JUNE 23, 24 & 25, 2017
30TH ANNUAL
TRANS NH BIKE RIDE

Thanks so much for joining us for this, our 30th year! We're working to make this year's event our most exciting and fun ever!

We've changed the route so for those riders who have participated in the past make sure you check out all our exciting changes!!

QUESTIONS not answered?

Email Bart bhemm51@gmail.com
or call at 603.566.5708

Key Dates

June 1 – Target date to reach your fundraising minimum

Thu, Jun 22 –
For the bus to Colebrook, meet at Red Hook Brewery – 10a
Pease Tradeport, Portsmouth, NH

Friday, June 23 -
30th Annual TNHBR kicks off - 7:30a at Beecher's Falls border crossing

Sunday, June 25 -
1:00p - Have all your family & friends meet us at the Finish Line Barbecue at the Red Hook Brewery, Pease Tradeport, Portsmouth, NH

MAIL DONATIONS TO:

TRANS NH BIKE RIDE
25 Wentworth Dr
Bedford, NH 03110

Minimum Fundraising Levels -
3-day riders - $1,000
2-day riders - $650
1-day riders - $250

Friday finish – Woodwards Resort, No. Woodstock, NH

Saturday finish – Comfort Inn, Concord, NH

Welcome to the 30th Anniversary Trans NH Bike Ride!!

We're very pleased that you've chosen to participate in this year's ride and we've compiled the following information to help you prepare for this year's event.

All riders are responsible for their lodging the evening before their ride starts. For 3-day riders that would be Thursday, June 22; for 2-day riders that would be Friday, June 23 and for 1-day riders that would be Saturday, June 24. Once the ride starts, however, all meal and lodging expenses are covered by the ride.

- Thursday evening the Key Club in Colebrook hosts dinner for all riders. The cost is $10 per person. They also host breakfast for any interested riders on Friday morning before the buses head to the border. The cost for breakfast is $8.

- One and two-day riders and their families are welcome to join us for dinner on the evening before your ride and for breakfast the day your ride starts. We ask for a nominal donation ($10 dinner, $7 breakfast) so we can pass it on to the organizations who donate those meals on our behalf.

RIDERS

Key things riders need to do –

- ✓ Make lodging reservations for the night before your ride starts (this is the only night lodging is not covered by the ride)
- ✓ Email John at jbcnh@comcast.net to make a reservation if you want to ride the bus from Portsmouth to Colebrook on Thursday. You can also call him at 603.483.5886.
- ✓ Talk up the ride to all your friends – bring in a new rider and get a $50 credit toward your fundraising total
- ✓ Turn in your signed waiver and bike form (by June 1 if possible). Copies are included and are also available on our website. You can email your signed forms to transnhbike@comcast.net.
- ✓ Ring up those fundraising dollars!
- ✓ Mail in any checks received from donors – address is on page 1.
- ✓ Log those training miles ☺
- ✓ Help make this year's ride a blast!!

Colebrook Motels	
RiverEdge Inn	603.237.5521
Colebrook Country Club	603.237.5566
Monadnock Bed & Breakfast	603.237.8216
Northern Comfort Motel	603.237.4440
The Ledges Motel	603.246.8988
Diamond Peaks Motel	603.237.5104
Notch View Inn & Campground	603.237.4237

No Woodstock Motels	
Woodwards Resort (host)	603.745.8141
Days Inn	603.745.8118

Concord Motels	
Comfort Inn (host)	603.226.4100
Fairfield Inn	603.224.4011

NEW RIDER INFORMATION AND FREQUENTLY ASKED QUESTIONS –

FITNESS & PREPARATION –

Don't be intimidated if you've never done a multi-day ride before – the key is to build up your ride endurance. The best way we know to do that is to get out on the bike and put in the miles. Other fitness activities are definitely helpful but there's no substitute for riding as it will help train the sport-specific muscles you'll use on the ride. The more miles you ride before the event the easier the ride will be.

We suggest riders start as soon as the weather allows (for those of us here in the Northeast) and gradually increase the distance and difficulty of your training rides. We have a training program on our website for those who like to have something to follow. We also provide some group training rides in early June where new and veteran riders alike can get together and ride. The information on these rides will be posted on our website (http://transnhbikeride.org).

We suggest that everyone bring rain and cold-weather gear to be prepared for whatever weather we might encounter. We've seen it all over the years from rain and temps in the 40s to temps in the 90s and full sun and everything in between. If you need to shed layers as you ride our support staff will take your gear at any of the rest stops and it will be available for you when you finish the day.

FREQUENTLY ASKED QUESTIONS –

What's included and what am I responsible for?	Riders are responsible for their lodging the night before their ride starts and their breakfast on the 1st day of their ride. From that point forward we cover everything you need – food, lodging and even massage therapists.
When does my ride "start"	3-day ride officially starts at the Canadian border on Friday, June 23 – group start at 7:30 2-day ride officially starts at 8:00 on Saturday, June 24 – rolling start 8:00 - 9:30 1-day ride officially starts at 7:30 on Sunday, June 25 – rolling start 7:30 – 9:30
Is there support for the riders on the road?	YES, YES, YES!! We provide rest stops every 20-miles or so. Each rest stop has water, Gatorade energy drink, bananas, oranges, PB&J sandwiches, energy bars, pickles and other goodies. We also provide items such as sunscreen, tums and ibuprofen. There will be SAG vehicle that trails behind the riders to sweep the ride route and there are roving support vehicles to help riders with any mechanical or on-the-road issues. We ask that any riders who stop leave their bikes out where they are visible to support vehicles that may pass.
What is the route?	Day 1: Beecher's Falls border crossing – No Woodstock, NH Day 2: No Woodstock – Concord, NH Day 3: Concord – Portsmouth, NH
I don't know the route – will I get lost?	NO! We mark each day's route with signs at all major turns and intersections. We also provide riders with maps and turn-by-turn instructions for each day's route. We also provide GPS route info for those riders who have Garmins and other GPS enabled devices.
I don't know anyone – who will I ride with?	We have riders of all levels so our experiences shows that pretty much everyone ends up finding someone they can ride with. If you are riding with others who are going too fast just drop back and other riders will come along. If you do find

	yourself the last rider our SAG vehicle will stay with you – we don't leave any riders out on the road.
Can I ride my mountain bike?	While we have had cyclists participate on mountain bikes we encourage riders to use road bikes if possible as they're set up better for comfort over longer distances. If you have trained on your mountain bike and it's your only option then we would suggest that you use road slicks rather than knobby tires.
What do I need to bring with me?	For riding we suggest the following – ▪ Helmet (mandatory) ▪ Eye protection ▪ Padded cycling shorts, cycling jerseys, socks ▪ Cycling shoes ▪ Water bottles ▪ Tubes, patch kit, tire levers and pump ▪ Sunscreen During the ride if you need to shed layers you can leave your gear with our support staff and they'll get it to the finish for you. Clothing left with support can be collected in the massage area.
What if my bike breaks on the ride?	We have full mechanic support on the road and at the end of each day. The mechanic will do what they can to keep you going if you have a mechanical issue during the ride and we'll provide transport in the event you aren't able to finish the day's ride due to bike issues. Any parts and supplies to repair your bike are the responsibility of the rider.
What is the Bike Form for?	As noted above we have mechanic support on the ride but we ask riders to get their bikes maintained / tuned up before the ride so we don't put an undo burden on our mechanic resources. The mechanics donate their time to our event and we don't want to take advantage of their generosity.
Can minors participate in the ride?	YES! Minors who are are at least 16 may participate in the ride when accompanied by a parent or guardian. Any riders who are under 16 may only participate in Day 3 unless prior permission is received from the Board.
How do I get to the start?	We provide a free bus ride on Thursday from our Start / Finish line at the Red Hook Brewery in Portsmouth, NH to Colebrook where we spend Thursday night. On Friday morning we board the buses to the Canadian border at Beecher's Falls where the 30th Annual TNHBR will get underway.
How do I get my bike to the start?	We provide free bike transportation for any of our riders who take the bus on Thursday. Your bike will be safe and ready for you on Friday morning at the border.
How do I get to the start if I can't take the bus?	Riders who aren't able or don't want to ride the bus are responsible for their own transportation to the start of the ride. We are unable to accommodate driving any extra vehicles back so riders should be sure to have a driver who can take their car back home or back to Portsmouth.

OTHER DETAILS –

FOUNDERS:
Lt. Ron Gale, ret Salem Fire
Capt. Kevin Campbell, ret Salem Fire

MDA REPRESENTATIVES:
Adrienne Casano, Divisional Director MDA
Michele Masse, MDANH

BOARD OF DIRECTORS:

Our voluntary board is comprised of fellow cyclists and ride enthusiasts so you'll see us throughout the ride -

Jerry Burns – rider advocate 603.341.4888	John Carlson - logistics, registration 603.483.5886
Bart Hemmerich – logistics, ride promotion 603.566.5708	Katie Pitkin – Support Team leader 603.289.6732
Michael Roberts – Firefighter liaison, support 603.548.9392	Pam Wright – registration, treasurer 603.801.0243

ITINERARY:

Thursday, June 22, 2017	Friday, June 23, 2017
✓ 9:30 Portsmouth – Redhook Brewery – riders who are taking the bus to Colebrook can check in, get their rider bags, submit any donations they've collected and get their bike loaded on the bike trailer ✓ 11:00 – Buses leave for Colebrook ✓ ~ 3:30 - 5:00 – Riders who didn't take the bus can check in in Colebrook, get their rider bags and drop off any donations they've collected	✓ 5:00 – breakfast at the church in Colebrook ✓ 6:15 – buses depart Colebrook for the border ✓ 6:30 - 7:00 – Canadian border – riders assemble and get ready for the start ✓ 7:25 – group picture at the border ✓ 7:30 – 30th Annual Trans NH Bike Ride hits the road ✓ All riders should check in with MDA staff when they reach the finish line in No. Woodstock, NH ✓ Massage, music, food, lawn games, on-site pool ✓ 6:00 – Spaghetti dinner provided (on site) by the Littleton and Lincoln Fire Departments ✓ 7:00 – live music!
Saturday, June 24, 2017	**Sunday, June 25, 2017**
✓ 6:30 – 8:00 - breakfast ✓ 8:00 – 9:30 – rolling start – unlike in years past where we did a mass start riders are welcome to leave when they wish for this day's ride ✓ All riders should check in with MDA staff when they reach the finish line in Concord ✓ Massage, music, lawn games, on-site pool ✓ 6:00 – dinner will be provided by Concord Fire – transportation to dinner will be provided ✓ Post dinner fundraising premiums will be awarded ✓ 7:00 – live music!	✓ 6:00 – 8:30 - breakfast at Comfort Inn ✓ 7:30 – 9:30 - rolling start ✓ 12:00 – 12:30 – riders regroup at Newington Fire for the fire truck escort to the Redhook Brewery at the Pease Tradeport ✓ 1:00 – Finish Line Celebration and Barbecue with riders, friends and family ✓ 2:00 – Conclusion of the 30th Annual TNHBR

MUSCULAR DYSTROPHY ASSOCIATION
WAIVER

NAME OF EVENT: THE TRANS NEW HAMPSHIRE BIKE RIDE - 2017

LOCATION: STATE OF NEW HAMPSHIRE

DATE(S): JUNE 23-25, 2017

In consideration of MUSCULAR DYSTROPHY ASSOCIATION, INC ("MDA") permitting me (my child _____, who is under 18) to participate in the above-named event, I hereby, and for my (my child's) heirs, executors, administrators, assigns, and all legal guardians, waive and release any and all rights and claims of any natures, that (I) (my child) may have against MDA, its directors, officers, employees, agents, chapters, assignees, licensees, and cooperating entities, their representatives, heirs, executors, administrators, successors, and assigns for and against any and all injuries or damages of any nature, including death, which I (my child) may suffer while taking part in the event or any activities connected in the event. I further understand that I (my child) assume(s) all risks in participating in the event. Consent also is hereby given to use my (my child's) name, picture, or portrait likeness, writings or biographical information, and audiotape and/or videotape recordings and sound or silent motion pictures of me (my child) in any media for editorial, educational, promotional, and advertising purposes, for the solicitation of contributions, and for any other purpose in furtherance of the corporate purposes and objectives of MDA.

This release and consent shall be binding upon me, (my) (my child's) heirs, executors, administrators, assigns, and all legal guardians of my child.

_____
Print Name of Participant

_____ _____
Signature of Participant Date

_____
Home Address, City, State & Zip Code

I affirm that I am the parent/legal guardian of _____ and that I have full authority to authorize his/her participation in the above-referenced MDA event.

_____
Signature of Parent or Legal Guardian Date
If participant is Under 18

TRANS NH BIKE RIDE
BICYCLE MAINTENANCE CERTIFICATION

Rider Name: _____ Date: _____

Bike Description: _____

The following are, at the minimum, things that need to be checked to ensure that your bike is as ready for this ride as you are. Please either have a tune-up receipt (dated within 6 months of ride) or have your bike shop mechanic sign off on this form that your bike has been checked.

- Derailleurs – Shifting
- Chain
- Cables
- Wheels are trued
- Tires
- Check bearings
- Make sure all nuts & bolts are tight

Bike Shop Certifying the bike: _____

Mechanic's Name: _____

Date Check Performed: _____

MDA - SPECIAL EVENT SPONSORSHIP FORM

Trans NH Bike Ride

	Sponsor Name	Address	City, ST Zip	Amount Pledged	Amount Collected