



2017 RIDER
PLAYBOOK

Chainbreaker

WELCOME

Hello Riders... Chainbreaker '17 is almost here!!!

Thank you and congratulations on your selfless commitment to End Cancer. You are indeed leaders in kicking off the inaugural Chainbreaker. A cornerstone of our brand, we are proud that 100% of every dollar you have raised goes directly to cancer research at the Masonic Cancer Center, University of Minnesota.

We are now in the home stretch with ride weekend just around the corner, so let's get down to business...

Assembled over the past few months, the Rider Playbook is an important document intended to provide Riders with the detail needed for a safe and enjoyable ride experience. The playbook breaks down the action, starting on Friday afternoon with Opening Ceremony and running through route specifics to Sunday's two-day 180-mile finish at Excelsior Commons. Importantly, we encourage all Riders to read the playbook.

Also, we would very much like to see you and your guest at Opening Ceremony! Friday's festivities include Rider registration, Rider gift bag pick-up, dinner, beverages, and entertainment. We believe Opening Ceremony will be a highlight of ride weekend for sure. Nashville-based recording artist James Otto will perform following brief comments by multiple-time cancer survivor, and all-around great guy, Woody Roseland. Check Woody out on Twitter @WoodyRoseland.

Finally, if after your 25 or 50-mile ride you'd like to keep rolling, figuratively of course that is, feel free to join Riders at the finish at St.Olaf for more music and refreshments. While the 25-mile route features two Nashville-based bands, 50-mile finish entertainment features country music award winning band: LANCO. Riders and guests are welcome to refreshments and live tunes at the 100-mile and 180-mile venues as well.

We look forward to seeing you on August 11th. In the meantime, train safely and get fired up for a great time.

Be well,

The Chainbreaker Team

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WEEKEND OVERVIEW

FRIDAY, AUGUST 11, 2017

4:00-8:00 P.M.

- Rider Check-in
- Medical Services
- Bike Drop Off/Maintenance (Bike Corral)
- Bag Check/Drop Off
- Beverages
- Dinner Buffet (complimentary for Rider and one guest)
- Live Bands

6:30 P.M.

- Opening Ceremony Program

WEEKEND OVERVIEW (CONTINUED)

SATURDAY, AUGUST 12, 2017

5:30-6:30 A.M.

- Late Rider Check-in
- Medical Services
- Emergency Bike Maintenance
- Bag Check (if not done Friday night)
- Bike Pick-up (Bike Corral)
- Light Breakfast Served (bread, fruit, juice, coffee)

6:30 A.M.

- Riders Begin to Stage

7:00 A.M.

- Riders Depart

7:30 TO 9:00 A.M.

- St Joseph's Catholic School Rest Stop #1—Rosemount

8:00 TO 11:30 A.M.

25-Mile Finish—Hampton

- Breakfast Buffet
- Live Bands
- Bag Pick-up
- Rider Shuttles and Bike Trucks back to Blue Cross Blue Shield in Eagan

8:00 TO 10:30 A.M.

- 50, 100, & 180-Mile Riders—St Mathias Church Rest Stop #2 - Hampton

8:30 A.M. TO 12:30 P.M.

- Lake Byllesby State Park Rest Stop #3 - Cannon Falls

8:00 A.M. TO 2:00 P.M.

50-Mile Finish—Welch Village

- Lunch Buffet
- Live Bands
- Bag Pick-up
- Rider Shuttles and Bike Trucks back to Blue Cross Blue Shield in Eagan

9:00 A.M. TO 2:00 P.M.

- 100 & 180-Mile Lunch/Rest Stop #4—Welch Village

9:30 A.M. TO 3:30 P.M.

- First Farmers Bank Rest Stop #5—Cannon Falls

10:00 A.M. TO 5:30 P.M.

- Farmers State Bank Rest Stop #6—Dennison

11:00 A.M. TO 8:00 P.M.

100-Mile Finish and 180-Mile Overnight—St. Olaf College, Northfield

- Buffet
- Live Bands
- Bag Pick-up
- Medical Services
- Rider Shuttles and Bike Trucks back to Blue Cross Blue Shield in Eagan (100-Mile)
- Room Check-in (180-Mile)

WEEKEND OVERVIEW (CONTINUED)

SUNDAY, AUGUST 13, 2017

5:00 A.M.

- Riders Wake-up

5:30 TO 6:30 A.M.

- Breakfast Buffet at Stav Hall, St. Olaf College
- Medical Services
- Bike Pick-up and Maintenance
- Bag Check-in

6:30 A.M.

- Riders Begin to Stage

7:00 A.M.

- Riders Depart

7:30 TO 9:00 A.M.

- Christdala Church Rest Stop #1—Lonsdale

8:00 TO 10:30 A.M.

- Montgomery-Lonsdale Middle School Rest Stop #2—
Montgomery

8:30 A.M. TO 12:30 P.M.

- Hickory Park Rest Stop #3—Belle Plaine

9:00 A.M. TO 2:30 P.M.

- Security Bank Rest Stop #4 - Cologne

11:00 A.M. TO 5:00 P.M.

180-Mile Finish—Excelsior Commons

- Buffet
- Live Bands
- Bag Pick-up
- Medical Services
- Rider Shuttles and Bike Trucks back to Blue Cross Blue
Shield in Eagan

BEFORE THE RIDE

SAFETY GUIDELINES

RULES OF THE ROAD

When you registered to participate in Chainbreaker, you agreed to abide by all of the following rules of the road at all times during Chainbreaker weekend.

- Chainbreaker 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 center line regardless of passing zone.
- Obey instructions from Law Enforcement Personnel and Chainbreaker Staff. Pay attention to information posted on Chainbreaker 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.

TIPS FOR SAFE GROUP RIDING

BE PREDICTABLE

Group riding requires more 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 Turn: left arm straight out to the side.
- Slow or Stopping: left arm out and down with your palm to the rear.
- Right Turn: right arm straight out or left arm out and up.

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 cyclists do not have a good view of the road surface ahead, so it is important 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" or "bump" to alert cyclists behind them.

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."

BEFORE THE RIDE (CONTINUED)

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 that 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 don't 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.

HYDRATION AND NUTRITIONAL INFORMATION

Please remember to keep yourself well hydrated before, during, and after the ride (regardless of the weather). It is critically important to avoid dehydration by drinking water and sports drinks on a schedule throughout the ride (roughly one liter per hour, starting with water and switching to sports drinks after the first hour to 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 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 the ingredient labels as many “sports beverages” contain far less than this minimum recommended amount of sodium.

Carbohydrate loading helps athletes participating in endurance events maximize energy storage to improve endurance 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.

CHAINBREAKER MEDICAL COVERAGE OVER THE WEEKEND

First aid tents will be set up at each rest stop 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 be treated at the nearest medical facility via ambulance. While riding, please carry all your prescription medications and your health insurance card in your jersey/shirt or inside a small bike bag attached to your bike. 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 Chainbreaker Command Center at **1-877-342-2046**. The Chainbreaker Command Center number will be provided for you on your Rider Credentials. In the case of an emergency, please call 911 first, then the Chainbreaker Command Center so Chainbreaker officials can track the incident and assist as necessary.

BEFORE THE RIDE (CONTINUED)

GEARING UP FOR CHAINBREAKER WEEKEND

Please remember to have your bike tuned up PRIOR to Chainbreaker weekend and, please, no tubular tire (sew ups) if at all possible.

If you would like to download the GPX files for ride weekend, please find them on our website, ChainbreakerRide.org/the-ride.

In order to make your Chainbreaker experience as safe and fun as we can, the Chainbreaker ride will be a supported “rules of the road” ride with various support assets such as law enforcement, signage, and rest stops. If you choose to ride the Chainbreaker route not on event weekend, please ride at your own risk.

The following is a suggested packing list for Chainbreaker weekend. Each Rider is permitted one duffel/backpack or overnight bag, which cannot exceed 20 pounds. Please bring only those items essential to the weekend. Please do not hang items from your luggage at any time during the weekend as they could easily be lost. Please remember to attach the bag tag you receive in your Rider Credentials Packet before turning in your bag.

PACKING LIST

- Helmet
- Tuned-up bike with hand pump and at least two co2 cartridges + nozzle
- Saddle bag with tire levers, patch kits, two spare inner tubes, and cycling multi-tool
- Cycling shoes, cycling shorts, and/or tights, cycling shirt or jersey, socks, gloves
- Extra water bottle
- 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)
- Prescription medication and car/house keys (carry these with you – do not pack in luggage)
- Casual clothes/shoes for after the ride
- Sleeping clothes (if overnighting)
- Rain gear
- Sweatshirt or fleece
- Plastic bag(s) – to protect dry clothing in case of rain and to pack wet items
- Toiletries (180-mile Riders)
- Extra towel if showering at St. Olaf (100-mile Riders)
- **A set of twin sheets, blanket, towel, wash cloth, pillow/pillowcase are provided for each Rider in the residence halls (180-mile Riders)**

OPENING CEREMONY & PACKET PICK-UP

RIDER INSTRUCTION

The Opening Ceremony festivities occur from 4 p.m. until approximately 8 p.m. at the Blue Cross Blue Shield Eagan Campus (3400 Yankee Doodle Road, Eagan, MN). Even if certain Riders cannot stay for the entire evening's program, all Riders should plan to come to the Opening Ceremony to check in and pick up their Rider Credentials Packet. Riders should plan to bring their bikes and drop them off at the secure Bike Corral Friday evening. Riders may also choose to drop off their bag at the Bag Check area. Both Bike Corral and Bag Check are located at Blue Cross Blue Shield. This helps alleviate logistical pressures early on Saturday morning before the ride starts. Bikes and bags must be appropriately tagged using the tag provided in the Rider Credentials Packet.

GUESTS AT OPENING CEREMONY

Riders are invited to bring one guest to Chainbreaker's Opening Ceremony on Friday, August 11, 2017. Guests will need to wear the guest wristband included in the Rider Credentials Packet to access food and beverages throughout the evening.

PARKING AT OPENING CEREMONY

Parking is available in the adjacent lots and streets near Blue Cross Blue Shield.

RIDER CHECK-IN

After parking, Riders should proceed to the Rider Check-in area. Each Rider must present a valid ID to receive his or her Rider Credentials Packet, which includes a Rider wristband. The Rider wristband is the Rider's passport to Chainbreaker weekend. Volunteers will fasten the Rider wristband to each Rider. Please DO NOT take off your Rider wristband until you leave Chainbreaker weekend for the last time. NO ONE will be permitted to ride on Saturday without a Rider wristband. The Rider Credentials Packet will also include a bike tag, helmet sticker, and bag tag.

LATE RIDER CHECK-IN

For any Rider who is unable to attend the Opening Ceremony on Friday evening, the Rider Check-in area will be open for late check-in on Saturday morning. If you must take advantage of late check-in at Blue Cross Blue

Shield, PLEASE ARRIVE BY AT LEAST 6 A.M. on Saturday morning.

BIKE STORAGE FOR 25, 50, 100, & 180-MILE RIDERS

On Friday evening, Riders may choose to turn in their properly tagged bikes at the Bike Corral. Chainbreaker volunteers will park and rack the bikes. The Bike Corral will be illuminated, fenced, and monitored by security personnel throughout the night.

BIKE AND BAG TAGS

Riders should securely attach bike and bag tags to their property before handing them over to Chainbreaker volunteers. Chainbreaker volunteers will be unable to deliver any bags to the appropriate finish venues that are not properly tagged. Any unidentified or unclaimed bikes or bags will be taken to the Chainbreaker office to be claimed after the ride.

BIKE MAINTENANCE

Please plan to tune up your bike prior to Chainbreaker weekend. However, if you need emergency assistance on Friday evening, bike mechanics will be located near the Bike Corral to assist you with minor adjustments and repairs. Bike mechanics will also be available at the Saturday morning start.

BAGS AND BAG STORAGE

Every Rider is entitled to check-in one bag for Chainbreaker weekend. We ask that Riders bring only those items that are essential. For those Riders staying overnight at St. Olaf College, please refer to the general packing list. Riders may choose to turn in their tagged bags at the Bag Check-in area. Chainbreaker volunteers will sort the bags and deliver them to the finish venue indicated on the tag. During the ride, should you decide to finish at a location other than the location noted on your bag tag, please notify a Chainbreaker volunteer for assistance in retrieving your bag from the location noted on your tag.

BEVERAGES

A variety of beverages (water, soft drinks, beer, and wine) will be available at the Opening Ceremony festivities. For those who wish to enjoy alcoholic beverages at

OPENING CEREMONY & PACKET PICK-UP (CONTINUED)

the Opening Ceremony, a valid ID must be presented to beverage staff verifying legal drinking age. In order to obtain alcoholic beverages, staff will place an Over 21 wristband to be worn the remainder of the evening. Alcoholic beverages will not be served to anyone who is not wearing a proper Over 21 wristband.

DINNER BUFFET & ENTERTAINMENT, OPENING CEREMONY

A delicious dinner buffet will be provided for each Rider and one guest. Please stay and enjoy the live Nashville based bands throughout the afternoon and evening.

MEDICAL ASSISTANCE

If you need assistance with a medical question or issue, medical volunteers will be available at the Opening Ceremony on Friday evening. Please note that medical volunteers will not dispense supplies or medications prior to the ride unless there is an emergency, at which time appropriate EMT support will be contacted to assist.

DURING THE RIDE

BIKE PICK-UP ON SATURDAY MORNING

Riders who chose to leave their bikes overnight should report to the Bike Corral upon arrival on Saturday morning to pick up their bikes and begin preparing for the start of the ride.

STAGING & START OF THE RIDE

All Riders will be staged in designated starting groups for the commencement of the ride. Groups are determined by ride distance, with Riders going the farthest being released first. Riders should not enter the starting chute until their staging group has been called. The route is very crowded at the start of the ride. At this point, especially, it is extremely important for all Riders to adhere to the rules of the road previously mentioned. Remember Chainbreaker 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 duration of the ride.

GUESTS AT THE COMMENCEMENT OF THE RIDE

We encourage guests to join us to send off the Riders on Saturday morning. Guests should plan to park and walk to a spot along Yankee Doodle Road to watch Riders depart from Blue Cross Blue Shield.

MEDICAL ASSISTANCE

Medical assistance will be available at every stop along the route, including the start of the ride. Please remember volunteers will provide only basic first aid services and will not dispense any prescription medication. EMTs will be on call throughout the day and at appropriate locations along the route.

SIGNAGE

Chainbreaker is a “rules of the road” ride. Please pay careful attention to Chainbreaker signage along the route. In addition to directing Riders, signs will identify specific areas where Riders should be particularly cautious of oncoming traffic or hazardous road conditions. Please also pay attention to any signage at the rest stops, which will warn of dangerous heat indexes or other weather conditions.

SUPPORT VEHICLES/VOLUNTEERS

There will be support vehicles patrolling the route with medical volunteers inside to assist Riders as needed.

PERSONAL SUPPORT VEHICLES

Because Chainbreaker 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.

LUNCH/REST STOP FOR 100 & 180-MILE RIDERS

The 100 & 180-mile Riders who are going to finish the day at St. Olaf on Saturday will be having lunch at Rest Stop #4—Welch Village. This stop is not intended to be a meeting point for friends and family. Friends and family are more than welcome to meet Riders at the finish line celebration at St. Olaf College in Northfield.

HELP LINE

If you need assistance for any reason during the ride and cannot locate a Chainbreaker volunteer, please call **1-877-342-2046**.

RIDING FARTHER THAN YOUR CHOSEN FINISH

If a Rider wishes to ride farther than his or her chosen finish area, the Rider should contact the nearest Chainbreaker volunteer to indicate his or her intentions. Please remember that the fundraising commitment irrevocably increases if riding farther than the finish area for which a Rider initially registered. If a Rider makes a decision mid-ride to do the two-day ride from Northfield to Excelsior, please remember Chainbreaker volunteers and staff should be notified as soon as possible so they can attempt to secure accommodations in the St. Olaf residence hall, and transport the Rider’s bag to the new finish location.

DURING THE RIDE (CONTINUED)

FINISH LINE CELEBRATIONS

There will be a celebration at each location where Riders are finishing their chosen rides.

25-mile Riders

Belmont Street Park
23414 Belmont St
Hampton, MN 55031

50-mile Riders

Welch Village Ski Area
26685 County 7 Blvd
Welch, MN 55089

100-mile Riders

St. Olaf College Tostrud/Skoglund Center
Tostrud Center, Ballfield Ln
Northfield, MN 55057

180-mile Riders

Excelsior Commons
142 Lake St
Excelsior, MN 55331

Finish line celebrations are meant to celebrate not only the Rider's physical accomplishments, but more importantly, their fundraising commitments. Riders finishing as 100-mile Riders have made a higher fundraising commitment than those finishing at the 25-mile or 50-mile locations. If you are a Rider who raised more than the minimum required for your chosen route, you may attend any finish line celebration for which you have reached the minimum fundraising commitment. For example, if you are a 25-mile Rider who has raised \$1500, you may attend the finish line celebration at St. Olaf because you have met the same fundraising commitment made by the 100-mile Riders.

GUESTS AT FINISH LINE CELEBRATIONS

We encourage guests to come and cheer on Riders as they arrive at a particular finish line. The food and beverages at each finish are intended for the Riders. Spectators should have a meal before attending or bring a picnic or snack to enjoy while they are cheering on Riders. Please note that, unlike the finish line celebrations, the 50-mile lunch/rest stop for 100 & 180-mile Riders is not considered a "finish" and is not open to the public.

RIDER SHUTTLES AT FINISH AREAS

Buses will return all Riders from their chosen finish areas to their cars at Blue Cross Blue Shield. Chainbreaker has done its best to anticipate the flow of Riders during the event and has planned the shuttle schedule from each finish area accordingly. Please understand that, in order to run the shuttles efficiently, Chainbreaker must fill a shuttle bus before it can leave the finish area. Thus, if you are a Rider who finishes your ride well in advance of other Riders, you may have to wait a bit longer than others for your shuttle to depart. Please be patient with this process. We will provide ample food and beverages while Riders are waiting for a shuttle to fill. If you know you must leave your finish area by a specific time, please consider having someone meet you at your finish to transport you and your bike back home.

BIKE TRANSPORTATION FROM FINISH AREAS

If you are taking a shuttle back to Blue Cross Blue Shield, you should immediately take your bike to the designated bike trucks upon arrival at your finish area. Volunteers will help load the bikes onto the trucks safely and securely. Bikes will be wrapped in moving blankets. Chainbreaker will do its best to orchestrate the return of the bikes to Blue Cross Blue Shield before or at the same time the shuttles return with Riders. **However, in order to ensure your bike returns in a timely manner, please take your bike to the bike truck as soon as you finish.**

DURING THE RIDE (CONTINUED)

BIKE CORRAL AT ST. OLAF COLLEGE

When the 180-mile Riders finish their first day's ride at St. Olaf College, they will be directed to rack and store their bikes overnight in an area inside the Tostrud/Skoglund Center. This room will be secured overnight. Volunteers will help park the bikes. Riders will then pick up their bikes at the Bike Corral on Sunday morning.

SHOWERS AT ST. OLAF COLLEGE

Riders finishing at St. Olaf College will have access to locker room showers located inside Tostrud/Skoglund Center. Locker rooms will be separated by gender. 180-mile Riders can also access showers and restrooms in their assigned residence hall. There will be no showers available at the 25-mile or 50-mile finishes on August 12, or the 180-mile finish on August 13.

STAYING AT ST. OLAF COLLEGE RESIDENCE HALL

If you are a 180-mile Rider staying at the St. Olaf residence hall, please proceed to the Rider Check-in area located inside of Tostrud/Skoglund Center to receive your room assignment. There will be two Riders of the same gender assigned to a room. If you have a roommate request, please contact the Chainbreaker office by calling 612-517-1910 and we will do our best to accommodate your request. Each room will have two single beds. A linen package containing a fitted sheet, flat sheet, bath towel, wash cloth, blanket, and pillow is included. The bathrooms in the residence hall are community style. Please leave all valuables at home as you will not be given a key for your room. The room will lock from the inside but there will be no key to lock it from the outside. When departing on August 13, Riders can leave the linens in the rooms.

BAGS FOR 100 & 180-MILE RIDERS

On Saturday, August 12, 100-mile & 180-mile Riders will pick up their bags inside Tostrud/Skoglund Center after they arrive at St. Olaf College.

On Sunday morning, 180-mile Riders will drop off their bags at the Bag Check-in area just outside the residence hall for transport to the finish at Excelsior Commons.

WEATHER CONDITIONS

Weather is unpredictable and rain is a very real possibility. Barring severe weather emergencies, Chainbreaker continues despite poor weather conditions. Riders should be prepared for high winds, temperatures ranging from 50-100°F, heavy rainfall, or a combination of conditions.

Chainbreaker will utilize the Event Alert System (EAS) as a visual aid for communicating to Riders and volunteers the potential for adverse weather conditions. A series of color codes will be used to indicate increasing severity of adverse conditions. The color-coded signs will be placed at the Medical Tent at each rest stop and Venue during the event.

Green (Low):

Good conditions: Enjoy the event—be alert!

Yellow (Moderate):

Less than ideal conditions: Slow down—be prepared for worsening conditions.

Red (High):

Potentially dangerous conditions: Slow down—observe course changes—follow official instructions—consider stopping.

Black (Extreme):

Event cancelled/extreme and dangerous conditions: Participation stopped—follow event official instructions.

FREQUENTLY ASKED QUESTIONS

RIDERS

WHERE/WHEN IS RIDER CHECK-IN?

Riders may check in at Blue Cross Blue Shield between 4 to 8 p.m. on Friday, August 11. On Saturday morning, there will also be late Rider Check-in from 5:30 to 6:30 a.m. at the same location.

WHAT SHOULD I BRING WITH ME TO RIDER CHECK-IN?

Please bring a valid ID to receive your Rider Credentials Packet, which contains your Rider wristband. No one will be allowed to ride without a Rider wristband. You should also plan to bring your bag and bike so that Chainbreaker can securely store them overnight.

DO I HAVE TO WEAR MY RIDER WRISTBAND ALL WEEKEND?

Yes, your Rider wristband is your passport to Chainbreaker so it must be worn in order to participate in the weekend. The wristband also contains all of your vital information for your safety. If you are not wearing your Rider wristband, you may be prohibited from participating in some or all of Chainbreaker weekend activities.

OPENING CEREMONY

WHEN/WHERE DOES THE OPENING CEREMONY START?

It is on Friday, August 11 from 4 to 8 p.m. at Blue Cross Blue Shield, 3400 Yankee Doodle Road, Eagan.

CAN I BRING A GUEST TO THE OPENING CEREMONY?

Yes, each Rider may bring one guest to the Opening Ceremony. Make a night of it! We want you to celebrate your fundraising accomplishments! We will have a delicious buffet dinner, plenty of beverages, and great live music throughout the evening.

THE RIDE

HOW FAR DO WE HAVE TO RIDE AT ONCE?

Saturday ride lengths are 25 miles, 50 miles, and 100

miles. For those selecting the 2-day option of 180 miles, the Sunday ride will be 80 miles. There will be rest stops along the route approximately every 12-20 miles. Beverages, food, mechanical support, and medical assistance are available at every stop. Support vehicles will also patrol the route to provide immediate assistance if needed.

CAN I DOWNLOAD THE ROUTE FILES FOR RIDE WEEKEND?

If you would like to download the GPX files for ride weekend, please find them on our website, ChainbreakerRide.org/the-ride.

In order to make your Chainbreaker experience as safe and fun as we can, the Chainbreaker ride will be a supported "rules of the road" ride with various support assets such as law enforcement, signage, and rest stops. If you choose to ride the Chainbreaker route not on event weekend, please ride at your own risk.

WHAT IF I WANT TO RIDE FARTHER AND INCREASE MY FUNDRAISING COMMITMENT ON THE DAY OF THE RIDE?

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

WHAT IF I CAN'T FINISH MY ROUTE?

Chainbreaker is a fully supported route. Support vehicles (nicknamed SAG Vehicles) will be patrolling the entire route to assist Riders and help them reach the nearest finish, if necessary. If you do not see an accessible support vehicle, please call the Chainbreaker Command Center at **1-877-342-2046**.

BIKE MAINTENANCE AND STORAGE

WHERE/WHEN CAN I GET MY BIKE SERVICED?

Bike mechanics will be located at every stop on the route, including the start and finish sites. However, please tune up your bike before Chainbreaker weekend.

FREQUENTLY ASKED QUESTIONS (CONTINUED)

WHAT IF MY BIKE BREAKS DURING THE RIDE?

Support vehicles (SAG) will patrol the entire route to assist Riders with emergency repairs. If you have a mechanical issue on the route, please call **1-877-342-2046**.

WHERE DO I PARK MY BIKE OVERNIGHT?

On Friday, Riders will leave their bikes in the secure, overnight Bike Corral. On Saturday, there will be a secure, overnight Bike Corral inside Tostrud/Skoglund Center at St. Olaf College.

WHERE DO I PARK MY BIKE AFTER THE FINISH?

If you are taking the shuttle back to Blue Cross Blue Shield, please take your bike to the bike truck at your finish. If you are not taking the shuttle back to Blue Cross Blue Shield, please take your bike to your car or park it at the site until your car arrives.

REST STOPS

WHERE ARE THE REST STOPS?

There are rest stops approximately every 12-20 miles.

FOOD/BEVERAGES

WILL FOOD AND BEVERAGES BE PROVIDED?

Yes, there will be food and beverages at all finishes and snacks and beverages at every rest stop.

MEDICAL QUESTIONS

WHERE DO I SEEK MEDICAL ATTENTION?

There will be medical volunteers at every stop on the route and in the support vehicles that patrol the route. EMS and local hospitals will also be on call. Please keep in mind that medical volunteers will perform basic first aid only and will not be carrying any I.V. fluids or prescription medicines. Medical emergencies requiring more than basic first aid will be treated at the nearest hospital. If you are in need of medical assistance while on

the route, please call the Chainbreaker Command Center at **1-877-342-2046**. In case of an emergency, please call 911 first, then the Chainbreaker Command Center so event officials can track the incident and assist as necessary.

TRANSPORTATION

HOW OFTEN WILL SHUTTLES RUN?

We will do our best to run shuttles as often as possible, but please remember that the times between shuttle departures may vary. If you need to leave immediately after reaching your finish area, we recommend that you arrange to have someone meet you at your finish.

CAN I BRING MY BIKE ON THE SHUTTLE?

Bikes will be transported on bike trucks. Due to space considerations, bikes will not be permitted on the shuttles.

FAMILIES AND OTHER SUPPORTERS

WHERE CAN I CHEER FOR MY RIDER ALONG THE ROUTE?

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