

# Preliminary RIDERS' GUIDE TO THE 2017 RAMAPO Rally



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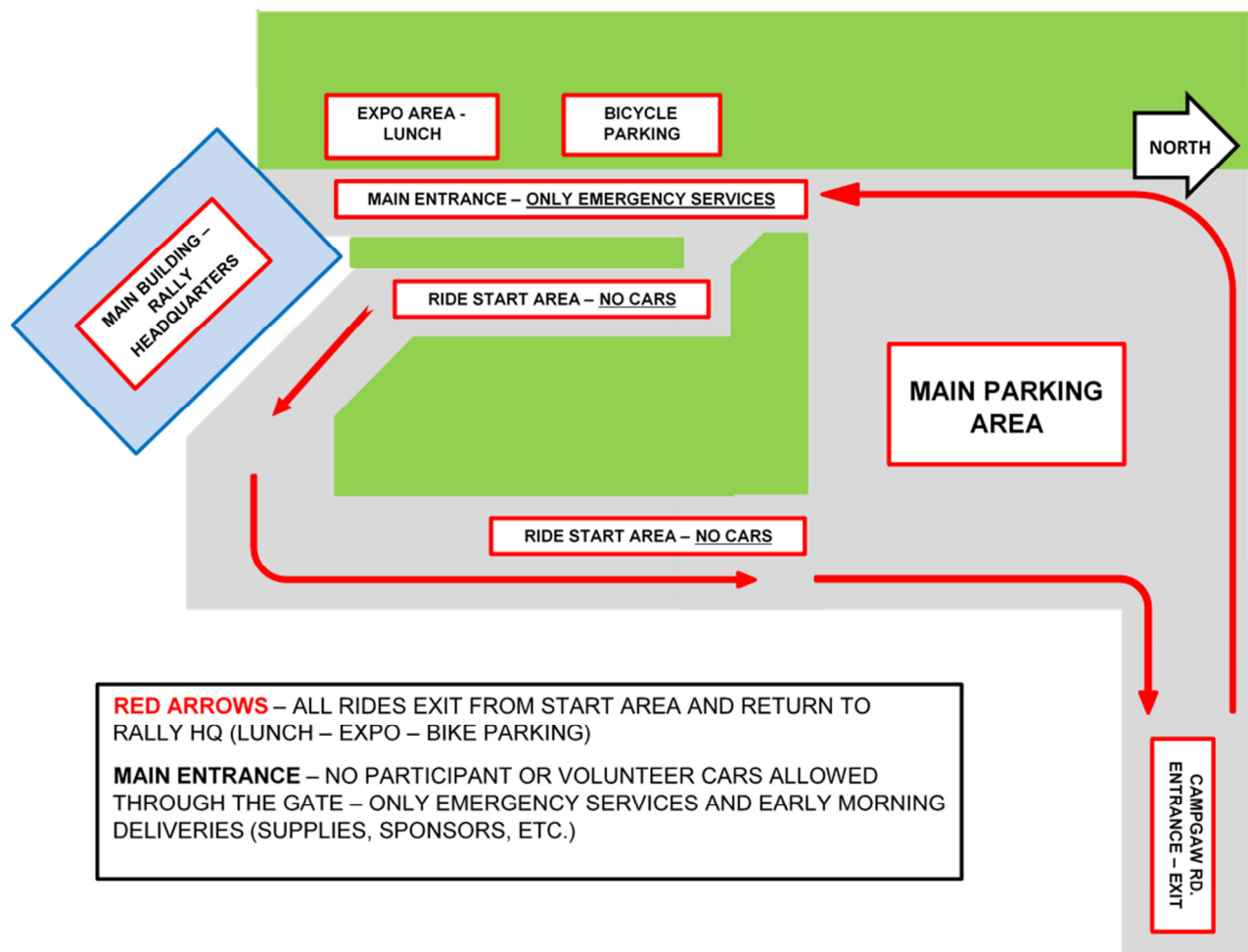
ARRIVING AT CAMPGAW MOUNTAIN COUNTY RESERVATION



# Bicycle Touring Club of North Jersey



You should arrive at Campgaw at least 45 minutes before the suggested start of your ride. That will give you enough time to prepare your bicycle, check in at registration, pick up your cue sheet, and have breakfast.



## PARKING

After you enter the Campgaw Mountain County Reservation, proceed to the main parking lot, next to the Ski Area and lifts.



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### REGISTRATION

The registration area is next to the main building. If you park in the main parking lot we suggest that you register first then go back to your car to prepare your bicycle, gear, and safety accessories bike and then proceed to your ride. If you prefer, you can bring your bicycle to the bicycle parking area adjacent to the Expo Area. If you're parked in the overflow parking lots, we suggest that you prepare your bicycle, gear, and safety accessories and then proceed to the registration area. There is a bicycle parking area adjacent to the Expo Area.

**Even if you are pre-registered**, you need to **check in** to complete your registration to the event (remember to bring your confirmation). Here, you will receive a bib and wristband for access to cue sheets, breakfast, rest stops, and lunch. *Check-in will be done quickly, and won't take more than a few minutes.*

If you are pre-registered, the bib will have your name and emergency contact info on it. For on-site registration, you will need to provide this info.

The bib number will also allow you to participate in the drawing for a **bicycle... generously donated by Giant Bicycle!**

Tabs for entry into the drawing have already been removed, and you are automatically entered into the drawing.

Good luck!

Access to the registration area is closed to all vehicles except bicycles, which should be placed in the racks across from registration so that you can check in unencumbered.

### CUE SHEETS AND GPS FILES

After checking in at registration, you will be ready to pick up a cue sheet for your favorite ride, and have breakfast. The cue sheet will be printed on colored paper, matching the colors of the arrows for the route.

BTCNJ members at the cue sheet table will be available to answer any question regarding the routes, and will help you pick the best ride for your skills and pace.

For the maps for the routes, elevation charts, and GPS files to download for your navigation device, click on the links or copy and paste them on your Internet browser: Since there may be last minute changes to the routes due to road construction or closures the URL links will only become available 1 weeks before the Ramapo Rally. The GPS URLs will also available on the BCTNJ Ramapo Rally web page under the "Routes" Tab



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DISTANCE – ARROWS	ELEVATION	LINK TO MAPS
12 Miles – WHITE	485 ft.	<a href="http://ridewithgps.com/routes/">http://ridewithgps.com/routes/?</a>
25 Miles – ORANGE	1064 ft.	<a href="http://ridewithgps.com/routes/">http://ridewithgps.com/routes/?</a>
50 Miles – PINK	1737 ft.	<a href="http://ridewithgps.com/routes/">http://ridewithgps.com/routes/?</a>
62 Miles – GREEN	3075 ft.	<a href="http://ridewithgps.com/routes/">http://ridewithgps.com/routes/?</a>
100 Miles – YELLOW	5037 ft.	<a href="http://ridewithgps.com/routes/">http://ridewithgps.com/routes/?</a>
125 Miles – YELLOW	6280 ft.	<a href="http://ridewithgps.com/routes/">http://ridewithgps.com/routes/?</a>

## START AREA and THE RIDES

Your bicycle is ready, you have your number, wristband, and cue sheet, so it is time to go to the start area and prepare for your ride. The Ramapo Rally 2017 offers 6 exciting routes:

- **The 125 miler**, a double metric for experienced and skilled cyclists able to ride at an average of averages of 15 mph and above on a route with 6227 feet of elevation and several challenging long and steep hills. Max Grade is 10.9%, Route Description is Hilly to Moderately Hilly. There will be 5 rest stops available for this route.

**Important information for 125-mile route riders:** There is a cutoff time to complete this distance. Those cyclists who reach the intersection of Pulis Ave and Campgaw RD (aprox. @ mile marker 98.8) after 2:00 pm will be directed to the Campgaw site. **After that time, the remaining section of the 125-mile route will be closed; Rest Stop and SAG support will not be available.**

- **The 100 miler**, a century for experienced and skilled cyclists able to ride at an average of 14 mph and above on a route with 4993 feet of elevation and some challenging hills. Max Grade is 8.4%, Route Description is Hilly to Moderately Hilly. There will be 4 rest stops available for this route.

**Important information to 125 and 100 route riders:** You will go through the Denville Rest twice. The rest stop closes at 2:30PM. It's 20 miles out and back. You should leave the rest stop, the first time, before 12:30PM to ensure you make it back before closing.

- **The 62 miler**, a classic metric for intermediate to experienced cyclists able to ride at an average of 13 mph and above on a route with 2908 feet of elevation and a mix of moderate and hilly terrain. Max Grade is 8.0%, Route Description is Hilly to Moderately Hilly. There will



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be 3 rest stops available for this route.

- **The 50 miler**, a ride for intermediate cyclists able to keep an average of 11 mph and above on a route with 1816 feet of elevation that will offer rolling to moderately hilly sections. Max Grade is 6.7%, Route Description is Rolling. There will be 3 rest stops available for this route.
- **The 25 miler**, a ride for beginners ready to try a longer distance to intermediate cyclists able to keep an average of 9 mph and above on a route with 1058 feet of elevation that will challenge you with some rolling hills. Max Grade is 5.6%, Route Description is Rolling. There will be 1 rest stop available for this route.
- **The 12 miler**, a ride for beginners and families on a route with 450 feet of elevation, travels through mostly residential streets and has a few rolling hills to test your energy. Max Grade is 5.1%, Route Description is Rolling to Flat. There will be 1 rest stop available for this route.

## REST STOP LOCATIONS AND HOURS OF OPERATION

- All rest stops will have food, hydration, bike mechanics, and SAG service.
- Rest stops have staggered hours of operation. See chart at bottom for times.

TOWN - REST STOP LOCATION	2017 Ramapo Rally Routes					
	12 Miles	25 Miles	50 Miles	62 Miles	100 Miles	125 Miles
	Rest Stop at Mile:					
RAMSEY – Eric Smith School	6	9	9			
POMPTOM LAKE - Hershfield Park			24			
KINNELON - Boro Hall				19	28	28
DENVILLE - Gardner Field				35	50	50
DENVILLE - Gardner Field					70	70
POMPTOM LAKE - Hershfield Park			40	56	91	91
RAMSEY – Eric Smith School						103
CAMPGAW	13	26	50	66	101	124



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## RAMAPO RALLY 2017 - REST STOPS - HOURS OF OPERATIONS

TOWN	ADDRESS	FROM	TO
RAMSEY	RAMSEY Eric Smith School - <a href="#">73 Monroe Street - Ramsey, NJ</a> Utilized by 50M, 25M and 12M routes Outbound and 125M route Inbound	8:00 AM	11:00 AM
		1:00 PM	2:45 PM *
KINNELON	KINNELON Borough Hall - <a href="#">130 Kinnelon Road - Kinnelon, NJ</a> Utilized by 125M, 100M and 62M routes Outbound	8:00 AM	11:00 AM
DENVILLE	DENVILLE Gardner Field - <a href="#">32 Savage Road - Denville, NJ</a> Utilized by 125N, 100M Outbound & Inbound, and 62M routes Outbound	9:00 AM	2:30 PM
POMPTON LAKES	POMPTON LAKES Hershfield Park - <a href="#">17 Hershfield Park Place - Pompton Lakes, NJ</a> Utilized by 125M, 100M and 62M routes Outbound and 50M route Outbound & Inbound	9:30 AM	4:00 PM
MAHWAH	CAMPGAW Lodge - <a href="#">200 Campgaw Road, Mahwah, NJ</a> **	11:00 AM	5:00 PM
* Ramapo Closing Time based on 2:00 cut off at Mile Marker 99. **Campgaw Lodge opens at 7:00 AM for registration			

Even though all the routes are marked with arrows and with additional signage at some intersections, there is always a chance that you may make a wrong turn. The above addresses with hyperlinks will help you to get back on your intended route. Make sure that you set your smartphone's navigational app to **Bike** or **Walk** mode. All riders are advised to keep this information handy.

### RIDES SCHEDULE – GROUP RIDES

All participants will be able to start their rides at the time of their convenience as long as they can make it back to the start site by 4:30 pm. 100 and 125 milers WILL NOT be permitted to start after 8:00 am. We strongly suggest following the schedule:

- The **12 – 25 mile routes** will have official BTCNJ Ride Leaders. Participants unfamiliar with following cue sheets are suggested to ride with the group and follow the Leaders.
- The **50 – 62 – 100 – 125 mile routes** will have BTCNJ marshals riding the routes and assisting participants, but they will not officially lead the groups.
- Participants may ride alongside BTCNJ marshals, but they are encouraged to ride at their own pace and manage rest stop times at their preference.



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START TIME	ROUTE MILES	ARROWS COLOR	BTCNJ CATEGORY	SUGGESTED AVERAGE SPEED	RIDE DESCRIPTION
7:00 AM	125	YELLOW	A* - A - B* - B	14+ MPH	<b>PACE:</b> Moderate to Very Intense <b>TERRAIN:</b> Hilly to Moderately hilly
7:30 AM	100				
8:00 AM	62	GREEN	A* - A - B* - B	13+ MPH	<b>PACE:</b> Moderate to Intense <b>TERRAIN:</b> Hilly to Moderately hilly
8:30 AM	50	PINK	B - C* - C	11+ MPH	<b>PACE:</b> Moderate <b>TERRAIN:</b> Rolling
START TIME	ROUTE MILES	ARROWS COLOR	BTCNJ CATEGORY	SUGGESTED AVERAGE SPEED	RIDE DESCRIPTION
9:00 AM	25	ORANGE	C*	11 - 13 MPH	<b>PACE:</b> Tour to Moderate <b>TERRAIN:</b> Rolling
9:15 AM			C - D	8 - 11 MPH	
9:30 AM	12	WHITE	C - D - Family	8 - 11 MPH	<b>PACE:</b> Tour to Moderate <b>TERRAIN:</b> Rolling to Flat



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## SAFETY RULES

BTCNJ is a member of the League of American Bicyclists (LAB) and promotes **safe, responsible, and enjoyable cycling**.

- HELMETS are mandatory
- Ride in single file. Bicyclists are never allowed to impede traffic. There may be times where bicycles may travel two abreast when traffic is not impeded. It is a traffic violation to ride three abreast or higher.
- The use of headphones and/or loud speakers is NOT permitted
- Follow the same traffic rules you would if you were driving a car.
- Be mindful of other cyclists.
- Do not follow too closely behind other bicycles.
- Let other riders, and motorists, know what you are doing.
- Pass **only** on the left, and call out “**On your left!**” when passing.
- Use hand signals when turning or when stopping.
- Check for any approaching vehicles before changing lanes
- Every person operating a bicycle upon a roadway shall ride as near to the right side of the roadway as practicable, exercising due care when passing a standing vehicle or one proceeding in the same direction

For additional information see the [AAA's Guide to a Safe Bike Ride](#)

## SAG (Support and Gear) SUPPORT

All routes will be covered by Support And Gear (SAG) service. Everyone is expected to carry at least one spare tube, tools to fix a flat tire and the knowledge of how to fix a flat tire. Or ride with a buddy that can. If you are having difficulties fixing your flat or other issues you cannot manage by yourself, it's likely that a fellow rider may be able to help (ask nicely!). If you have a mechanical problem or other issues you cannot manage by yourself, the Ramapo Rally does have SAG support. The SAG support may not be able to fix your problem but will provide assistance in getting you to a rest stop where there will be mechanics on hand or in special cases bring you back to Campgaw. Keep in mind that you might have to wait a while for SAG help.

Note that SAG support is not for medical emergencies. If you have a medical emergency, contact EMS/911.

In the event that you do need SAG assistance:

- Move yourself and your bike and to a safe area,
- Take note of the nearest; House Number, Street Name and Town, then call the SAG support number for assistance.
- The SAG support telephone number will be on the cue sheets given out for each ride (be sure to take one!).





## Bicycle Touring Club of North Jersey



### HELP MAKE THE RALLY GREEN BY GOING BLUE!

This year, we at BTCNJ will be stepping up our efforts to minimize our environmental impact during the Ramapo Rally by providing clearly marked recycling containers at our Campgaw Mountain County Reservation base. Proper disposal of recyclables reduces the amount of trash sent to landfills and also cuts down on the energy used to produce new containers as well as the petroleum used to produce plastic bottles.

So, when you're at Campgaw before and after your ride, look for the **BLUE recycling barrels** with holes cut in the lids for any bottles, cans, or plastic food containers you dispose of.



#### ***What you CAN recycle in the blue barrels:***

- ▶ Metal cans
- ▶ Glass bottles
- ▶ Plastic food and beverage containers marked with codes 1-7. Remove bottle caps and labels.

#### ***What you CANNOT recycle in the blue barrels:***

- ▶ Plastic bags
- ▶ Paper or cardboard. (We will be collecting clean cardboard separately.)

**Thanks for Helping Us Green Up the Rally!**

### **AFTER THE RIDE**

After you finish the ride, it is time for lunch consisting of gourmet wraps and side dishes.

But do not miss the opportunity to take time for a complimentary massage, walk around the Marketplace Expo and visit our sponsors, and have fun with friends.

The 2016 Ramapo Rally could not have taken place without the generous support of these sponsors.

Please patronize them when you can!



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