

HARPOON[™] POINT to POINT

presented by National Life Group[®]

AUGUST 12, 2017
to benefit the Vermont Foodbank



HOME RIDE VOLUNTEER VISIT VERMONT FUNDRAISE SPONSORS NEWS & VIDEO FAQ HARPOON EVENTS CONTACT

2017 Rider Information Packet

Thank you for registering for the Harpoon Point to Point! We're looking forward to another great year!

Enclosed you will find details pertaining to your ride.
If you have any questions, please don't hesitate to reach out.

See you there!
The Harpoon Point to Point Team

Table of Contents:

- 1) Schedule of Events
- 2) 100 Mile Ride Details & Parking info
- 3) 50 Mile Ride Details & Parking info
- 4) 25 Mile Ride Details & Parking info
- 5) 20 Mile Mountain Bike Ride Details & Parking info
- 5) Fight Hunger, Keep Fundraising!
- 6) Ride Prep, Course etiquette, Safety
- 7) Party at Harpoon Brewery!

Thanks to our sponsors!



Schedule of Events

Friday, August 11th, 2017

5:30-7:30pm: Pre-ride packet pickup

Take away some early morning jitters and come pickup your bib and goodie bag the night before! Anyone can come to Harpoon to pick up their packet and stick around for a beer or some food from the Harpoon Riverbend Taps and Beer Garden.

Saturday, August 12th, 2017

5:30 AM: 100 mile packet pickup and day-of registration opens at Harpoon

7:00AM: 100 mile ride starts

8:30 AM: 50 mile packet pickup and day-of registration opens at Harpoon and at Mt. Ascutney for the 20 mile mountain bike ride

10:00 AM: 50 mile ride starts at Harpoon and 20 mile mountain bike ride starts at Mt. Ascutney

10:30 AM: 25 mile packet pickup and day-of registration opens

12:00 PM: 25 mile ride starts

12:00 PM: Bar opens at Harpoon Brewery for friends, family, and returning riders

1:00 - 4:30 PM (aprox). 25, 50, and 100 mile riders finishing at Harpoon Brewery in Windsor
Mountain bike riders finishing at Mt. Acustney.

2:00 PM: Post Ride BBQ Begins

4:30 PM: Awards Ceremony at Harpoon Brewery

5:30 PM: Last call

6:00 PM: Party ends

***Continue reading for more information on your specific ride and party details.**

HARPOON[™] POINT to POINT

presented by National Life Group[®]

AUGUST 12, 2017
to benefit the Vermont Foodbank



HOME RIDE VOLUNTEER VISIT VERMONT FUNDRAISE SPONSORS NEWS & VIDEO FAQ HARPOON EVENTS CONTACT

100-mile ride: 7AM Start

Check in opens at 5:30 AM. A light breakfast will be available. Please arrive no later than 6:30 AM to give yourself enough time to park, unload your bike and gear, and do your pre-ride prep before leaving at 7:00 AM. All riders will receive a cue sheet, a bib # to wear on the back of your jersey, an event T-shirt, and a goodie bag from VSECU with great gifts from our sponsors! If you purchased a jersey or earned rewards, you will receive them here. Please note that fundraising rewards will be available on race day to those who hit the necessary fundraising goals for socks, hats and Vermont Flannel blankets by Tuesday 8/8. Depending on our inventory, those who earned rewards after those dates may have their prizes sent to them in the mail.

Please be ready for a riders meeting at 6:45 AM prior to departure.

Getting here:

Arrival: 5:30AM – 6:45AM You will enter Artisans Park, via Park Road. (note: large Simon Pearce sign at intersection of Park Road and Rte 5). On the map on the following page, the entrance is marked with “4.”

Parking is available on site at the [Harpoon Brewery](#) in [Artisans Park](#). The site has limited parking capacity and, in order to accommodate all Harpoon Point to Point participants, family, friends, and visitors to the neighboring businesses, it is critical that everyone follows the parking instructions carefully. There will be signage on site and parking marshals to guide you.

Parking *map on the following page: You will be directed to park in the lower field marked with “5”. Please unload your bike and gear from your parked car, and go to Registration. It is approx 0.2 miles from here to the start/finish line.

Drop-off: If you are being dropped off, you may unload in the area marked “6”. Please restrict drop-off to a maximum of 5 minutes.

Family and Friends: All vehicles will be directed to enter via the Park Road marked “4” below (note large Simon Pearce sign at intersection of Park Road and Rte 5). Parking is in the fields marked “5”. It is .2 miles from the lower lot “5” to the start/finish and .4 miles from upper lot “5” to the start/finish.

HARPOON[™] POINT to POINT

presented by National Life Group[®]

AUGUST 12, 2017
to benefit the Vermont Foodbank



HOME RIDE VOLUNTEER VISIT VERMONT FUNDRAISE SPONSORS NEWS & VIDEO FAQ HARPOON EVENTS CONTACT



Directions to Harpoon Brewery

336 Ruth Carney Drive
Windsor, VT 05089

From Points South: Take I-91 North to exit 9. Turn right onto Rt. 5, go one mile. The brewery is on left.
From Points North: Take I-91 South to exit 9. Turn left onto Rt. 5, go one mile. The brewery is on left.

Mechanical Support from [Bicycle Express](#)

[Bicycle Express](#) out of Northfield, VT will be our lead support for this group and will be on site to take care of any last minute mechanical support you may need. They will also ride the course with you for the day to help with any bike needs. Please thank them for their time!

Bag Drop

If you do not want to walk back and forth from your car, we will have a bag area for you to leave belongings for the day. We cannot be responsible for lost or stolen goods, so please pack at your own risk.

Staying near Windsor

There are a couple of lodging options within a 15 minute drive who are offering specials for riders! Check out the deals [here](#).

Course Notes

This is the 5th year we will be using our "new" course and it's beautiful! And will be very well marked for you. Still, make sure to carry a cue sheet with you or enter the GPS coordinates into your smart

HARPOON[™] POINT to POINT

presented by National Life Group[®]

AUGUST 12, 2017
to benefit the Vermont Foodbank



[HOME](#) [RIDE](#) [VOLUNTEER](#) [VISIT VERMONT](#) [FUNDRAISE](#) [SPONSORS](#) [NEWS & VIDEO](#) [FAQ](#) [HARPOON EVENTS](#) [CONTACT](#)

devices. Please review our 100 mile course notes and maps [here](#). Cue sheets will also be provided at registration. *Riders Choose! Three years ago due to construction on Route 107 in Bethel, we had to send riders up over the North Road to get to Route 12, which is a very steep climb but beautiful road with beautiful views.

That construction is over now and riders can ride Route 107 to Route 12 in Bethel. However, the feedback on the North Road was so positive, we decided to mark and support both options! So, you can choose which way you'd like to go! Review, on [ridewithgps](#), the North Rd option [here](#), or the Route 12 option [here](#).

Rest Stops:

There are a lot of rest stops and some are spaced closely together, so we know that you may not decide to stop at each one, but they are there for you if you need.

Scheduled rest stops will be stocked with supplies including water, Gatorade, Cape Cod Chips, snack mix, fruit, Vermont made maple drinks (which are full of electrolytes) from our friends at [SAP!](#), and other endurance snacks. Please make your own arrangements if you have other nutritional needs.

***Note:** We are enforcing Rest Stop Cutoff Times. This is to ensure our ride operations run efficiently and so that all volunteers and riders are finished in time for the post ride party. If you do not arrive at a rest stop before the below times, a member of our road crew will ask you to take a ride to the next drop off point so you can continue riding on schedule. Thank you for your cooperation.

Rest Stop #1: Mile 16 in Norwich at [King Arthur Flour!](#)

Open 7:45am- 9:00am

Rest Stop #2: Mile 32.2 in Strafford at the Rec Center

Open 8:30am-10:15am

Rest Stop #3: Mile 50.1 in Royalton at the First Congregational Church

Open 9:15am- 12:00am

Rest Stop #4: Miles 62.6/63.4 (North Rd/Route 12) at the Barnard Academy.

Open 10am-1:15pm

Rest Stop #5: Miles 73.1/73.9 (North. Road/Route 12) in Woodstock behind the elementary school

Open 10:30-2:15pm. Note 50 mile riders will be joining you at this stop and additional mechanics from [Onion River Sports](#) will be on course for support from here on out.

HARPOON[™] POINT *to* POINT

presented by National Life Group[®]

AUGUST 12, 2017
to benefit the Vermont Foodbank



[HOME](#) [RIDE](#) [VOLUNTEER](#) [VISIT VERMONT](#) [FUNDRAISE](#) [SPONSORS](#) [NEWS & VIDEO](#) [FAQ](#) [HARPOON EVENTS](#) [CONTACT](#)

Rest Stop #6: Miles 90.1/90.8 (North Road/Route 12) in Brownsville at the Story Memorial parking lot on right
Open 11:15am-4:00pm.

*Note 25 mile riders will be joining you at this stop. [Paradise Sports](#) will also set up at this stop to help with mechanical issues!

You're in the home stretch!

From here you'll head back to the [Harpoon Brewery](#) for the [post ride party!](#)

HARPOON[™] POINT to POINT

presented by National Life Group[®]

AUGUST 12, 2017
to benefit the Vermont Foodbank



HOME RIDE VOLUNTEER VISIT VERMONT FUNDRAISE SPONSORS NEWS & VIDEO FAQ HARPOON EVENTS CONTACT

50-Mile ride (actually 46 miles!): 10AM Start

Check in begins at 8:30 AM. Please check in no later than 9:30 AM to make sure you give yourself enough time to park, unload your bike and gear, stock up and do pre-ride prep before leaving at 10:00 AM.

All riders will receive a cue sheet, a bib # to wear on the back of your jersey, an event T-shirt, and a goodie bag from VSECU with great gifts from our sponsors! If you purchased a jersey or earned rewards, you will receive them here. Please note that fundraising rewards will be available on race day to those who hit the necessary fundraising goals for socks, hats and Vermont Flannel blankets by Tuesday 8/8. Depending on our inventory, those who earned rewards after those dates may have their prizes sent to them in the mail.

Please be ready for a riders meeting at 9:45 AM prior to departure.

Departure in Waves

The first 2 miles of the course have rough road conditions with a narrow shoulder. At this time of the day, traffic can be heavy, so we are going to depart the field in waves of 75, every 5 minutes to avoid congestion on Route 5. We will start the first wave at 9:50. Thank you for your patience in advance.

Getting here:

Arrival: 8:30-9:45. You will enter Artisans Park, via Park Road. (note: large Simon Pearce sign at intersection of Park Road and Rte 5). On the map on the following page, the entrance is marked with "4."

Parking is available on site at the [Harpoon Brewery](#) in [Artisans Park](#). The site has limited parking capacity and, in order to accommodate all Harpoon Point to Point participants, family, friends, and visitors to the neighboring businesses, it is critical that everyone follows the parking instructions carefully. There will be signage on site and parking marshals to guide you.

Parking *map on the following page: You will be directed to park in the lower field marked with "5". Please unload your bike and gear from your parked car, and go to Registration. It is approx 0.2 miles from here to the start/finish line.

Drop-off: If you are being dropped off, you may unload in the area marked "6". Please restrict drop-off to a maximum of 5 minutes.

Family and Friends: All vehicles will be directed to enter via the Park Road marked "4" below (note large Simon Pearce sign at intersection of Park Road and Rte 5). Parking is in the fields marked "5". It is .2 miles from the lower lot "5" to the start/finish and .4 miles from upper lot "5" to the start/finish.

HARPOON[™] POINT to POINT

presented by National Life Group[®]

AUGUST 12, 2017
to benefit the Vermont Foodbank



HOME RIDE VOLUNTEER VISIT VERMONT FUNDRAISE SPONSORS NEWS & VIDEO FAQ HARPOON EVENTS CONTACT



Directions to Harpoon Brewery

336 Ruth Carney Drive
Windsor, VT 05089

From Points South Take I-91 North to exit 9. Turn right onto Rt. 5, go one mile. The brewery is on left.
From Points North Take I-91 South to exit 9. Turn left onto Rt. 5, go one mile. The brewery is on left.

Mechanical Support from [Onion River Sports](#)

[Onion River Sports](#) out of Montpelier, VT will be our lead support for this group and will be on site to take care of any last minute mechanical support you may need. They will also ride the course with you for the day to help with any bike needs. Please thank them for their time!

Bag Drop

If you do not want to walk back and forth from your car, we will have a bag area for you to leave belongings for the day. We can't be responsible for lost or stolen goods. Please pack at your own risk.

Staying near Windsor

There are a couple of lodging options within a 15 minute drive who are offering specials for riders! Check out the deals [here](#).

Course Notes

While the ride is promoted as 50 miles, it actually falls in at 46. We're sorry! Even though the course will be very well marked, make sure to carry a cue sheet with you or enter the GPS coordinates into your smart devices. *If you ride in Vermont a lot, you know that packed dirt roads are common and nice to ride on! If you're not used to it, please be aware. River Road in Woodstock is a lovely packed

HARPOON[™] POINT to POINT

presented by National Life Group[®]

AUGUST 12, 2017
to benefit the Vermont Foodbank



[HOME](#) [RIDE](#) [VOLUNTEER](#) [VISIT VERMONT](#) [FUNDRAISE](#) [SPONSORS](#) [NEWS & VIDEO](#) [FAQ](#) [HARPOON EVENTS](#) [CONTACT](#)

dirt road and known for a beautiful scenic ride! Please review our course notes and maps on our website [here](#).

Rest stops:

We have 3 scheduled rest stops will be stocked with supplies including water, Gatorade, Cape Cod Chips, snack mix, fruit, Vermont made maple drinks (which are full of electrolytes) from our friends at [SAP!](#) and other endurance snacks.

Mini bagels with peanut butter, pickles, soda will be available at the 2nd and 3rd rest stops. If you have other nutritional needs, please make your own arrangements.

*Note: Look out for 100 mile riders joining you for the remainder of the course in Woodstock. Also the 25 mile course joins in at your 3rd Rest stop. Additional mechanics will be on course for each of these rides, courtesy of [Bicycle Express](#) out of Northfield and [Paradise Sports](#) out of Windsor.

Rest Stop #1: Mile 12 in Quechee

Open 10:30am-11:15am

Rest Stop #2: Mile 18.1 in Woodstock

Open 10:30am-2:00pm

Rest Stop #3: Mile 35.3 in Brownsville

Open 11:15am- 3:30pm

You're in the home stretch!

From here you'll head back to the [Harpoon Brewery](#) for the [post ride party!](#)

HARPOON[™] POINT to POINT

presented by National Life Group[®]

AUGUST 12, 2017
to benefit the Vermont Foodbank



[HOME](#) [RIDE](#) [VOLUNTEER](#) [VISIT VERMONT](#) [FUNDRAISE](#) [SPONSORS](#) [NEWS & VIDEO](#) [FAQ](#) [HARPOON EVENTS](#) [CONTACT](#)

25-Mile ride: 12:00 PM Start

Check in begins at 10:30 AM. Please check in no later than 11:30 AM to make sure you give yourself enough time to park, unload your bike and gear and pre-ride prep before leaving at 12:00 PM. All riders will receive a cue sheet, a bib # to wear on the back of your jersey, an event T-shirt, and a goodie bag from VSECU with great gifts from our sponsors! If you purchased a jersey or earned rewards, you will receive them here. Please note that fundraising rewards will be available on race day to those who hit the necessary fundraising goals for socks, hats and Vermont Flannel blankets by Tuesday 8/8. Depending on our inventory, those who earned rewards after those dates may have their prizes sent to them in the mail.

Please be ready at 11:45AM for a riders meeting prior to departure.

Getting here:

Arrival: 10:30-11:45. You will enter Artisans Park, via Park Road. (note: large Simon Pearce sign at intersection of Park Road and Rte 5). On the map on the following page, the entrance is marked with "4."

Parking is available on site at the [Harpoon Brewery](#) in [Artisans Park](#). The site has limited parking capacity and, in order to accommodate all Harpoon Point to Point participants, family, friends, and visitors to the neighboring businesses, it is critical that everyone follows the parking instructions carefully. There will be signage on site and parking marshals to guide you.

Parking *map on the following page: You will be directed to park in the lower field marked with "5". Please unload your bike and gear from your parked car, and go to Registration. It is approx 0.2 miles from here to the start/finish line.

Drop-off: If you are being dropped off, you may unload in the area marked "6". Please restrict drop-off to a maximum of 5 minutes.

Family and Friends: All vehicles will be directed to enter via the Park Road marked "4" below (note large Simon Pearce sign at intersection of Park Road and Rte 5). Parking is in the fields marked "5". It is .2 miles from the lower lot "5" to the start/finish and .4 miles from upper lot "5" to the start/finish.

HARPOON[™] POINT to POINT

presented by National Life Group[®]

AUGUST 12, 2017
to benefit the Vermont Foodbank



HOME RIDE VOLUNTEER VISIT VERMONT FUNDRAISE SPONSORS NEWS & VIDEO FAQ HARPOON EVENTS CONTACT



Directions to Harpoon Brewery

336 Ruth Carney Drive
Windsor, VT 05089

From Points South: Take I-91 North to exit 9. Turn right onto Rt. 5, go one mile. The brewery is on left.
From Points North: Take I-91 South to exit 9. Turn left onto Rt. 5, go one mile. The brewery is on left.

Rest stop

We have one rest stop planned for you at mile 12.9 on the right once you turn onto the Brownsville-Hartland Rd off of Route 44 in Brownsville. Scheduled rest stops will be stocked with supplies including water, Gatorade, Cape Cod Chips, snack mix, fruit, Vermont made maple drinks (which are full of electrolytes) from our friends at [SAP!](#), and other endurance snacks. [Paradise Sports](#) will also set up at this stop to help with mechanical issues!

Mechanical Support from [Paradise Sports](#)

Paradise Sports out of Windsor, VT will be on site to take care of any last minute mechanical support you may need. They will also be on course to help with any bike needs along the way. Please thank them for their time!

Mechanics will also be on course from [Onion River Sports](#) in Montpelier and [Bicycle Express](#) in Northfield.

20-Mile Mountain Bike Ride: 10AM Start

Check in begins at 8:30 AM at the Ascutney Trails Main Trailhead, 400 Ski Tow Rd, Brownsville VT. Please check in no later than 9:30 AM to make sure you give yourself enough time to park, unload your bike and gear, stock up and do pre-ride prep before leaving at 10:00 AM.

All riders will receive, a bib # to wear on the back of your jersey, an event T-shirt, and a goodie bag from VSECU with great gifts from our sponsors! If you purchased a jersey or earned rewards, you will receive them here. Please note that fundraising rewards will be available on race day to those who hit the necessary fundraising goals for socks, hats and Vermont Flannel blankets by Tuesday 8/8.

Depending on our inventory, those who earned rewards after those dates may have their prizes sent to them in the mail.

Please be ready for a riders meeting at 9:45 AM prior to departure.

Parking

Participants can park in the large lot at the base of the ski slopes. Parking staff will be directing cars to enter the first entrance to the lot, so we can use the area at the trailhead for a starting zone.

When you complete your ride and arrive at the Harpoon Brewery, please follow the instructions below.

The [Harpoon Brewery](#) is located in [Artisans Park](#). The site has limited parking capacity and, in order to accommodate all Harpoon Point to Point participants, family, friends, and visitors to the neighboring businesses, it is critical that everyone follows the parking instructions carefully. There will be signage on site and parking marshals to guide you.

Arrival: 12:00 Noon-4:00pm. You will enter Artisans Park, via Park Road (note large Simon Pearce sign at intersection of Park Road and Rte 5). On the map below, the entrance is marked "4"

Parking: You will be directed to park in the fields marked "5". The lower lot marked "5" is approximately 0.2 miles from the start/finish line & party. Overflow parking will go to the upper lot marked "5," and is approximately 0.4 miles from the start/finish line & party.

Drop-off: If you are being dropped off, you may unload in the area marked "6". Please restrict drop-off to a maximum of 5 minutes.

Family and Friends:

All vehicles will be directed to enter via the Park Road marked "4" below (note large Simon Pearce sign at intersection of Park Road and Rte 5). Parking is in the fields marked "5". It is .2 miles from the lower lot "5" to the start/finish and .4 miles from upper lot "5" to the start/finish.

HARPOON[™] POINT to POINT

presented by National Life Group[®]

AUGUST 12, 2017
to benefit the Vermont Foodbank



HOME RIDE VOLUNTEER VISIT VERMONT FUNDRAISE SPONSORS NEWS & VIDEO FAQ HARPOON EVENTS CONTACT



Directions to Harpoon Brewery

336 Ruth Carney Drive
Windsor, VT 05089

From Points South: Take I-91 North to exit 9. Turn right onto Rt. 5, go one mile. The brewery is on left.
From Points North: Take I-91 South to exit 9. Turn left onto Rt. 5, go one mile. The brewery is on left.

Mechanical and Course Support from [Green Mountain Bike Patrol](#) and [Cowbell Mobile Bike Shop](#)

Green Mountain Bike Patrol and Cowbell Mobile Bike Shop will be on site to take care of any last minute mechanical support you may need on your bike. They will also be on course to help with any bike needs along the way. Please thank them for their time!

Staying near Windsor:

There are a couple of lodging options within a 15 minute drive who are offering specials for riders! Check out the deals [here](#).

Course Notes:

- Scutney Trails network on the mountain will remain open during this event. All participants should be respectful of other guests using the trails for biking, running, or hiking.
- The course will be clearly marked with arrows at all intersections and check points.
- This course could not be possible without the support and permissions of local landowners, who could be encountered at any time. Participants should never behave rudely or inappropriately toward any person met on the trails - all it takes is one unhappy landowner to close the trails permanently.

HARPOON[™] POINT to POINT

presented by National Life Group[®]

AUGUST 12, 2017
to benefit the Vermont Foodbank



[HOME](#) [RIDE](#) [VOLUNTEER](#) [VISIT VERMONT](#) [FUNDRAISE](#) [SPONSORS](#) [NEWS & VIDEO](#) [FAQ](#) [HARPOON EVENTS](#) [CONTACT](#)

- Private trails are open for this event only and should not be regarded as publicly available at any other time unless marked as such.
- There are a lot of rocky and rooty sections of this course. In the event of wet weather, riders should exercise extra caution on these surfaces to avoid injury.
- The dirt road sections of the course are public motorways. Motor vehicles have the right of way and might not expect mountain bikers as they come around blind corners.
- The covered bridge riders will cross early in the ride was completely washed away during Tropical Storm Irene, and landed almost fully intact in a neighbor's yard, 100 meters downstream.
- This is not a race - have fun and be safe!

Aid Stations:

We have 2 scheduled aid stations for you that will be stocked with supplies including water, Gatorade, Cape Cod Chips, snack mix, fruit and other endurance snacks. Please make your own arrangements if you have other nutritional needs.

Aid Station #1: Mile 6

Open 10:30am-1:00pm

Aid Station #2: Mile 12

Open 11:30am-2:00pm

HARPOON[™] POINT to POINT

presented by National Life Group[®]

AUGUST 12, 2017
to benefit the Vermont Foodbank



[HOME](#) [RIDE](#) [VOLUNTEER](#) [VISIT VERMONT](#) [FUNDRAISE](#) [SPONSORS](#) [NEWS & VIDEO](#) [FAQ](#) [HARPOON EVENTS](#) [CONTACT](#)

Fundraising to Fight Hunger!

Please remember that all riders must raise the minimum fundraising requirement of \$150 before receiving their bib. If you haven't met the minimum yet, please visit your fundraising page and pay online! If you plan to pay on ride day, please bring a check or cash. This will save you lots of time. Checks can be made payable to the Vermont Foodbank.

When you check in on ride day, your packet will indicate how much you've raised so far (as of the close of registration on 8/8/17)

We have great fundraising rewards available on race day to those who hit certain fundraising goals! Riding socks for those who raised \$250 or more, hats for those who raised \$500 or more and soft, cozy [Vermont Flannel](#) blankets for those who raised \$1000 or more!

Thank you for the hard work fundraising to help feed our neighbors!

Teams Rewards:

Special Mugs will be awarded to the team that raised the most money and the team with the most members, based on funds and riders signed up by 8/8/17.

Any offline donations (**with your name clearly written in the check**) can be made **payable to the Vermont Foodbank** and mailed to:

Vermont Foodbank
Mica Seely
33 Parker Road
Barre, VT 05641

ALL RIDERS

Important safety notes

Ride Prep- Assemble, fill tires, fill water bottles, and attach bib number to small of back. Cue sheets for the road-rides will be provided upon check-in, and all courses will be marked along the way with signs and orange laminated arrows.

Suggested list of items to bring:

Cell phone
License and credit card, cash
2 full water bottles
For longer rides:
2-3 energy bars and/or gel packets or salt tablets
2 spare tires/tubes
Frame pump
Portable multi-tool

Proper Nutrition on the ride

1. Drink adequate fluids to be able to urinate every 2-3 hours.
2. The average 9" tall water bottle holds 22 oz.; Drink 16 oz. or more per hour.
3. Most people carry 2 water bottles: 1 with water, 1 with a sports drink like Gatorade.
4. Eating enough fuel/calories helps ensure you will have a fun ride.
5. Enough fuel means 200-300 carbohydrate (fruits/starches) calories per hour.
6. Consume protein in just 2 to 3 oz. servings. More oz.'s slow down digestion.
7. Fatty foods also slow digestion. Eat 1 or 2 handfuls of nuts or chips at a time.
8. Even at the later water stops - keep eating.
9. If you are consuming beer or other adult beverages, remember: these are dehydrating. Compensate with even more fluids, especially while you are drinking. Have snacks too.

Cycling Etiquette

Please be very aware that we are sharing the roads of Vermont with cars, pedestrians and your fellow cyclists. You are riding through hometowns, and representing this event and the companies who produce it. Please be respectful and do not ride more than 2 abreast.

- DO NOT LITTER. Please put all wrappers, empty gel packs, etc back in your pocket and dispose of them at the next rest stop.
- Do not urinate in public. If you have to go and can't wait until the next stop, please use a public facility or use extreme discretion. (ie: don't go in someone's front yard)
- Obey all traffic signs and signals. This includes traffic lights and stop signs. If in doubt what the laws are ... check.
- Stay to the right, except to pass. Pass on the left side only. Do not pass on the right. Ride in a single file.
- Use the cue sheet and do not leave the course.
- Do not cross the center line regardless of passing zone.
- Use proper signals when turning. Make left turns from the center of the road or left turn lane. Cross railroad tracks at right angles.
- Ride in control of your bike at all times (i.e. being able to stop within a reasonable distance.)
- Ride defensively, in consideration of your fellow riders.
- Don't use Aero bars in a group.
- Point out and call out any road hazards ahead. These include potholes, drain grates, stray animals, opening car doors, sticks or stones, parked cars, etc.
- Do not overlap wheels. A slight direction change or gust of wind could easily cause you to touch wheels and fall.
- Pedal down hill when you are at the front of the group. Cyclists dislike having to ride under brakes.
- When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill which can cause a sudden deceleration. This can often catch a rider who is following too closely, resulting in a fall from a wheel touch.
- Communicate with your fellow riders, using proper cycling terms, such as "On your left," "Car back," etc. Use Vocal Warnings as described below:
- Slowing - When someone yells out "Slowing", this means that there is something that is causing the pack to slow down. This can be anything from a light, a slower pack of bikes, a car up ahead. In any event, prepare to slow down. Tap you brakes and repeat the yell "Slowing". This is to indicate to others that you've heard them and you are also slowing. This will also alert those behind you that you are slowing down.

HARPOON[™] POINT to POINT

presented by National Life Group[®]

AUGUST 12, 2017
to benefit the Vermont Foodbank



[HOME](#) [RIDE](#) [VOLUNTEER](#) [VISIT VERMONT](#) [FUNDRAISE](#) [SPONSORS](#) [NEWS & VIDEO](#) [FAQ](#) [HARPOON EVENTS](#) [CONTACT](#)

- **Stopping** - When someone yells out "Stopping", this means that there is something that is causing the pack to stop. This can be anything from a light, a slower pack of bikes, a stop sign or a car up ahead. In any event, prepare to stop. Tap your brakes and repeat the yell "Stopping". This is to indicate to others that you've heard them and you are also slowing to a stop. This will also alert those behind you that you are slowing to a stop. It's VERY important not to slam on your brakes especially if there are others behind you!!
- **Hold your line** - When someone yells, "Hold your line", this means that you need to stay in a straight line as best you can. In most cases, the person yelling this out to you is attempting to pass. If you swing out or if you don't keep your bike steady, you could cause the other bicyclist trouble.
- **On your Left** - When someone yells, "On your Left", this means that they are passing you on your left. No need to take this personally. Let them pass as they have the right of way. You should never hear "On your Right". That is, a cyclist should never pass on the right. However, there are many cyclists with varying experience. Be on the look out for those that will pass on your right. If someone does this, kindly remind him or her that they should pass on the left. Also, it is common courtesy to say "Thank You" to the person yelling "on your left". This indicates to them that you've heard them.
- **Car Up** - When someone yells, "Car Up", this means that there is a car up front. It is intended to be a verbal caution indicating that a stop may be necessary. If you hear this, repeat the call so that others know that you are aware of the vehicle up front. It is also common courtesy to repeat this so that others behind you also know about the car.
- **Car Back** - When someone yells, "Car Back", this means that there is a car approaching from behind. It is intended to be a verbal caution indicating that a stop may be necessary. If you hear this, repeat the call so that others know that you are aware of the vehicle is behind you. It is also common courtesy to repeat this so that others also know about the car.

In Case of Emergency

Contact local emergency response officials at 911. Use your cue sheet to specify your location.

EMTs, bike mechanics and other on-road support will be available. Please contact our communication headquarters using the number on your cue sheet, to request assistance or report an incident.

We are ready to handle basic emergency needs but please prepare as if you need to complete the ride without any assistance (we will have a limited supply of spare bike tubes and other bike parts, please pack your own).

We will have a mechanic on the course for each ride as well. However, please be responsible for yourself and bring with you everything you need to complete the ride.

In case of storms

The Harpoon Point to Point is rain or shine. In the event that there is a change in weather while on the road and a storm hits, seek immediate shelter. Our road crew team will be on the route to assist where possible, or jump you to a rest stop where more shelter is available to wait while the storm passes.

*Be aware of how weather will affect your bike. Riding in wet conditions requires slower speeds and greater breaking distances.

*Use extra caution in adverse weather conditions.

*If there's a chance of rain, pack a light rain jacket and dress appropriately to avoid extreme cold.

*If, at the start of a ride, we are aware of a severe safety threat, we will delay the start or cancel if necessary.

Post Ride Party!

Upon completion of the ride, and arrival at the Harpoon Brewery, you **MUST CHECK IN** with the volunteers at the finish so we know you have arrived safely! Only then, you may go to your car if needed, or park you bike on the bike racks and get your bag and unwind, shower, change, eat, and have a beer!

Showers

There will be showers, fully stocked with soaps and scrubs from our friends at [Flourish](#), and a changing area on site for both men and women.

HARPOON[®] POINT to POINT

presented by National Life Group[®]

AUGUST 12, 2017
to benefit the Vermont Foodbank



HOME RIDE VOLUNTEER VISIT VERMONT FUNDRAISE SPONSORS NEWS & VIDEO FAQ HARPOON EVENTS CONTACT

Party time...cold Harpoon beer and delicious BBQ!

After a shower and some nice dry clothes, cyclists can join the post ride party. Use your meal ticket and beer tokens found in your packet. All riders receive a meal ticket for a delicious BBQ prepared for you by the Windsor Fire Department. Additional beer tokens can be purchased for \$5.00. Friends and family members are welcome to come to the party; it's free and open to the public. A very limited number of additional meal tickets may be purchased at rider services for \$15.

No beer outside the designated area

There are strict alcohol laws in Vermont. It is illegal to carry your beer beyond the designated area (caution tape), or to bring your own alcohol into the event space.

Massage

Caren and Hands on Healing will have a couple of massage therapists on site to help with any cramping you may experience after the ride. They are charging \$5 for every 5 minutes you ask for, and it's cash only. *Note there is no ATM on site so pack cash!

Questions?

Please visit: www.harpoonpointtopoint.com or contact us [here](#) if you have any questions or concerns about the ride.

Thank you for joining us to fight hunger in Vermont! Have a fun and safe ride!

Cheers,

The Harpoon Point to Point Team