



total**200**

ONE DAY, ONE RIDE, 200 MILES

2010 Total 200 Participant Guide

Welcome to the 6th annual Total 200 ride, an event brought to you by Reach Above, Inc. This is a charity ride to benefit the Chesapeake Bay Foundation. We expect to provide a safe, memorable and challenging experience for all participants- following our track record from the previous 5 years. Please take the time to read through this important information and come prepared on Saturday, July 17, 2010.

Ride Start/End - Anacostia Park

We will begin check in at 5am. After signing your waiver you will receive a cue sheet, your ride number and goodie bag. **You must SIGN-IN by 5:30am.** Ride start time is at 6:00 am sharp. End time is obviously flexible but cut off times are posted below for every check point in order to get all participants back safely before dark. Riding after dark is not permitted.

Start and End location is at the Pavilion in Anacostia Park. Enter the park via Pennsylvania Ave SE, right on Fairlawn Ave, right on 22nd St. Park in front of the Pavilion. See map for more details.

Parking for participants is in front of the pavilion (river side). Once you enter the park and you come to a T-intersection, turn right (north).

Restrooms are at the rear of the Pavilion.

*Note: Please use the designated parking area since some of the park roads are under construction.





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The Route

Remember this is a ride, not a race. Be safe and courteous and let your volunteers know your appreciation. A cue sheet will be provided for you when you sign in. While there are not many turns please take the time to look over the route online. This is an out and back route- turning around after lunch at about 100 miles. **We will be riding on public roads and riders are expected to obey all traffic laws.** While much of this traffic is high speed the majority of the route has large shoulders and much of it is marked as a bike lane.

Maps and GPS files are available online at <http://www.total200.com/course.html>

Check points are spaced at about every 25 miles and lunch is at the mid point. More information below on specific locations and what is provided.

The terrain is mostly flat with long rollers and only a couple sharp small hills. One of the largest climbs of the day is the bridge at mile 75 and 125 (return).

Equipment: Bike, Helmet, Flat Repair Kit...

There is no mandatory bike check. However, we expect that you make sure your bike is in good condition, you wear a helmet at all times and you're prepared to fix your own flat tire. We will have tech support, provided by Arrow Bicycle, at the start and rolling along the course to help out when possible but every rider should be self sufficient.

- Bike helmets are mandatory. No helmet = no start.
- No iPods or mp3 players.
- Carry tubes and CO2 or hand pump as a limited supply will be available at Check Points.

Pacing/Group Ride

This is a group ride, not a race, and we encourage every rider to find the appropriate group that fits their fitness level. At the start of the ride we'll help you seed yourself with other riders expecting to ride at the same average speed. Working together in a paceline will allow you to keep your pace higher than normal and not burn out too early. Remember it's a long way and smart pacing, hydration/nutrition and timely breaks will help you finish successfully.

The suggested pace is an average of 18 - 22 mph. Please check the cut off times posted below for every check point. This is a 200 mile ride and, while we will have SAG support vehicles for those that need it, this is not intended for riders knowingly doing less mileage unless you provide your own SAG support.

Note: For safety reasons riding in aero position is not permitted while in a paceline.



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Check Points / Time Limits

Please check in at every check point. Write your time in next to your name/number when you roll in. Drop out phone number: If you drop out during the ride and fail to make it to a check point you must text your name and rider number to let us know you are no longer riding. Use the phone number posted on the cue sheet. Call if you can not text message.

All riders must be off their bikes by 8:45pm. Total 200 will be an all day event, so it's important to use your breaks efficiently. Open and cut off times are posted below.

Check Point	Start	1	2	3	4	5	6	7	Finish
Mile Marker	0	21	48	76	103	129	157	184	202
Open	5:00a	7:00a	8:15a	9:45a	11:00a	1:15p	2:30p	3:45p	5:00p
Close*	6:00a	7:45a	9:30a	11:15a	1:30p	3:15p	5:00p	7:00p	8:45p

*** Close times are also the cut-off times.** *Riding at a slower rate will not allow a rider to finish the course before dark. If a rider can not make it to the Check Point OR leave that station by the "close" time they will not be allowed to continue to ride the course and will be picked up by a support vehicle. This is critical for us to maintain the required support teams throughout the route.*

Check Point Supplies

Volunteers: Please treat them politely!
Cue sheets in case you need another one.
Hammer Nutrition products (HEED, endurolytes)
Water
Fruit
Snacks, cookies, chips, etc
Cash & Carry minimal bike supplies.
Lunch stop will also have sandwiches, chips and drinks.

Supplies to Bring Along With You

Total 200 is a well supported ride with emergency technical support rolling on the course and check points about every 25 miles. However, riders should always be prepared to be self-sufficient.

- ID: We suggest RoadID. Make sure to have a Government issued ID, insurance card and emergency contact info with you at all times.
- Cue Sheet: provided in the goodie bag at the start.
- Nutrition: Gels, bars, powders, etc
- Cell Phone: coverage is decent although not 100%.
- Money: 6 of the stops will be near stores and while there are provided supplies you may want to buy additional items.



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Special Needs Bags

While it is not necessary, each rider may bring a **small bag** of food, supplies, a change of clothes, etc that will be available at the lunch stop (half way point). **Use your goodie bag with your rider number on it.** Bags larger than a grocery bag will not be allowed. Bags will not be available throughout the remainder of the ride until the end. We suggest you bring extra tubes/CO2. If you plan to change clothes please bring an extra plastic bag to seal your dirty clothes. This is the least we can do for our support crew!

Weather/Rain Policy

Ride rain or shine. Please bring proper clothing/equipment.

Post Ride Celebration

You are invited to celebrate post ride with all your new friends. Festivities will be held from 5pm until dark near the Pavilion. All are welcome, and guests can purchase a meal ticket for \$10 (participants eat for free). Please help us estimate attendance and RSVP if you have guests meeting you at the end.

Organizers and Sponsors

A special thanks to our supporters and all those who worked very diligently to bring you another amazing ride. Please support those that support us!

Arrow Bicycle - <http://www.arrowbicycle.com>

Hammer Nutrition - <http://www.hammernutrition.com>

RoadID - <http://www.roadid.com>

Patuxent Adventure Center - <http://www.paxadventure.com>

DC Triathlon Club - <http://www.dctrclub.org>

Reach Above, Inc.