



Bike Florida

**55+**  
**COAST-TO-COAST  
BICYCLE TOUR**  
**November 7-10, 2024**

3 nights, 4 days  
40-60 miles/day (~210 miles total)  
fully supported ride  
hotels (with breakfast)  
luggage & bicycle transport

REGISTER AT  
[BIKEFLORIDA.ORG](http://BIKEFLORIDA.ORG)

## FAQ, OUR POLICIES, & 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 either SAG stop, for any reason, we have vehicles capable of picking you and your bike up. The SAG personnel will contact the appropriate tour staff for you.

**Q: What if I have a mechanical issue?**

**ANSWER:** There will be ride guides with you on the tour. They will be prepared to help you with small repairs such as flat tires and chain issues. They can troubleshoot an 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 by chance you get off course, and the printed maps and Ride with GPS 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.

**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](mailto: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](mailto: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 list in this document. To ensure we have enough room for everyone, please limit your luggage to one medium size bag and one smaller bag. We suggest you pack your street clothes and whatever else you need in the medium bag and your cycling gear in another for easy retrieval.

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**Q: Does registration include any meals?**

**ANSWER:** Breakfast is included every day. Our SAG stops are full of good food, along with the usual treats and goodies. No one goes away hungry from our rest stops! You are on your own for dinner; we have found that people are particular about their food and have dietary restrictions and dining as a large group is not the best option.

## **Our Policies**

By participating in a Bike Florida ride or tour as a participant or a volunteer, you agree to the following policies:

### **Accident Waiver & Release of Liability**

Please see the current version of our Accident Waiver & Release of Liability on our website:  
<https://www.bikeflorida.org/accident-waiver-release-of-liability/>

### **Cancellation & Refund Policy**

Please see the current version of our Cancellation Policy on our website:  
<https://www.bikeflorida.org/cancellation-policy/>

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# 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 + pairs 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.

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## 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 be spare tubes on the SAG vehicles in case you need them, but there are many sizes and we may not have yours. We recommend that you bring one that fits your tire.

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