



Bike Florida

55+ Coast to Coast Tour

December 7-10, 2023

St Petersburg to Titusville

- 3 nights, 4 days
- 40-60 miles/day (250+ miles)
- fully supported ride
- hotels (with breakfast) included
- luggage and bicycle transportation included
- social gatherings & after ride excursions

Details at:

bikeflorida.org/florida-bike-rides-and-tours/



TOUR FAQ, TERMS & CONDITIONS, & PACKING LIST

Frequently Asked Questions

Q: Can I come on the tour if I cannot ride the whole distance?

ANSWER: Of course! We have two rest stop points along the route every day. If you need to come off the trail at any point, for any reason, we have 2 SAG vehicles capable of picking you and your bike up. We will provide you with the contact info for those drivers on the first day of the tour.

Q: What if I have a mechanical issue?

ANSWER: Prior to the ride we will post a few videos on our Facebook page for changing tires

and small repairs. There will be a mechanic on the ride with tools, should you have a more serious mechanical issue. They can troubleshoot the issue and if needed, call a SAG vehicle to pick you and your bike up and transport you to the nearest bike shop if more serious repairs are needed.

Q: What if my bike breaks down and I am in the middle of nowhere?

ANSWER: We will provide you with the phone numbers of our SAG drivers as well as the mechanic on the ride and any ride leaders. They will assist you in getting off the trail and to a nearby bike shop for repairs.

Q: What if I get lost?

ANSWER: If in the unlikely chance you get off course, and the printed maps and ride app are not 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. We will have a brief orientation and light snacks will be offered. Restrooms at Demens Landing will be open.

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

ANSWER: Because our ride leaders are on the route until every participant has completed the ride, you will never be last. This is an inclusive ride and there is no speed limit or distance per day that you need to adhere to. We want you to have a positive experience and set your own goals for this tour!

Q: Can I bring an e-bike?

ANSWER: Yes, pedal-assist bicycles are allowed, but spaces are limited. Please contact lisa@bikeflorida.org before signing up if that is what you plan to ride - we just need to make sure we have adequate transport for your bike.

Q: Can I bring a mountain bike, fitness bike, recumbent, or e- bike?

ANSWER: You can bring any bicycle you want as long as we have room for it! Please contact lisa@bikeflorida.org if you plan on bringing a bicycle that requires more transport room.

Q: What refreshments do you provide?

ANSWER: 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 will be located at ~20 & ~40 miles each day, will have snacks, water, and Gatorade type drinks or drink additives. If you have any special dietary requirements, please let us know in advance and we will try to accommodate your requests.

Q: This is my first time going on a multi - day bike ride. What should I bring?

ANSWER: Great question! Check out our suggested packing I list in this document. To ensure we have enough room for everyone, please limit your luggage to one bag or suitcase.

Q: Does registration include any meals?

ANSWER: You are on your own for most meals, but we will have a happy hour each evening with a small selection of adult beverages. Most of the hotels we will be staying at will provide breakfast and the Chamber of Commerce in Titusville will be serving us a send-off breakfast when we arrive there the first day.

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

ANSWER: Absolutely! As a lead-up to the ride, we'll be posting training ideas and scheduling group training rides in our Sunflower Tour Facebook Group.

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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 any 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 cancelation 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.

Packing List

Civilian Clothing:

- 4 “normal” outfits for after your ride for relaxing or going out.
- Bring clothes for both warm and cold weather. Although we will be in the sunshine state, it can get chilly, especially in the mornings and evenings.
- Walking shoes for city & town excursions.

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.
 - A fresh set of cycling clothing each day is optimal, but if you do not have a set for every day of the ride, you can wash them at the hotel to wear for the following day.
- 4 + pair s of athletic socks.
 - Extras are encouraged in case of inclement weather. Wicking materials are highly recommended.
- 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 jack etc. **TIP:** 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.
- Waterproof, 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. There will also be spare tubes on the SAG vehicles in case you need them.
