



FREQUENTLY ASKED QUESTIONS

Q: Can I come if I can't ride the whole distance?

Of course! At the halfway point of each day's ride, we will have a SAG stop and shuttle that you can take to our destination if you want to call it an early day.

Q: What if I have a mechanical issue?

During the ride we will have a mechanic at our rest stops to help with any major issues.

Q: What if my bike breaks and I'm in the middle of nowhere?

We will be providing the phone number of our SAG and ride leaders so that you can tell them where you are and arrange to be picked up.

Q: What if I get lost?

If in the unlikely chance you get off course, and the printed maps and ride app aren't providing any help, just give us a call and someone will either pick you up from where you are or help you navigate back to the course.

Q: I' m not a fast rider. What if I' m last?

Because our ride leaders are on the route until every participant has completed the ride, you will never be last.

Q: Can I bring an e- bike?

A: Yes, pedal- assist bicycles are allowed,

Q: Can I rent a bicycle from Bike Florida?

A: For this event, we won't be renting bicycles. But we can assist you in finding a bike shop/store that does daily rentals. Email us at info@bikeflorida.com for more information.

Q: What refreshments do you provide?

A: You are responsible for carrying enough food and water to sustain you for a minimum of 20 miles, so plan accordingly. The rest stops, which are located at the halfway point, will have snacks, water, and Gatorade. If you have any special dietary requirements, you will need to provide those yourself.

Q: Does registration include any meals?

A: Yes - there will be a complimentary breakfast at the starting point.

Q: I' m in terrible shape, but I really want to do this. Do I have enough time to train for this ride?

A: Of course you do! Every week, try and up your distance until you are able to ride at least 30 miles for a few weeks before the event, comfortably.

TERMS & CONDITIONS

When you sign up, you will have to agree to both our Cancellation and Refund Policies below. These are mandatory if you want to participate in the ride. There are no exceptions to these policies.

Cancellation Policy

Cancellation of Event by Bike Florida due to Acts of God or other Force Majeure

I understand and acknowledge that Bike Florida, Inc., at its sole discretion, has the right to cancel all or any part of a Bike Florida Event and any related events and activities (collectively the " Event") due to the occurrence of any force majeure event, or credible threat thereof, including but not limited to any Act of God, fire, earthquake, acts of civil or military authority, casualty, flood, war, terrorist attack, epidemic, insurrection, civil unrest, strikes or other labor activities or any other similar cause beyond the reasonable control of Bike Florida, Inc., including environmental conditions that might threaten the health and safety of Bike Florida Event participants, volunteers or staff. If all or any portion of a Bike Florida Event is canceled due to a force majeure event, all registration fees are forfeited and will not be refunded by Bike Florida, Inc.

Refund Policy

I understand Bike Florida's refund policy is as follows: up to 90 days before the event there is a \$50.00 cancellation fee. From 89 to 35 days before the event, a 50% refund will be issued. Less than 35 days before the event no refund will be issued, no exceptions.

Cycling Clothing:

- Bike shorts and jerseys
 - Shorts with padding are **STRONGLY** recommended.
 - Cycling jerseys / quick - dry shirts to wick moisture away and assist in aerodynamics .
- Bike gloves
 - Either full or half finger are fine, just make sure they have plenty of padding on the palms for optimal comfort.

Layers * * IMPORTANT

- Since Florida mornings can be cool, we recommend bringing base layers that you can take off as the day warms up. We're happy to keep any unneeded/discarded layers in the SAG wagon for you.
- Items you can use for layering: arm or leg warmers, long-sleeved base layers , wind vest, lightweight jacket, etc. **T I P** : if you do not have layers or aren't sure, stop by your local bike shop and they will help you get what you need.
- Water proof, breathable rain jacket.

Cycling Gear:

- If you are bringing your own bike that has an odd or custom setup, make sure to pack spare parts that a typical bike shop might not have. If anything goes wrong with the bike we have a mechanic with us the entire week and there are local bike shops, but we will be dependent on your supplies and unique parts.
 - Spare tubes and change kit.
 - A mechanic will be on course to assist with any problems, but it never hurts to have a spare tube and changing kit on your bike at all times.
 - We will have spare tubes, CO2 cartridges, and floor pumps.
- Well- fitting bike helmet.
- Water bottles.
- Sunscreen.
- Sunglasses.
- If renting a bike, feel free to bring your own saddle/pedals or other accessories. We'd be happy to help you install those on your rental.
- Optional: Small backpack or saddlebag for carrying spare tubes and change kit, etc.