THE LAST GASP 2013

Team Cape Cod Beer Handbook

Version 1.0
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Welcome to Team Cape Cod Beer

This year we decided to put together a guide for riders who might want a bit more information and help getting ready to Ride the Last Gasp. The following is just a guide to help you. If you have any questions please do not hesitate to ask us by emailing either Beth or MJ at beth@capecodbeer.com or MJ@capecodbeer.com

As a member of our team you need to know the following:

- To be on our team you must tell MJ Carpenter who coordinates our team that you want to ride with us. Email MJ@capecodbeer.com
- You will be responsible for registering yourself for the ride which can be done at http://capecodcharitablefunraisers.com. The registration fee is $95
- When you register please note on your form that you are part of Team Cape Cod Beer.
- While most teams ride for a specific cause, when registering you are free to select the cause of your choosing. We are huge supporters of all the charities involved. You will be required to choose ONE or ALL.
- You will need to be fitted for a bike shirt. We will be having a meeting shortly and you will get notification via email. If you can not attend please make sure you come to the brewery to try on one of our 2103 shirts and leave a note for MJ as to your size. We will NOT issue a shirt without it having been tried on (trust us.. we know how this works)
- We ride weekly on Wednesdays at 6pm. This is followed up by a beer. It is casual. Anyone can come. Or feel free to ride with other teams.. its really one big team.
- As a member of our team we provide you with a bike shirt – beer during weekly rides – beer at the finish line and bragging rights for being part of what is typically a HUGE TEAM. and of course our gratitude for taking part in an event that does a great deal of good in our local community!

If you have any other suggestions/ideas/questions/Comments – please email Betha@CapeCodBeer.com or MJ@CapeCodBeer.com

Special thanks to Victor Saverino and Doug Hempel who helped us put this together!

Overview of The Last Gasp

The Last Gasp is a daylong, fundraising event for eight of Cape Cod’s most distinguished non-profit organizations. There are three ways for you to participate:

1. Be a Rider: The Last Gasp involves a bike ride from Sandwich to Provincetown (62 miles), with a Cape Cod Bay cruise aboard the Dolphin Fleet, and an authentic Cape Cod clambake.
2. Be A Virtual Rider: This is basically means you sign up as a rider and do everything a rider does in terms of fundraising except the ride. You can volunteer the day of ride or just join us at the clambake. Since the LAST GASP is basically a fun(d)raiser, being a virtual rider is a great way to be involved!
3. Be a “Baker”: this means just join us for the party at the end. On the registration form you can choose rider or baker. Being a baker admits you to the Pasta Salute, gets you a t-shirt, and you’ll join the fun at the clambake! This event takes place rain or shine.
The focus of The Last Gasp is to have fun while raising money for local non-profit organizations. Riders may direct their funds to the charity of their choice as listed in this brochure — 100% of the money you raise will go to the charity of your choice. If you have no preference, but want to see all the selected charities benefit, your funds will be split evenly among the eight organizations.

The Last Gasp is an event that is the sole property of Cape Cod Charitable FunRaisers, Inc. It is for the enjoyment of the participants and the benefit of the charities named. Cape Cod Charitable FunRaisers is a 501(c)(3) non-profit organization. All contributions to The Last Gasp are 100% tax deductible as provided by law.

In order to participate, at least the minimum funds raised ($500) must be received prior to the ride.

Big Wheels Club
Any rider raising $1,250.00 or more will become a Big Wheel. Each Big Wheel member will receive and invitation to and special recognition at the check presentation ceremony and will receive a top number for next year’s ride.

Prizes
The Last Gasp recognizes and awards the top fund-raisers and top fun raisers alike. In addition, the top male and female fundraisers will be awarded Pairpoint crystal trophies honoring the late Judge Henry L. and Mary E. Murphy.

Turning in Funds Raised
Mail to: The Last Gasp, Box 362, Centerville, MA 02632
Hand In: Pasta Salute, Sept. 14, 3pm - 8pm, American Legion, Sandwich or Hand In: Registration Table, Sandwich Marina, Sept. 15, 7 am.

Final individual and team fundraising totals will include all donations submitted until Nov. 1, 2013.

Requirements and Benefits
To reserve your place, registration forms and fees must be received by September 3, 2013.

- Beverages and snacks are provided along the route
- Lunch at the Surf Club in Provincetown
- Support vehicles patrolling the route
- Cape Cod Bay Cruise back to Sandwich aboard the Dolphin Fleet
- Authentic Cape Cod Clambake
- Commemorative 2013 Last Gasp T-Shirt
LAST GASP SCHEDULE

September 3, 2013
Registration Due Date (unless participant maximums are met earlier) - $95 registration fee due for all Last Gasp riders. $60 registration fee for all wanting to attend the bake. $500 fundraising minimum due prior to the ride. No exceptions.

Saturday, September 14, 2013
Pasta Salute — 3 pm - 8 pm (Dinner served from 5pm - 8pm)
Location — American Legion Hall Route 130, Sandwich
The Pasta Salute is your opportunity to complete early check in, turn in additional monies raised, receive your number, and pick up your Last Gasp instructions. Open to the public.
Cost: Riders free; Adults $8 and Children under 12 - $5.

Sunday, September 15, 2013
7:00 - 8:00 am Check in, Sandwich Marina
8:00 am Last Gasp ride begins
11:00-1:30 pm All Last Gasp riders will arrive at Provincetown. Bikes will be placed on UPS trucks for transport. Sandwiches served at the Surf Club.
2:00 pm The Dolphin Fleet ship will leave its dock in Provincetown and back to Sandwich
3:00 pm Dolphin Fleet arrives in Sandwich
3:30 - 6:00 pm Clambake and awards ceremony at American Legion Hall

For questions or information about the ride itself please contact:
Cape Cod Charitable FunRaisers Inc.
(508)420-4030
www.thelastgasp.com
funraisers@thelastgasp.com
**PREPARATION STEPS TO SUCCESS**

The Last Gasp rides can be challenging. Proper training and preparation makes the ride easier and more enjoyable. Here are some simple steps to bicycling success, including fitness training and sports nutrition. The Last Gasp rides are fun and achievable for nearly every skill level. As a starting point, less experienced riders should consider the steps listed below to help prepare.

- **Check with Your Local Bike Shops or Cycling Clubs:** The best source for bicycling information is your local bike shop or local cycling clubs. Make sure your bike is properly fitted! Your local bike shop or cycling clubs are a good source for any cycling question.

- **Participate in Team, Bike Shop or Cycling Club Training Rides:** You will have a much safer and more enjoyable experience after spending time in the saddle during organized rides, while learning the basics of group cycling. Contact one of your local bike shops for more information on local rides or the Cape Cod Cycling Club (C4). Moreover, attend the weekly Cape Cod Beer Team training rides on Wednesday evenings at 6PM starting from the Cape Cod Beer Tam parking lot (see CCB Group Rides).

- **Keep Track of Your Mileage and Rides:** A key part of training is assessing your improvement. Adding a bicycle computer to your bike is a good step. Basic bicycle computers can monitor your distance, ride time, and speed. You can also find excellent free Apps for your Smart Phone for keeping track of your progress and competing in virtual challenges. For example Map My Ride or Strava is a great application that many riders use.

- **Start with Short Rides:** Keep your first few rides of the year short and easy. 30 - 60 minutes of riding gets you used to sitting on the saddle without over-tiring. Don’t worry about speed or distance on these rides. The purpose is to become comfortable on the bike and to gain basic cardiovascular fitness.

- **Add in Longer Rides:** After becoming comfortable with riding for an hour or so, attempt an endurance day of two or more hours once a week. Try to maintain the same pace established during the shorter rides, but slow down if it is necessary to ride a longer time. Taking rest stops every hour can help rejuvenate you on longer rides. Be sure to eat and drink enough to avoid depleting your energy reserves (known as bonking). The purpose at this stage is to gain confidence in your ability to do long rides and to improve your cardiovascular fitness.

- **For More Advanced Training, Add Hill Interval:** After mastering the basics, challenge yourself with more advanced training. After warming up for at least 20 minutes, find a hill you can climb in 10 - 20 minutes without totally exhausting yourself. After the hill, recover on the way down, and then go up again. As your fitness improves, add more repeats. The power and stamina developed with hill work helps you to tackle the larger hills on the route.

Note - An excellent section of the Cape to practice hills is the Service Road between Exit 2 and Exit 5! There is a group of us who do these hill rides where we also add the Quaker Meeting House Rd. hill! Approximately 22 miles of challenging and fun hill. Another great area for hill intervals is in Wellfleet going all the way up to Province Town, which is also part of The Last Gasp route. Be careful on the downhill descents and don’t get discouraged... keep on peddling.
### TEAM CAPE COD BEER SUGGESTED TRAINING PLAN

Doug Hempel is the CCB Training Captain. He has ridden The Last Gasp several times has come up with a basic training plan. It is not required to complete the basic training plan, but will help you understand what type of training will help you successfully prepare for The Last Gasp. If you have any comments or suggestions please email info@capecodbeer.com

Basic 12-Week Training Plan - This was a plan from Bicycling Magazine extended to 12-weeks. This plan starts on the week of June 23rd. The plan begins gradually and should not be too difficult. You can adjust these rides to meet your own schedule. The long ride is important and must not be overlooked.

<table>
<thead>
<tr>
<th>Week</th>
<th>Week Ending</th>
<th>Ride Length</th>
<th>Miles per Week</th>
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<tbody>
<tr>
<td>1</td>
<td>June 23, 2013</td>
<td>5</td>
<td>15</td>
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<tr>
<td>2</td>
<td>June 30, 2013</td>
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<tr>
<td>13</td>
<td>September 15, 2013</td>
<td></td>
<td>Last Gasp Ride - Have Fun!</td>
</tr>
</tbody>
</table>

These other links discuss a Century Ride (100 miles), but riders can either adjust them to 60 miles or convert the miles to kilometers. The Last Gasp is almost exactly 100 kilometers (metric century).

http://www.bicycling.com/training-nutrition/training-fitness/100-mile-goal
http://www.mapmyride.com/training-plans/plan/cycling-couch-to-group-ride/info/
http://www.mapmyride.com/training-plans/plan/cycling-century-beginner/info/

### TEAM CAPE COD BEER WEEKLY GROUP RIDES

The CCB Team will host a Group Ride every Wednesday (weather permitting) beginning June 26th and ending September 11th. These rides are for all levels. The ride starts promptly at 6pm.
from the CCB parking lot – usually 1 hour ride, followed by a cold beer. Longer rides will be scheduled over the summer for those interested. The CCB Training Rides are non-drop with experienced riders leading these rides.

### Additional Local Training Rides

Team Cape Cod Beer will host a GROUP RIDE every Wednesday (weather permitting) starting 6/26 thru the week before the ride. This will be a ride for all levels. 6pm start – usually 1 hour and a beer after (of course) Longer rides will be scheduled over the summer if people want to do that.

To the right you can see the CCYP Team’s ride schedule. Feel free to ride with another team…. The more the merrier.

Here are other rides around the cape that we know of provided by Victor Saverino another rider on our team.

- **Monday** C4 Ride for beginners from Craigville Beach @ 6PM
- **Tuesday** Time Trial Ride with C4 - This is for advanced riders
- **Wednesday** 5:30 Ride from Cape Cod Sea Sports Intermediate to Advanced Riders
- **Thursday** C4 Ride @ 6pm from Craigville Beach broken into Beginner Intermediate and Advanced Levels

Note - Check our Cape Cod Cycling Club (C4) for more details [http://www.capecodcycle.com](http://www.capecodcycle.com)

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### LAST GASP TRAINING RIDES 2013

#### BEGINNER RIDES

- **Tuesday, 6/18** Veteran’s Beach Hyannis (10 mi)
- **Thursday, 6/20** CCC Canal Visitors Center (16 mi)
- **Tuesday, 7/21** Cape Cod Sea Sports (18 mi)
- **Thursday, 7/25** Veteran’s Beach Hyannis (20 mi)

#### INTERMEDIATE/ADVANCED

- **Wednesday, 6/19** Cape Cod Canal Visitors Center (16 mi)
- **Thursday, 7/22** Veteran’s Beach Hyannis (20 mi)
- **Saturday, 7/24** Barnstable HS (28 mi)
- **Sunday, 7/25** Barnstable HS (28 mi)
- **Saturday, 8/1** CCC Canal Visitors Center (16 mi)
- **Sunday, 8/2** Veterans Beach Hyannis (20 mi)
- **Tuesday, 8/4** Cape Cod Canal Visitors Center (16 mi)
- **Thursday, 8/6** Barnstable HS (28 mi)

We will ride in light rain and drizzle. We cancel in anything more, including thunderstorms. Contact Adam at (508)367-5631.

Riders must wear helmets and supply own drinking water. Bring an energy bar or piece of fruit for lengthy rides as well.
**SPORTS NUTRITION**

Eating and drinking right is just as key an element of training for and riding in The Last Gasp ride as is the number of miles a rider spends on a bike. The best way to take charge of your body is to use common sense. However, always consult your physician before starting any training program.

It is important to be well hydrated before, during, and after a ride. If you do not drink enough fluids, dehydration results, causing nausea, muscle cramps, chills, and lack of motivation. Dehydration could lead to heat stroke, a serious medical condition.

To prevent dehydration, we recommend you use the following general guidelines: on all rides, you should drink 4 to 8 ounces of water or carbohydrate drinks every 15 to 30 minutes. Drink more if it’s hot or humid, or if you’re riding particularly hard. On rides more than two hours in duration, carbohydrate replacement drinks empty more slowly from the stomach, so the total amount you drink should be increased to 5 to 10 ounces every 15 to 30 minutes.

These energy drinks help increase your performance, reduce cramps, and lessen the possibility of heat stroke. In addition, energy bars help you avoid the infamous “BONK” that many cyclists experience on longer rides. You should eat on long rides. Good food choices include energy bars and fruit.

Note - There are many excellent and free training and nutrition sources available on the Internet - Remember the key is NOT to BONK! During your training rides practice drinking and eating enough fluids and food to sustain your energy.

**RIDER AND SAFETY CYCLING ETIQUETTE**

- All Last Gasp Riders must understand and practice rider and safety cycling etiquette.
- Obey all traffic signs and signals. This includes traffic lights and stop signs. If in doubt, check [www.massbike.org/bikelaw](http://www.massbike.org/bikelaw)
- Communicate with your fellow riders using proper cycling terms, such as “On your left,” “Car back,” etc. See Tips and Vocal Warnings
- Ride Single File! Stay to the right, except to pass. Pass on the left side only. Do not pass on the right.
- Do not cross center line in roadway, regardless of passing zone.
- Use proper signals when turning. Make left turns from the center of the road or left turn lane.
- Cross railroad tracks perpendicular to the tracks. Ride in control of your bike at all times. You should be able to stop within a reasonable distance.
- Ride defensively and predictably, with consideration for your fellow riders. If you must stop, move off the road to the right.
- Don’t se aero bars when in a group.
- Point out and call out any road hazards ahead. These include potholes, drain grates, stray animals, opening car doors, bigger sticks or stones, parked cars, etc.
- Do not overlap wheels of cyclist ahead of you. A slight direction change or gust of wind could easily cause you to touch wheels and fall.
• Pedal down hill when you are at the front of the bunch. Cyclists dislike having to ride under brakes.
• When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill which can cause a sudden deceleration. This can catch a rider who is following too closely, potentially resulting in a fall from a wheel touch.

Check League of American Bicyclists website, bikeleague.org for more information.

Support and Gear Vehicles (SAG)
To signal SAG vehicles, follow these three steps:
(1) Off Road. Move off the riding path,
(2) Off Bike. Stand or Sit nearby, and
(3) Signal to SAG.


Vocal Warnings & Tips
The following Vocal Warnings and Tips must be reviewed and fully understood and become part of you everyday cycling safety and etiquette procedures.

• Slowing - When someone yells out “Slowing,” this means that there is something that is causing the pack to slow down. This can be anything from a traffic light, a slower pack of bikes, or a car up ahead. In any event, prepare to slow down. Tap your brakes and repeat the yell “Slowing.” This is to indicate to others that you’ve heard them and you are also slowing. This also alert those behind you that you are slowing down.
• Stopping - When someone yells out “Stopping,” this means that there is something that is causing the pack to stop. This can be anything from a traffic light, a slower pack of bikes, a stop sign, or a car up ahead. In any event, prepare to stop. Tap your brakes and repeat the yell “Stopping.” It’s very important not to slam on your brakes especially if there are others behind you!
• Hold Your Line - When someone yells, “Hold your line,” this means that you need to stay in a straight line as best you can. In most cases, the person yelling this out to you is attempting to pass. If you swing out or if you don’t keep your bike steady, you could cause the other rider trouble.
• On Your Left - When someone yells, “On your Left,” this means that they are passing you on your left. No need to take this personally. Let them pass as they have the right of way. You should never hear “On your Right.” That is, a cyclist should never pass on the right. However, there are many cyclists with varying experience. Be on the look out for those who pass on your right. If someone does this, kindly remind him or her that they should pass on the left. Also, it is common courtesy to say “Thank You” to the person yelling “on your left.” This indicates that you’ve heard them.
• Car Up - When someone yells, “Car Up,” this means that there is a car up front. It is intended to be a verbal caution indicating that a stop may be necessary. If you hear this, repeat the call so that others know that you are aware of the vehicle up front. It is also common courtesy to repeat this so that others behind you know about the car.
Car Back - When someone yells, “Car Back,” this means that there is a car behind you. It is intended to be a verbal caution indicating that a car may be passing from behind. It is also common courtesy to repeat this so that others in front of you know about the car.

**PRE-RIDE INFORMATION**

**Bike Tune-up / Inspection, Be Prepared!**

We recommend that you have your bike tuned at one of the local bike shops before the ride or tune-up your bike yourself! All cyclists should carry an extra tube, tire levers, a pump or CO2 cartridges, multi-tool and a patch kit. You may not know how to repair a puncture, but another cyclist may be able to help you or the support wagon.

Get Your Bike Ready - If you have not done so recently get your bike to a shop for a tune-up. Chains, cables, and tires tend to require work or replacement. These are relatively inexpensive to maintain, adjust or replace if necessary. Pay particular attention to your tires. Old tires will let you down and can put you and other riders at risk. Also make sure your bike is properly fitted. Having a poorly fitted bike will just make you sore or worst cause an injury.

**Free Local Repair Clinics**

Locally there are two monthly FREE Bike Repair Clinics, which we’re aware of:

**Seaports Hyannis Bike Repair Clinics:**

*covering Roadside repair flats, tweets in shifting* **FREE**  
*June 20th at 6pm*  
*July 26th at 6pm in store*  
*August – date to be determined*

**Eastern Mountain Sports Basic Bike Repair Clinic**

*covering Roadside repair flats, tweets in shifting* **FREE**  
*July 11th at 6pm*  
*August 8th at 6pm*

**Dennis Cycle Center**

*Will be hosting repair clinics this summer and into the fall*  
*Dates TBD please check their website*  

**Basic Bike Repair Kit**

You can assemble your own basic bike repair kit or purchase pre-assembled repair kits from local biking stores or online. You should have the following components with you on every ride:

1. **(2) Spare tubes with the appropriate valves (Presta or Schrader) that fits your wheel (read the tire to determine tube size or ask your local bike shop)***
2. **(1) Patch kit***
3. **(1) Multi-tool***
4. **Set of Tire levers, heavy-duty***
5. **Pump or CO2 cartridges***
**Helpful Videos**
ABC Quick Checks - A= Air, B = Brakes, C = Chain, Cassette and Crank; Quick = Quick Releases [http://vimeo.com/67817116](http://vimeo.com/67817116)
All things related to cycling at REI.com [http://www.rei.com/Cycle](http://www.rei.com/Cycle)

**RIDE DAY AND POST-RIDE**
The following are important things to consider to bring for The Last Gasp Ride:

- Helmet - Required
- Tuned-up Bicycle with Pump - Highly Recommended
- Seat bag with tire patch kit, 2 spare tubes and tire levers - Highly Recommended
- Two water bottles or hydration pack - Required
- Rider Number - Required
- Padded bike shorts, jersey, gloves and shoes - Highly Recommended
- Jacket, rain gear, arm / leg / knee warmers or tights - Highly Recommended
- Sunglasses, lip balm and sunscreen - Recommended
- Identification (driver’s license, medical insurance card, etc) - Highly Recommended
- Emergency Cash or Credit Card - Highly Recommended
- Cellular Telephone - Highly Recommended
- Medications - If Required
- No Headphones, iPods or Radios

Note - We suggest that first time riders pack three bags: (1) Essential Riding Equipment with you on the bike (see above bullet list), (2) What you need in Provincetown, and (3) What you need in Sandwich upon return.

**What to Bring for Post-Ride in Provincetown**
As a member of the CCB Team we will have a room reserved at the finish line to allow CCB riders to shower. Just a quick shower and the ability to change into fresh clothes. It will feel great! You might consider these things for your Provincetown bag:

- Soap, Shampoo and Towel
- Change of Clothes - You still need to ride a few miles into town to get to the ferry
- Light Jacket or Sweatshirt for the ferry ride back
- Alternate comfortable shoes - Sandals, Sneakers, etc.
- Your own snacks or drinks - Important to rehydrate with non-alcoholic beverages and protein snacks to help your muscles recover
- Anything you might want on the ferry - i.e. book, hat or nap...
- Cash for the cash bar on the boat or BYOB

**What to Bring for Return to Sandwich**
When the boat arrives in Sandwich you leave the boat, grab your bike, return to your car and head over to the clambake. You may want to leave in your car anything you might want later in
the day upon your return to Sandwich Marina. It does tend to get cooler as the day goes on – prepare accordingly.

**On the Road**

Rest Stops - To help you along the route, The Last Gasps will have several rest stops. The stops will probably be manned by volunteers, bike mechanics and / or medical help and should be stocked with water, sports drinks, fruit, energy bars and other healthy snacks.

Use your time at the rest stops to fill your bottles or hydration pack, but don’t stay too long. After about 10 - 15 minutes your body and muscles cool down and it takes more energy to get back to your regular riding pace.

SAG Vehicle - Support And Gear vehicles drive between rest stops. The identification and number of SAG vehicles is pending. SAG vehicles stop if you are on the side of the road. If you do not need assistance give the SAG vehicle a thumbs up.

Typically on long rides SAG vehicles are equipped with bike racks, basic bike repair kits, medical kits, water and snacks. If you cannot continue to ride, a SAG vehicle will give you a ride to the next rest stop. If you do not see a SAG vehicle within a few minutes and need assistance, call the net control number provided by The Last Gasp organizers and / or your own personal SAG Team.

Important Note - The CCB Team may have our own SAG and further discussions are underway. However, be prepared to have your own support team.

**LAST GASP ROUTE**

To help you along the route will be clearly marked by The Last Gasp organizers. However, you should download the route and become familiar with it. The The Last Gasp 2013 route is available on [The Last Gasp home page](#).

The following is the current description of the Last Gasp 2013 route:

1. The ride begins at 8:00 am sharp from the Sandwich Marina. The starting line is actually on Gallo Rd. in Sandwich. You leave the Marina via Gallo Rd., Tupper Rd., and get escorted on to Route 6A where you will remain until North Truro (55 miles away).
2. About 5 miles into the ride, it will be time to dismount from your bike to safely cross the Railroad (RR) tracks in Sandwich. Over the years, this spot has been cause for many an exciting spill. Get off, or Fall off!
3. At the 23 mile mark, we have our first water stop. You will be able to pull off the road and get a drink and something to eat at the Cooperative Bank of Cape Cod on the corner of Route 6A and Rt. 134 in Dennis.
4. At the 32 mile mark, a note of caution as you negotiate the Rt.28 and 6A fork, leading up to the Orleans Rotary. Although we have never had an incident here, please be careful!
5. Around the 41 mile mark we have our second water stop. This stop is located at the Kinlin-Grover office in So. Wellfleet on Rt. 6A. Time for a bit of a rest and refuel before heading into the last 20 or so miles.
6. At the 55 mile mark, time to head off of Rt. 6A via Highland Ave in N. Truro. At the end of the exit, take a left heading for Shore Rd.
7. You will travel about 1/2 mile down Highland Ave. when you will come to an intersection at Dutra's Market, at the intersection, please take a right and you will immediately encounter The Last Gasp Hill. Not particularly long, the hill is quite steep and will take your Last Gasp to conquer without getting off your bike.
8. Once over the top, enjoy the longest 5 mile ride of your life along Shore Rd. Small rolling hills are coupled with a stiff headwind to bring you what seems to many, an endless trip to the finish line.
9. The finish line is headed up by the Godfather of the Gasp, Ray DuBois. The finish is set up a couple of miles out of town at the Cape Inn Hotel along Shore Rd. You will want to stop here, get your time and place, a drink, and see how you did before heading into Provincetown.
10. Once you're back together, you can leisurely head into Provincetown center along Commercial St. About halfway down, take a left on Ryder Ave and head for the UPS trucks along the dock. You can then load your bike on to a truck, pick up your change of clothes, and head to the Portuguese Princess to change and clean up. Then join the reception at the Surf Club at the foot of McMillian Wharf. At the Surf Club we will provide you lunch, you may have the beverage of your choice, check out the Pats game, and tell tall tales to your “Gasper” friends about your ride.
11. At 2:00 pm sharp, the M.V. Portuguese Princess will head back to Sandwich from MacMillian Wharf in Provincetown. The clambake at the American Legion in Sandwich will begin at 3:30.

**Local Bike Shops**

Knowing your local Bike Shops is important to the success of your Last Gasp Ride. The following is list of some of the local bike shops on the Cape for your consideration:

<table>
<thead>
<tr>
<th><strong>Cape Cod Sea Sports</strong>*</th>
<th><strong>Dennis Cycle Center (On Rail Trail)</strong>*</th>
</tr>
</thead>
<tbody>
<tr>
<td>195 Ridgewood Ave</td>
<td>249 Great Western Rd</td>
</tr>
<tr>
<td>Hyannis, MA 02601</td>
<td>South Dennis</td>
</tr>
<tr>
<td>(508) 790-1217</td>
<td>(508) 398-0011</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Bike Zone</strong></th>
<th><strong>Rail Trail Bike &amp; Kayak Shop (On Rail Trail)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>323 Barnstable Rd</td>
<td>302 Underpass Rd</td>
</tr>
<tr>
<td>Hyannis, MA 02601</td>
<td>Brewster</td>
</tr>
<tr>
<td>(508) 775-3299</td>
<td>(508) 896-8200</td>
</tr>
<tr>
<td><a href="http://www.bikezonecapecod.com">www.bikezonecapecod.com</a></td>
<td><a href="http://www.railtrailbikeshop.com">www.railtrailbikeshop.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Barbara's Bike &amp; Sport Equipment (On Rail Trail at trailhead in Dennis)</strong></th>
<th><strong>Orleans Cycle</strong> (On rail trail right in Orleans center)</th>
</tr>
</thead>
<tbody>
<tr>
<td>430 Route 134 South Dennis</td>
<td>26 Main St Orleans</td>
</tr>
<tr>
<td>(508) 760-4723</td>
<td>(508) 255-9115</td>
</tr>
<tr>
<td><a href="http://www.barbsbikeshop.com">www.barbsbikeshop.com</a></td>
<td><a href="http://www.orleanscyclecapecod.com">www.orleanscyclecapecod.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Idle Times Bike Shop Inc (On Rail Trail in Orleans Center)</strong></th>
<th><strong>Little Capistrano Bike Shop</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>30 Salt Pond Rd</td>
</tr>
</tbody>
</table>
**ADDITIONAL BIKING INFORMATION**

The following information is also helpful and has been compiled from many cycling sources including the League of American Bicycling. This information includes how to Ride Smart, General Mechanical Skills to Better Riding Tips, and so on. Always remember to ride safe, be respectful, and, of course, have fun!

## Six Rules of the Road

The six Rules of the Road are the core of any Smart Cycling program and will prepare you for a safe and fun bike ride no matter where you are riding (Source: League of American Cycling).

1. **Follow the Law** - Your safety and image of bicyclist depend on you. You have the same rights and duties as drivers. Obey traffic signals and stop signs. Ride with traffic and use the rightmost lane headed in the direction you are going.
2. **Be Predictable** - Make your intentions clear to everyone on the road. Ride in a straight line and don’t swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

*Have been very helpful to our team and team members*
(3) Be Conspicuous - Ride where people can see you and wear bright clothing. Use a front white light, rear red light and reflectors when visibility is poor. Make eye contact with others and don’t ride on sidewalks.

(4) Think Ahead - Anticipate what drivers, pedestrians, and other people on bikes will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and other road hazards. Cross railroad tracks at right angles.

(5) Ride Ready - Check that your tires have sufficient air, brakes are working, chain runs smoothly, and quick release levers are closed. Carry tools and supplies that are appropriate for your ride. Wear a helmet.

(6) Keep Your Cool - Road rage benefits no one and always makes a bad situation worse.

Smart Cycling Tips
Use these tips to learn more about how to ride safely and perform maintenance on your bike.

Basic Bike Check, ABC Quick Check - The ABC acronym along with the two words Quick and Check is a great way to remember some quick safety and maintenance tips.

**A is for Air**
Inflate tires to the pressure listed on the side of the tire
Use a pressure gauge to insure proper pressure
Check for damage on tires and replace if damaged

**B is for Brakes**
Inspect pads for wear; replace if there is less than a 1/4-inch of pad left
Check pad adjustment; make sure they do not rub the tire
Look to see that you can fit your thumb between the brake lever handlebar when the brakes are squeezed all the way

**C is for Cranks and Chain**
Pull your cranks away from the bike - if they are loose, tighten the bolt
Check that your chain is free of rust and gunk

**Quick is for Quick Releases**
Make sure your quick releases are all closed
They should all be pointing to the back of the bike, so that they don’t get caught on anything

**Check is for Check it Over**
Take a quick ride to check that it is working properly

Helmets: Fit and Adjustment
Use these tips to learn more about how to properly wear, fit and adjust your helmet.

Helmet Fit
To find the size size helmet, put one on your head without fastening the straps
The front of the helmet should be level and two-fingers width above your eyebrows
Shake your head from side to side; There should only be a little movement
Helmet Adjustment

- The side straps should come to a point just below your ears - move the small tabs on the side of these straps up or down until they are a half inch or less under your ear lobe.
- The chin strap should be about half an inch below your chin when your mouth is closed
- Wearing a bike helmet with loose straps is the same as not wearing a bike helmet at all

What to Wear

What to wear is important to safety and also in having a comfortable and enjoyable ride.

- Helmet: Wear a properly fitted helmet. Make sure that the helmet fits on top of the head and is parallel to the ground. After a crash or impact on your helmet, it should be replaced.
- Everyday Clothes: You don’t have to wear special cycling gear in order to ride a bike, everyday clothes work just fine. Tight, close fit keeps fabrics from rubbing your skin and causing irritation. Bike shorts should be worn alone or under another pair of lightweight shorts. **Bike shorts are HIGHLY RECOMMENDED!**
- Cold Weather: Wear layers. Gloves and ear warmers are particularly helpful, just like in skiing.
- Rain: Wear bright colors and reflective gear. Waterproof jacket and pants.
- Night: Wear bright colors and reflective gear.
- Long Rides: Jerseys help pull moisture away from your skin and have pockets on the back for food, tools and money. Cycling shorts offer cushioning. Bike gloves help distribute pressure across your palms.

Bike Comfort

Bike comfort is extremely important and a proper fitted bike reduces the chances of injuries.

- Frame Size: Frame size is important for comfort and cannot be adjusted. When standing over a straight tube, there should be 1 to 2-inches between you and the frame for a rod bike and 3 to 4-inches on a mountain / hybrid bike. On a step-through bike, your leg should be slightly bent when the pedal is pushed all the way. Remember your local bike shop can help you fit a frame.
- Seat Height: While seated, you should have a slight bend in your knee when the pedal is pushed down all the way. Beginners may want their seat a bit lower for comfort and security.
- Seat Angle: The seat should be tilted no more than five degrees up or down.
- Handlebars: Handlebar setup is a personal preference; higher for comfort, lower for performance.
- Seat Design: Seats come in gender specific as well as comfort and performance models. If you hurt after you and your bike shop adjust it a few times, try a new one. Explore your choices; your seat should not hurt you or cause you numbness.
- Shifting: Learning how to properly shift your bike gears is an important and basic skill requirement. How to Shift:
  o When it’s getting harder to pedal, shift into an easier, lower gear.
  o When it’s getting easier to pedal, you’ll want to be in a harder, higher gear.
  o On flat ground, you’ll want to be in the middle of your range of gears.
  o Be sure to shift into a comfortable starting gear before you stop.
For best results, the chain needs to be in a generally straight line - if you are in your hardest front gear, you don’t want to be in you easiest back gear (you should be able to hear it if your chain isn’t in a straight line)

**Ride Better Tips**
Use these tips to learn the basics of riding your bike in the road with traffic. We also recommend taking a few cycling classes with experienced road cyclist.

- Ride on the Right
- Always ride with the flow of traffic
- Do not ride on the sidewalk
- Allow yourself room to maneuver around hazards
- Roads with higher traffic volumes should be given right-of-way
- Always use signals to indicate your intentions to move position
- Look behind you to indicate your desire to move and to make sure that you can
- Traffic in your destination lane has the right-of-way
- Making eye contact with drivers lets them know that you see them
- Signal and make your lane changes early, before you need to
- Position yourself in the right-most lane that goes in the direction of your destination
- Ride in the right third of the lane
- Avoid being overtaken in the narrow-lane situations by riding in the middle of the lane
- Position yourself relative to the speed of other traffic
- Left-most lane is for fastest moving traffic, right-most for slower traffic
- Yield to faster moving vehicles by staying to the right in the lane
- Always ride in a straight line; Do not swerve between parked cars
- Give yourself enough room on your right to maneuver in an emergency
- Ride in the middle or right third of the lane if there is no room for lane sharing
- Slower moving vehicles travel to the right of faster moving ones
- Follow the same rules as motorists including yielding right-of-way and signaling
- Ride just to the right of the travel lane to remain visible to other motorists
- Always ride outside the door zone when passing parked cars
- If a lane narrows ahead or is blocked by a bus, establish your position in traffic early
- Avoid riding where glass and other trash accumulates on the right side of roadways
- Grates and gutter-pans should be avoided by positioning yourself away from them
- Some guidelines on proper or recommended lane positioning when riding
- Ride in the same direction as traffic; stay far enough away from the curb to avoid hazards
- Ride in the right third of the right-most lane that goes in the direction you are going
- Ride in the middle of the lane if traveling the same speed as traffic in a narrow lane
- Always ride in or near a travel lane; stay visible by riding where drivers are looking
- Wear bright clothing that is visible
- Do not pass on the right; motorists are not looking for other vehicles there
- Ride in a straight line, not in and out of parked cars on the side of the road
- Beware of cars merging into the roadway from a parallel parking position
- Always ride outside the door zone when passing parked cars
- If there is not enough room to share the lane
• If traveling the same speed as other traffic or if hazards narrow the usable width
• Before intersections and turns to assert your positioning on the roadway
• Do not ride completely to the right; you’re more visible 3 - 4 feet away from traffic
• Place yourself, so turning cars and cars entering will be more likely to see you before they turn
• Be careful of motorists passing on the right around let-turning vehicles
• Some guidelines on proper or recommended turning when riding
• Positioning for Turns
• Before a turn; scan, signal and move into the lane that leads to your destination
• Ride in the right third or middle of the lane, as lane width dictates
• To cross multiple lanes, move one at a time, scanning and signaling each move
• If your lane turns into a right-turn only lane, change lanes before the intersection
• Changing lanes too late could result in an overtaking motorist turning in front of you
• Maintain a constant position relative to the curb or shoulder during a turn
• Most drivers do not always expect to see people on bikes in the roadway
• Do not ride directly next to another vehicle unless you are passing
• If you can’t see bus, truck or car mirrors, the driver’s can’t see you
• Signal well before the intersection; make sure you are in proper lane position
  o Left arm out and down with palm to the rear to indicate stopping
  o Left or right arm straight out to indicate left or right turn
• If you are familiar with the traffic patterns, be sure to get in the correct position early
• Keep in mind the relative speed between you and other traffic - plane accordingly
• Be aware of road conditions that would impede your progress across lanes