## Frequently Asked Questions

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

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?**

Ride guides travel with you on the tour and can handle small repairs like flat tires and chain issues. If more serious work is needed, they will call a SAG vehicle to pick you and your bike up and transport you to the nearest bike shop.

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

We supply you with a wristband that has Bike Florida's main phone number printed on it. Call that number and our Executive Director will get the

information to the appropriate staff member. They will get you off the trail and to a nearby bike shop for repairs.

**Q: What if I get lost?**

If you get off course and your Ride with GPS or printed cue sheets are not working, just give us a call. Someone will either pick you up or help you navigate back to the course.

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

Because our tour guides stay on the route until every participant has finished, you will never be last...

This is an inclusive ride with no speed limit. As long as you can cycle to the first SAG stop (approximately ½ of the day's total distance), you will be fine. We want you to have a positive experience and set your own goals!

**Q: Can I bring an e-bike?**

Yes, **pedal-assist** bicycles are allowed, but spaces are limited. Please contact lisa@bikeflorida.org **before signing up** if you plan to ride an e-bike, so we can ensure we have adequate transport for it.

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

You can bring any bicycle you want as long as we have room for it!

Please contact lisa@bikeflorida.org if you plan to bring a bicycle that requires extra transport space. **NOTE:** e-bikes must be pedal-assist only.

**Q: What if I need to rent a bike?**

We work regularly with ABC Bicycles in St. Petersburg. Tell them you are going on a Bike Florida tour. Make your reservations to include the day before the tour and for the day after (typically Wednesday thru Monday). We will pick up your rental and return it for you!

ABC Bicycles · 6633 Central Avenue, St. Petersburg, FL 33710 · (727) 345-5391

More info: abcbicycles.com

**Q: What refreshments do you provide?**

Please carry enough food and water to sustain you for a minimum of ~20 miles between stops.

Rest stops at ~mile 20 and ~mile 40 each day will have snacks, water, and sports drinks. If you have special dietary requirements, let us know in advance and we will do our best to accommodate you.

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

Great question! See the packing list later in this document.

To ensure we have enough room for everyone, please limit your luggage to one medium bag and one smaller bag. We suggest packing street clothes in the medium bag and cycling gear in the smaller one for easy retrieval.

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

Breakfast is included every day. Our SAG stops are stocked with good food, snacks, and goodies — no one goes away hungry!

Dinners are on your own. We have found that dining as a large group is difficult with varying dietary needs and preferences, so we leave evenings free for you to explore local restaurants and other local points of interest.

## Our Policies

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

| | |
|---|---|
| **Accident Waiver & Release of Liability** | View current waiver on bikeflorida.org |

| | |
|---|---|
| **Cancellation & Refund Policy** | View current cancellation policy on bikeflorida.org |

## Packing List

*Pack light — please limit luggage to one medium bag and one smaller bag.*

### Civilian Clothing

- 4 outfits for after-ride relaxing or going out — *pack for both warm and cool weather*
- Layers — it can get chilly in the mornings and evenings even in Florida
- Walking shoes for city and town excursions

### Cycling Clothing

- Bike shorts with padding — *strongly recommended*
- Cycling jerseys or quick-dry shirts — *moisture-wicking; one set per day is ideal*
- 4+ pairs of athletic socks — *extra pairs recommended; wicking materials preferred*
- Bike gloves — *full or half finger; plenty of palm padding for comfort*
- Waterproof, breathable rain jacket

> ★ **LAYERING TIP:** *Florida mornings can be cool. Bring arm or leg warmers, a long-sleeved base layer, wind vest, or lightweight jacket. SAG can carry any layers you shed during the day. If unsure, your local bike shop can help.*

## 🔧 Cycling Gear

- Well-fitting bike helmet
- Water bottles
- Sunscreen
- Sunglasses
- Spare tubes and tire change kit — *a mechanic will be on course, but always good to carry your own*
- Spare parts for custom or unusual bike setups — *local shops may not stock specialty components*

> ℹ **NOTE:** *We will have spare tubes, CO2 cartridges, and floor pumps on site, but tube sizes vary. Bring one that fits your tire.*

## 🎒 Optional

- Small backpack or saddlebag for tubes, snacks, and tools
- Your own saddle or pedals if renting a bike — *we'll be happy to help install them on your rental*

**Questions? Contact us at lisa@bikeflorida.org**
**or visit BIKEFLORIDA.ORG**