

16TH ANNUAL BAY COUNTRY CENTURY
SATURDAY, SEPTEMBER 3RD, 2011

INFORMATION SHEET

EARLY SIGN-IN

Early waiver signing and packet/wristband pick-up is available on Thursday, Sept 1st from 5-8 pm at:

Annapolis Bike Doctor
160 Jennifer Road
Annapolis, MD 21401-3025

EVENT DAY SIGN-IN

Sign-In and Start for all the rides is at:

Northern Middle School
2954 Chaneyville Road
Owings, Maryland 20736

Sign-In starts at 7:00 am and ends promptly at 9:00 am. There will be express check-in lines for pre-registered riders.

All riders must sign a standard waiver and receive a participant wristband. Legal Guardians must sign for those under 18 years of age. The wristbands identify you as a Bay Country Century cyclist at the rest stops and are numbered for identification/emergency contact notification. You must wear your wristband.

This is *not* a mass-start event. All riders should start by 9:00 am and those riding the Full Century should depart by 8:00 am at the latest and *earlier* if your predicted ride time is 7 hours or more. See Rest Stop schedule below.

COURSE MARKINGS & CUE SHEETS

Cue sheets are available at the "event website" and there are also GPX and TCX files available. The routes are marked with arrows color-coded as follows:

1/4 Century - Blue Half Century - Yellow

Metric Century - Orange Full Century - White

Colored cue sheets will be available at the registration table.

REST STOP SCHEDULE

Marley Run Park	7:30 am – 11:00 am
St. Leonard Firehouse	8:30 am – 1:00 pm
North Beach	7:30 am – 2:30 pm

SAG VEHICLES

There is a phone number for the support vehicle listed on your wristband if you need assistance out on the road. If you have a medical emergency, please call 911 first and then the support vehicle number. You may not see the sag drivers during your ride but they will be circulating on the routes and are only a phone call away!

THE 3 FOOT LAW

The 3 foot law requires drivers to leave 3 feet of room to pass a cyclist. It is our responsibility, as cyclists, to also be courteous on the road to other vehicles! We ask that all riders be mindful of traffic on the road by riding single file and on the shoulder on the busier routes. Please follow the rules of the road.

BE PREPARED...

All riders are required to wear helmets. It is helpful to carry a spare inner tube, tire irons and a small pump or CO2. The support vehicle will have these items on board but it is much more fun to be riding than waiting on the side of the road with a flat. Check your tires to see if they are worn and in need of replacement and that your bike is in good mechanical order prior to the event.

Bring two full bottles to start the ride! Also, bring your favorite energy food and gels for in between rest stops!

POST-RIDE RECOVERY

There will be post-ride picnic located near the sign-in tables after your ride. Starting at 11 am, we will offer sandwiches, chips, cookies, watermelon and lemonade to help boost your recovery. Bring your chairs and tents over and join us for a little music and tell us about your ride!

And don't forget to post your favorite pictures and stories on our [Bay Country Century Facebook Event](#) page.

See you on Saturday! Have a safe ride.

-Annapolis Bicycle Racing Team (ABRT)