

## **Park-2-Park Montana Q&A – 2010**

### **What time do we start riding in the morning?**

Breakfast most mornings is served at about 7:30 am. On the first day we also have a pre-ride event and try to get on the road by 9 a.m.

Riders are encouraged to be dressed and ready to ride when they show up for breakfast. You will need to bring your gear over to the SAG vehicle or gear trailer so it can be loaded. After breakfast we need to clean up, make sure you are checked out of your cabin or room, and if we are in a hotel, turn in your key. We then ask for some help getting the gear loaded.

All riders **MUST** check in with the daily ride leader before departing. Slower riders are encouraged to leave first and faster riders should not leave before the first support vehicle. This ensures that riders don't get too spread out along the route and enables the support crew to get on the road at a reasonable time and stay with the group.

We generally get on the road between 8 and 8:30 a.m., and usually by 7:30 a.m. on the Wednesday ride. Remember, we are riding in September and mornings are usually a little cooler so there is less reason to hit the road early.

### **What is available for meals?**

Breakfast includes coffee, tea, orange juice, bagels, cream cheese, breakfast bars, oatmeal and a variety of fruit and yogurt. This will vary day to day and we try to adjust the items to meet the requests of riders.

Lunch is served picnic style on the road and consists of sandwiches – lunchmeat, cheese, tomatoes, etc as well as peanut butter and jelly. There are chips, fruit, cookies, and other treats available as well. The lunch stop will be announced at the rider meeting the night before each ride. **Riders must stop at the lunch stop and check in with ride staff before going on.**

Dinner is a hearty meal with a main dish, salad, etc. We may have spaghetti, pizza, chicken, etc. There is always a vegetarian selection available as well.

Snacks during the day include HEED Sport Drink, PowerAde, and fruit. There may also be cookies, trail mix, salty snacks and other biker favorites. We always have a cooler of water and you can mix your drinks as you like. The front support vehicle stops every 15-20 miles for riders to stop and rest, use the facilities, refuel and regroup.

Those of you that ride a lot have your favorite drink, gel, energy bar, etc. that your stomach is familiar with. We encourage you to bring these. Plan on having enough to get you through the week.

### **Accommodations and roommates**

Riders are responsible for their own housing in St. Mary at the beginning of the ride. If you plan to share a cabin at the KOA, make sure to let us know. You will also be responsible for your own hotel in Gardiner on Friday night. We will provide a list of hotels in Gardiner and special room rates available for riders.

### **Please DO NOT make room reservations for Monday through Thursday Night!**

On Monday night we stay at the Community Center in Dupuyer. You will need a sleeping bag and pad for this night. Showers will be available at the Dupuyer B&B. A few rooms will be available at the B&B based on special needs and fund raising levels. More details will be provided during the ride meeting Sunday.

Tuesday, Wednesday and Thursday nights are in hotels along the route. Most hotel accommodations are two beds, one person per bed. You can let us know if you have a roommate preference. We put couples who sign up together in the same room, men together and women together. You will pick up a key at the front desk of each motel and turn it in the next morning. You are responsible for any incidentals or calls from the room.

### **Flying in from Out of Town?**

If you will be flying in for the ride, there will be a shuttle for you and your bike from Bozeman to St. Mary's (East Glacier) at the beginning of the ride, and from Gardiner (Yellowstone Park) to Bozeman at the end of the ride.

When you are making arrangements for your flights, be sure to arrive in Bozeman no later than Saturday, September 4<sup>th</sup> and depart Bozeman no sooner than Saturday, September 11<sup>th</sup>.

The Best Western Grantree Inn is going to offer a special rate for Park2Park riders. So when you call to make reservations you have to mention you are with Park2Park Montana /CASA and rooms have been flagged to receive special rates.

The Best Western does offer the shuttle to and from the airport along with a great restaurant <http://book.bestwestern.com/bestwestern/priceAvail.do?propertyCode=27064>  
Best Western Grantree Inn  
1325 N 7th Ave, Bozeman, MT 59715  
(800) 780-7234

If you would like to ship your bike rather than fly with it, arrangements have been made with a local, reputable bike shop to receive and reassemble your bike. If you know you will be shipping your bike, contact Bangtail Bikes <http://www.bangtailbikes.com/> in Bozeman via their website right away to work out the details. They would like you to consider shipping your bike 10 days ahead of time so there will be time to reassemble

your bike, and replace any parts that may have been damaged during shipment. Our shuttle driver, who is also a veteran Park2Park rider, will be picking up your bike on Saturday, September 4<sup>th</sup> from Bangtail Bicycles and placing it in a secured trailer specifically designed to carry bicycles safely.

On Sunday our shuttle driver will pick you up at your hotel and drive you to St. Mary's at East Glacier. On Friday, September 10<sup>th</sup> our shuttle driver will take you from Gardiner back to Bozeman by evening. Again, do not schedule your departing flight from Bozeman until Saturday, September 11<sup>th</sup>.

If you have any further questions, please contact Troy Charbonneau at [troy@park2parkmontana.org](mailto:troy@park2parkmontana.org).

### **What will the weather be like?**

Weather in Montana in early September is generally great for biking. However, it can also be said that Montana weather is unpredictable. In past years we have had cool mornings and warm days and very little rain. Riders often start with jackets and tights and then peel down to shorts and jerseys later in the morning. A wind vest or light jacket is very helpful for mountain descents. (Extra gear can be stowed in the support vehicles). There is always the possibility of rain so bring rain gear along for the ride. You will also need sunscreen, sunglasses, gloves, etc.

Sunrise is between 6:46-6:51 am during the ride. Sunset is between 8:02-7:54 pm.

### **What should I bring?**

Riders will want to bring several pairs of bike shorts, jerseys, tights, a jacket, gloves, bike shoes, etc. We recommend you bring three sets of bike clothes. This way you will have fresh bike shorts for each day. There are washing machines at the Town House Inn at Great Falls and you can wash up two sets to get through the week. You may team up with other riders to get a full load for the laundry. You can also wash clothes at other motels along the way.

Basically, set yourself up with two or three sets of basic bike gear – shorts, jersey, socks, etc, then bring along gear for cool or rainy weather. You will want casual clothes for the evening. You will also want a sleeping bag, pad and pillow for Monday night. A more complete gear list will be provided prior to the ride.

### **What do I do if I get tired or hurt during the ride?**

If you or another rider are injured during the ride and require critical medical help please call 911 to get assistance.

If any Park-2-Park Montana support staff is available they will provide assistance. We will have first aid kits in the vehicles and cell phones; however remember that cell coverage can be spotty in parts of Montana. Every rider will fill out a confidential

medical form prior to the ride and we can provide that to emergency personnel or a hospital if needed.

If you get tired or can't continue to ride, pull off the side of the road and flag down a Park-2-Park support vehicle. You might also have another rider go ahead to alert the staff. They will carry you into the next stop or provide assistance to help repair flats or minor mechanicals. Be sure to carry a pump, tire levers, spare tube, patch kit and any medicines you need with you on your bike. **You should be able to repair a flat tire on your own.** We will always have one support vehicle behind the slowest rider to make sure everyone gets into our next stop.

### **Can I bring a spouse or friend to the BBQ at the beginning or dinner at the end?**

Yes to both. Please let us know numbers. You can bring a person or two for free at the Sunday BBQ. The Park-2-Park Ride Celebration will be held on Thursday night in Livingston. Cost for guests is \$15 for adults and \$10 per child. Let Pam know your plans and how many guests will be joining you at [pam-casa@qwestoffice.net](mailto:pam-casa@qwestoffice.net).

### **How about volunteers for support during the ride?**

We can always use volunteers to help with the ride. Duties vary and may include:

- Driving a support vehicle *(these will be limited and we ask riders not to have their spouse or family member tag along on the ride unless they are signed up as official volunteers.)*
- Helping with loading and unloading the gear vehicle.
- Buying groceries for lunch and breakfast.
- Greeting riders at the end of the day
- Helping with a lunch stop along the route.
- Setting up a rest stop with snacks and drinks for riders.

We are asking volunteers this year to please fill out a **Volunteer Registration Form**. It is similar to the rider registration form and allows us to control how many volunteers we have along the route, provide some basic insurance for volunteers and keep track of vital information. Since this is a fund-raising ride we also ask volunteers to make a contribution against expenses if possible. We will also try to help with fuel if possible when volunteers drive their own vehicles for support. Do not plan to bring your own vehicle along unless approved by the ride leader in advance. Too many vehicles can endanger the safety of riders and volunteers.