

Anchor House Ride for Runaways



The Anchor House Ride – What it is REALLY Like



Anchor House Ride for Runaways



Who We Are



Anchor House Ride for Runaways



Breathe... Relax...

You **CAN** do this Ride.

We are here to help.

Anchor House Ride for Runaways



Saturday - Departure Day



- ▶ Arm & Hammer Park
- ▶ To begin 7 days, 500 miles
- ▶ approximately 70 miles a day

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And the journey begins



take a long bus ride

Leave from Arm & Hammer Park and...

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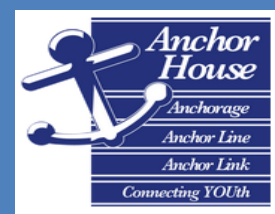


Arrival - Find Your



- ▶ Rider: find your bike!
- ▶ Support: find your crew!

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Get Ready...

Get Your Room Key, Get Settled In Your Room Prepare!

Riders:

- Review the next day's cue sheet
- Get bike clothes / gear ready
- Fill water bottles

Support:

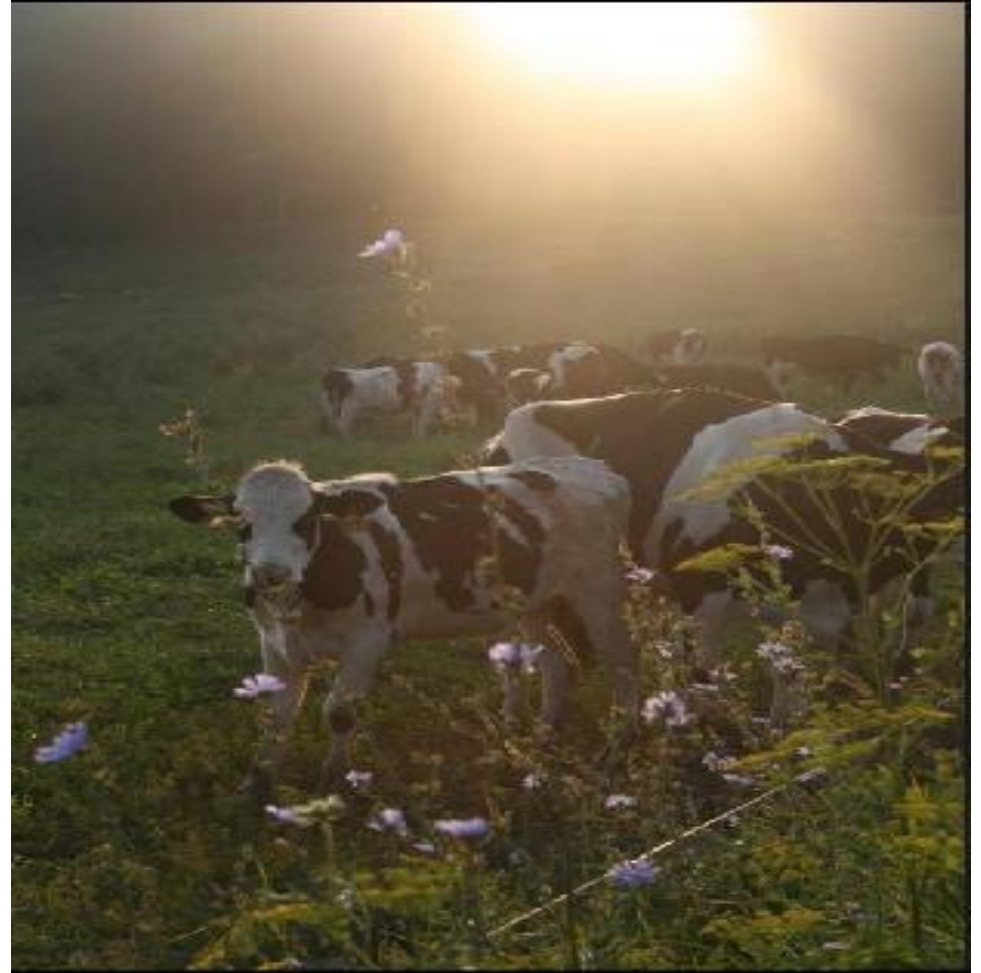
- Stock the vans
- Shop for supplies
- Fuel Up
- Study your sector

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A typical day

Up with the cows...



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Load your Luggage



The Yellow Truck transports the things we use on the Ride, including your luggage.

Luggage Policy

Up to 2 bags per person, each weighing no more than 40 lbs. each



EVERYTHING goes in your luggage. This includes electronics (iPad, laptop, etc.). AH is not responsible for any damage.

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Pick up your chit



Each rider is assigned a chit number. We use the chit's to keep track of where you are.

- Returning a chit to the Chit Board – **very important.**
- Don't lose your chit! \$5/per day per lost or forgotten chit.



Check for Route changes



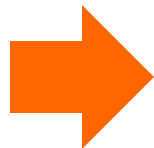
- ▶ Scout verifies the route the day prior.
- ▶ Changes are noted on the Whiteboard by the Yellow Truck.
- ▶ Other reminders and notes as well.

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Reading the Cue Sheet

Cue Sheet – used with your bike computer.



Have a Garmin?
Garmin files will be available for you to download.

GO	TOTAL	DIR	@	ROAD
Start	0.0			Zero computer @ TL between Econolodge & Best Western hotels
0.0	0.0	R	TL	E 1st St
0.1	0.1	R	TL	E Bridge St ☉
1.0	1.1	S	TL	Geo Washington Blvd (becomes Swift St) ☉
1.1	2.2	L	TY	Sweet Rd
0.2	2.4	R		Iroquois Trail (Unmarked) (just before TL @ SR 104)
0.7	3.1	L	TS	CR 89 (Unmarked) ☉
1.4	4.5	R	TS	Lakeshore Rd (leave CR 89)
1.9	6.4	R	TS	W Lake Rd
1.9	8.3	R	TS	Irwin Rd (opposite CR 20 to left)

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Lots of Support!!!

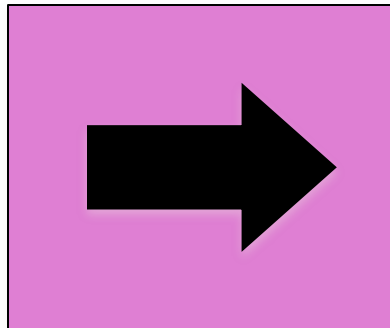
- ▶ Scout
- ▶ Rovers
- ▶ SAG stops
- ▶ Bike Mechanic
- ▶ Video Crew

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Scout

- ▶ Rides the route the day before and makes note of any changes
- ▶ Puts up pink arrows on intersections that might be confusing.



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Rovers

- ▶ Ride each segment of the route to keep track of riders
- ▶ Carry water and bike pumps
- ▶ If you need help, a rover will pick you up



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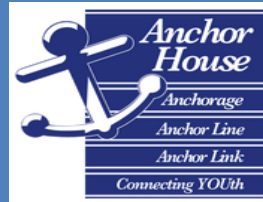


Sag Teams

- ▶ Provide water, Gatorade, lots of fruit and snacks
- ▶ 3 stops a day – about every 25 miles



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Bike Mechanic

- ▶ Pete Garnich – Knapp's Cyclery
- ▶ At Yellow Truck starting at 6am
- ▶ Rides route starting around 8am



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**What keeps you going
for 70 miles?**

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Music



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Fun



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Constant Food!



This Ride is NOT sponsored by Weight Watchers.

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At the end of the day...



- ▶ Put your chit back on the board
- ▶ Grab a drink from the yellow truck
- ▶ Find your luggage...

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Is my room ready?



- ▶ We will manage the check in and check out of the hotel.
- ▶ Your room key will be in the cubby # you are assigned.
- ▶ Check here for your room keys.

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The Yellow Truck Awards



Gathering place after dinner.

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The Ride Banquet



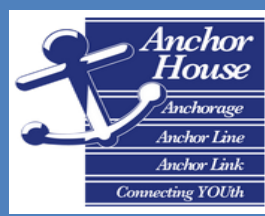
- ▶ Friday night -
Dinner is on us
- ▶ Awards for long
time participants
- ▶ Memorial awards
- ▶ Fundraising total
will be announced

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The last day...

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Picnic at Dutko's



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Group Photo



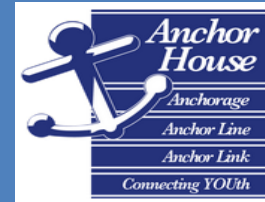
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Riding to the mall



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Welcome Home!



Greet your supporters, your family and friends.

They are happy and PROUD to see you.

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Clean Up!



One last time to help to get ready for next year.

My Brain is Full

- ▶ All Participants Meeting in June
- ▶ Participant Packet (pick up at Arm & Hammer Park on Departure Day)
- ▶ Website – www.anchorhouseride.org
- ▶ Ask members of the Ride Committee