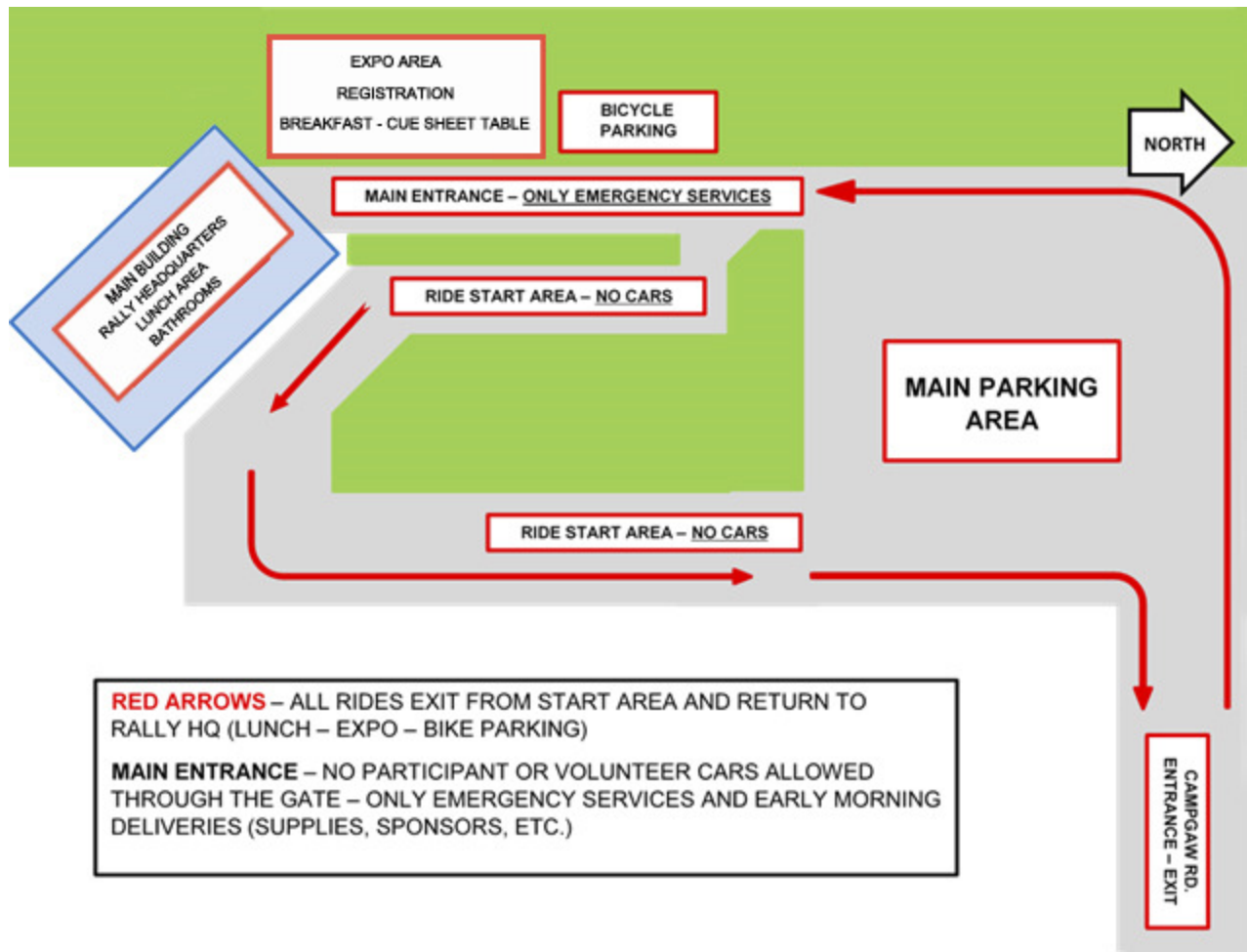


RIDERS' GUIDE TO THE 2018 RAMAPO RALLY



ARRIVING AT CAMPGAW MOUNTAIN COUNTY RESERVATION

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.



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, 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. The Ramapo Rally offers 6 exciting routes

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

To download route maps, elevation charts, and GPS files, click on the below links or copy and paste them on your Internet browser. Due to road construction or closures there may be last-minute changes to the routes. The URL links will become available to the public the week of the Ramapo



Rally. The GPS URLs are also available on the BTCNJ Ramapo Rally web page under the “Routes” Tab. There is no day of the rally provisions to download the GPS files. However, if you have a Ride with GPS account you can use that app on your smart phone to access the routes.

DISTANCE – ARROWS	ELEVATION	LINK TO MAPS
12 Miles – WHITE	490 ft.	https://ridewithgps.com/routes/22119736
25 Miles – ORANGE	1070 ft.	https://ridewithgps.com/routes/21603595
50 Miles – PINK	1840 ft.	https://ridewithgps.com/routes/21603527
62 Miles – GREEN	2920 ft.	https://ridewithgps.com/routes/21810510
100 Miles – YELLOW	4900 ft.	https://ridewithgps.com/routes/21603860
125 Miles – YELLOW	6330 ft.	https://ridewithgps.com/routes/21603925

- **The 125 miler**, a double metric for experienced and skilled cyclists able to ride at an average of 15 mph and above on a route with 6330 feet of elevation and several challenging long and steep hills. Max Grade is 8.5%, 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 (approx. @ mile marker 96.5) 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 4900 feet of elevation and some challenging hills. Max Grade is 8.5%, Route Description is Hilly to Moderately Hilly. There will be 4 rest stops available for this route.

Important information for 125- and 100-mile route riders: You will go through the Denville rest area twice. The rest stop closes at 2:30 pm. It’s 20 miles out and back. You should leave the rest stop, the first time, before 12:30 pm 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 2920 feet of elevation and a mix of moderate and hilly terrain. Max Grade is 7.7%, Route Description is Hilly to Moderately Hilly. There will 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 1840 feet of elevation that will offer rolling to moderately hilly sections. Max Grade is 6.4%, 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 1070 feet of elevation that will challenge you with some rolling hills. Max Grade is 6.1%, 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 490 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.

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.

SUGGESTED START TIME	ROUTE MILES	ARROWS COLOR	BTCNJ CATEGORY	SUGGESTED AVERAGE SPEED
7:15 AM	125	YELLOW	A* - A - B* - B	14+ MPH
7:30 AM	100	YELLOW	A* - A - B* - B	14+ MPH
8:00 AM	62	GREEN	A* - A - B* - B	13+ MPH
8:30 AM	50	PINK	B - C* - C	11+ MPH
9:00 AM	25	ORANGE	C*	11 - 13 MPH
9:15 AM			C - D	8 - 11 MPH
9:30 AM	12	WHITE	C - D - Family	8 - 11 MPH

All participants will be able to start their rides at their convenience as long as they can make it back to the start site by 4:30 pm. The 100 and 125 mile riders WILL NOT be permitted to start after 8:00 am. All 62-mile riders are required to be on the road before 9 am. All 50-mile riders are required to be on the road before 10:30 am.



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.

REST STOP INFORMATION

TOWN - REST STOP LOCATION	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 LAKES - Hershfield Park			24			
KINNELON - Boro Hall				20	26	26
DENVILLE - Gardner Field				32	47	47
DENVILLE - Gardner Field					67	67
POMPTOM LAKE - Hershfield Park			41	54	88	88
RAMSEY - Eric Smith School						102
CAMPGAW	13	24	51	65	99	125

REST STOPS - HOURS OF OPERATION

TOWN	ADDRESS	FROM	TO
RAMSEY	RAMSEY Eric Smith School - 73 Monroe Street - Ramsey, NJ Utilized by 50M, 25M, and 12M routes Outbound and 125M route Inbound	9:30 AM	11:30 AM
		1:00 PM	2:45 PM *
KINNELON	KINNELON Borough Hall - 130 Kinnelon Road - Kinnelon, NJ Utilized by 125M, 100M, and 62M routes Outbound	8:00 AM	11:00 AM
DENVILLE	DENVILLE Gardner Field - 32 Savage Road - Denville, NJ Utilized by 125M, 100M Outbound & Inbound, and 62M routes Outbound	9:00 AM	2:30 PM
POMPTON LAKES	POMPTON LAKES Hershfield Park - 17 Hershfield Park Place - Pompton Lakes, NJ Utilized by 125M, 100M, and 62M routes Outbound and 50M route Outbound & Inbound	9:30 AM	4:00 PM
MAHWAH	CAMPGAW Lodge - 200 Campgaw Road, Mahwah, NJ **	11:00 AM	5:00 PM

* Ramapo Closing Time based on 2:00 PM cut off at Mile Marker 99.

**Campgaw Lodge opens at 7:00 AM for registration.



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

GROUP LEAD RIDES AND RIDE MARSHELS

- 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.

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 2 abreast when traffic is not impeded. It is a traffic violation to ride 3 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:

- [AAA's Guide to a Safe Bike Ride.](#)
- [New Jersey Bicycling Manual](#)

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 who 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 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. Be sure to take one or take note of the phone numbers.

HELP MAKE THE RALLY GREEN BY GOING BLUE!

This year, we at BTCNJ will again 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.

BTCNJ acknowledges and appreciates the generous support of our sponsors. Please patronize them when you can!



2017 Sponsors of the Ramapo Rally



• Trader Joe's • Road ID • ShopRite • Costco •

• Westy Self Storage • Golds Gym • RWJBarnabas Health •

Rest stop bicycle technical support is provided by:

Albert's Westwood Cycle
 Cycle Craft
 Pedal Sports
 Ridgewood Cycle Shop
 Wyckoff Cycle

Post-ride lunch catered by Uncle Giuseppe's Marketplace.