



# THE 3<sup>RD</sup> ANNUAL PROMISE RIDE

SATURDAY, JUNE 23, 2018  
Cycle 12, 35 or 67 miles to save lives.



Register at [komen.org/promiseride](http://komen.org/promiseride)

## SCHEDULE

Saturday, June 23  
201 Central Ave E, Edgewater, MD 21037

|                   |  |
|-------------------|--|
| 6:00 am:          | Registration, packet pick-up and breakfast |
| 7:15 am:          | Opening ceremony for 67-mile route         |
| 7:30 am:          | 67-mile ride start*                        |
| 8:00 am:          | Opening ceremony for 35-mile route         |
| 8:15 am:          | 35-mile ride start*                        |
| 8:45 am:          | Opening ceremony for 12-mile route         |
| 9:00 am:          | 12-mile ride start*                        |
| 11:00 am-4:00 pm: | Finish line picnic                         |
| 3:00 pm:          | All routes close                           |

\*Due to police support, cyclists must begin promptly at the start times for their respective routes

## FUNDRAISING PRIZES

Fundraising is key to meeting our goals for saving lives and ending breast cancer forever. Each cyclist must raise a minimum of \$180 to participate. However, we encourage you to raise your personal goals to even higher levels. Participants can earn exciting rewards on their fundraising journey and cyclists can continue fundraising for The Promise Ride until July 23, 2018.

Raise \$500 and receive a Promise Ride bike jersey, sure to be a collector's item!



Raise \$1000 and receive the jersey AND matching cycling shorts.

Promise Ride jerseys will be available for pick-up the day of the event. Sizes are available first come, first served as participants reach the \$500 goal, but additional jerseys will be ordered after the event for anyone who does not receive their correct size. Promise Ride bike shorts will be ordered after the event to ensure proper sizing.

## ASSISTANCE DURING THE RIDE

If you have a medical emergency call 911. For other non-emergency issues (mechanical issues, minor medical issues, you're lost, or you can't continue), please call Becky Bosstick, 410-259-3458. A Support and Gear vehicle will be dispatched to your location and transport you and your bike to the nearest rest stop or the finish line.

## IMPORTANT RIDE DETAILS

In order to participate in The Promise Ride, participants MUST:

- Register and wear a Promise Ride bib.
- Raise \$180.
- Be 18-years-old to ride the 35 or 67 mile route.
- Be 12 years-old to ride the 12 mile route. Anyone under 18 must provide photo ID on ride morning and have a parent or guardian present to have the event waiver signed and notarized.
- Bring the enclosed signed waiver to the event.
- Wear a helmet at all times on the route.
- Know safety rules for road cycling. Please view the videos at <http://bikeleague.org/ridesmartvideos> prior to the ride.
- Know hand signals. (See hand signal section).
- Ride single file. Roads will not be closed to traffic during the ride.

You can expect:

- Cue sheets with turn-by-turn route directions on ride day.
- Well-marked routes.
- Bike techs, first aid, and refreshments at the start/finish line and all rest-stops.
- Support and Gear vehicles to patrol the bike routes. These vehicles can transport you to the nearest rest stop or the finish line if you need assistance or are unable to complete the ride. Please do not have personal vehicles follow you along the route.
- The ride will happen rain or shine, except for dangerous weather conditions.

What to bring:

- Cell phone
- Bike helmet
- Signed waiver
- Water bottle
- Sunscreen
- Donations!

[www.promiseride.komenmd.org](http://www.promiseride.komenmd.org) • 410-938-8990

## REST STOPS AND FINISH LINE PICNIC

Rest stops are located about every 12-15 miles along the 35 and 67-mile routes. There is one rest stop for the 12-mile route. The following basics will be available complimentary at each rest stop:

- Hydration: water and Gatorade
- Nutrition: Bananas, KIND bars, peanut butter and jelly sandwiches, oranges and grapes
- First Aid: medical techs for minor injuries or concerns

The finish line picnic will begin at 11 am at South River High School with complimentary picnic-type fare including, Beefalo Bob's, the Watermelon Queen, Sweet Frog, and more! The picnic will continue until 4 pm. Baltimore School of Massage will provide complimentary massages during the picnic.

We thank the following bike shop partners who will generously be providing bike support at the rest stops:



## HAND SIGNALS

The following hand signals are universal for cyclists.



Use the following hand signals when a SAG vehicle approaches:

"I'm OK, no need for SAG vehicle to stop"



"I need assistance, SAG vehicle should stop"

## SPECTATORS

Family and friends are welcome to cheer on cyclists from the start/finish line. There will be plenty of room in the parking lot at South River High School for groups to put up pop-up tents to relax while waiting for cyclists or to socialize after the ride. Only Promise Ride participants and registered volunteers are permitted at rest stops. Please do not have someone follow you in a vehicle during the ride. Support and Gear vehicles will be able to transport you to the finish line if you are unable to complete the ride.

## DIRECTIONS AND PARKING

Address: South River High School, 201 Central Ave E, Edgewater, MD 21037

Plenty of free parking is available at the school.

From Baltimore and points north:

- 1) Take I-695 toward Glen Burnie.
- 2) Keep left at the fork for I-97 S continue for 17.5 miles.
- 3) Take the exit toward US-50 E. Keep right to continue on exit 22. Follow signs for MD 665 E/Riva Rd.
- 4) Continue onto MD-665 E. Take the MD-2/ Solomons Island Rd ramp to Parole/Edgewater. Turn right onto MD-2 S/ Solomons Island Rd continue for 2.3 miles.
- 5) Turn left onto Mayo Rd. In 1.3 miles, turn left onto MD-214 E, school will be on the left.

From Howard County and points west:

- 1) Take MD Rte 32 toward Fort Meade.
- 2) Merge onto I-97 S continue for 17.5 miles. Continue from step 3 above.

From DC Beltway (495)

- 1) Take exit 19A to merge onto US-50 E toward Annapolis. Continue for 11.3 miles.
- 2) Take exit 16 to merge onto MD-424 S. Continue for 3 miles.
- 3) Turn left onto MD 214 E, school will be on the left.

## THANK YOU TO OUR 2018 PROMISE RIDE SPONSORS

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