cup Free Ride**

Visit City to Shore Website:  
Ride Details > Meals & Support

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# Outstanding support, every mile of the way...

## ON ROUTE

- Clearly Marked
- Heavily Supported
- The route is heavily supported by road marshals, medical support, bike shop support, police, route volunteers and Support and Gear (SAG) wagons.
- Fun, Festive & Fully Stocked Rest Stop every 10-15 Miles



Visit City to Shore Website:  
Ride Details > Meals & Support

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# *Outstanding support, every mile of the way...*

## **TRANSPORTATION: It's Free!**

### **Luggage**

- Remember to adhere your luggage tag
- Once it is placed on the trailer it cannot be removed.

### **Hotel Shuttles: Jitney Service**

- On 6th Street
- You (secure overnight bike parking available)
- Sat: 12:00-8:00 p.m. & Sun: 6:00-9:00 a.m.
- OC Finish > Campground & Hotels list on website

### **Return to Start: Saturday**

- 6 & Atlantic
- You & Your Bike
- Saturday: All Start Locations
- Sunday PATCO Only
- Times Vary – Visit Website

**Full Schedule:  
Visit Ride Details Page**

**Visit City to Shore Website:  
Ride Details > Lodging & Transportation**

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NEED HELP?



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# MEDICAL EMERGENCY

1. Identify yourself as a cyclist
- 2. Give the cyclist's ride number**
3. Note the mile marker
4. Give cell phone #
5. Report if a motor vehicle is involved
6. Give degree of injury and other necessary information
7. Stay on the phone with med control if needed



**Bike MS Medical: 609-398-4156**

**Do Not Call 911**

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# NON-MEDICAL EMERGENCY

- Debris in the road (road kill, gravel, tree down)
- Route markings missing
- Unsafe intersection



**Bike MS Net: 609-398-4157**

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# SAFE (& COURTEOUS) CYCLING + GROUP RIDING BASICS



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# SAFE CYCLING BASICS



## KNOW AND OBEY ALL TRAFFIC LAWS

The golden rule of bicycling in a group is be predictable!



## OBEY ALL TRAFFIC SIGNS & SIGNALS

Avoid "following the leader" through traffic signs and signals.



## STAY RIGHT!

Ride in the right portion of the rightmost lane in the direction you are traveling. Leave at least 4' between your handlebars and parked cars, other hazards or riders.



## LOOK & SIGNAL

Avoid "following the leader" through traffic signs and signals.



## UNPLUG

Headphones or ear buds are **NOT permitted**. This is so you can hear traffic and safety warnings.



## 2 AT A TIME

Ride no more than two abreast and do not impede traffic.



New Jersey Law states that every person riding a bicycle on a roadway is granted all the rights and subject to all of the duties of the motor vehicle driver. 39:4-14.1

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# GROUP RIDING BASICS



## BE VERBAL!

Communicate during the ride to let others know about hazards or your movements.



### "ON YOUR LEFT"

Call this out before you pass someone. If you hear it, a rider is approaching your left side. Allow them room to pass.



### "SLOWING"

The cyclist in front of you is slowing down. Use caution and prepare to stop. Use the palm of your hand toward riders behind you to indicate slowing and stopping.



### "STOPPING"

This indicates that a rider ahead is stopping. Do not forget to unclip from your pedals.



### "CAR BACK"

This means a car is approaching from the rear. All riders make an effort to move to the right of the road in a single file until the car passes.



### "GRAVEL / POTHOLE / SAND / TRACKS"

Each of these messages is to alert the rider behind you of hazardous road conditions. The words are combined with the gesture of pointing to the hazard well in advance.

**Don't pass at an intersection**

**Do NOT yell 'clear'**

**Do NOT swarm cars!**

**Be predictable**

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# GROUP RIDING BASICS

Watch for traffic coming from the rear

Be aware of cyclists slowing/stopping

Look before you move

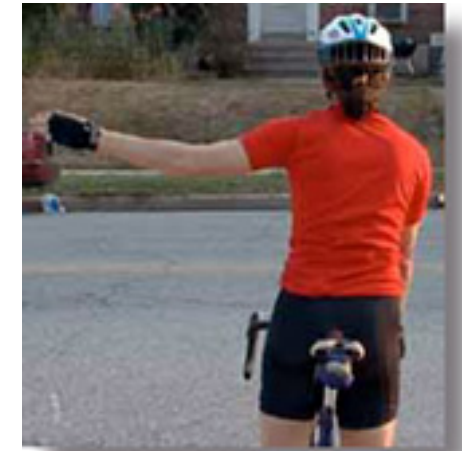
Change positions correctly

It's a ride NOT a race

Have fun!



*Slowing/Stopping*



*Left Turn*



*Right Turn*



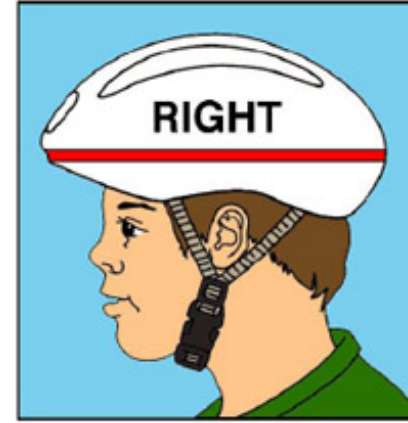
*Right Turn  
Alternative*

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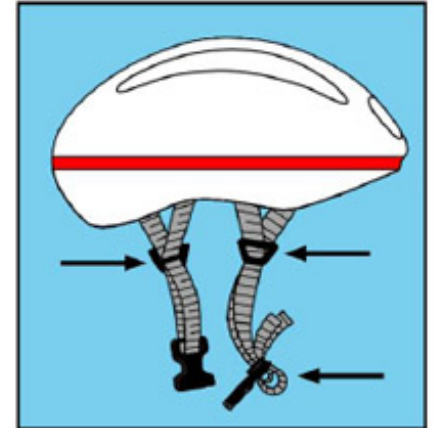
# PROPER HELMET FIT



**HELMETS ARE REQUIRED BY THE STATE OF NJ AND BIKE MS**



Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

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# ABC QUICK CHECK

**Air** in the tires, and tire condition.

**Brake** function and adjustment.

**Crank**, chain, cassette

**Quick Releases** engaged & locked.

**Check** ride for function of shifting and brakes

**A IS FOR AIR**  
Check tire pressure. Look for damage to sidewalls.



**FINAL CHECKOUT RIDE**  
Take a short ride to check that brakes work and that the bicycle shifts properly and listen for rattles.

**B IS FOR BRAKES**  
Check pad wear and adjustment, cable and housing, brake release and brake function.

**C IS FOR CRANKS, CHAIN AND CASSETTE**  
Check cranks, chain and cassette.

**Q IS FOR QUICK RELEASE**  
Check quick release levers which hold the wheels to the bicycle.

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QUESTIONS?



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