



2023 Lifeline 100 Century Ride INFORMATION SHEET
Sunday October 1, 2023
Kinder Farm Park, 1001 Kinder Farm Park Rd, Millersville, MD
www.lifeline100.com

Lifeline 100 is a "rain or shine" event. However, if together with our public safety partners we determine that conditions would be unsafe, the event may be cancelled. In the unlikely event of a cancellation, we continue to support our nonprofits. Unfortunately, there is no rain date, transfer to another event year, nor refund (unless you purchased premium cancellation insurance at Active.com when you registered).

REGISTRATION All registration closes after we reached our cap of 1,000 riders. There will be no onsite registration.

PACKET PICKUP

We encourage you to pick up your wristband and T Shirt on Saturday before event day from 12 Noon – 2 PM at the Kinder Farm Park Visitor Center so you can just "show and go" without checking in Sunday morning. You can also pick up for friends and family. As you enter the park on Kinder Farm Park Rd., continue straight up a short hill to The Visitor's Center on the left. Packets will also be available beginning at 6:15 AM on ride day. You will receive a numbered wristband which must be worn during your ride. You must be registered and have your wristband on to start your ride and utilize the rest stops.

PARKING AT KINDER FARM PARK

Local riders may want to ride to the start and others are encouraged to carpool. From Jumpers Hole Rd, enter on Kinder Farm Park Rd. then make a quick left on Gali Sanchez Way. Follow that to crew who will direct you where to park. There will be a short ride from there to the Visitor Center and starting line.

RIDE START TIMES

The ride is rain or shine. This is a "show and go" start which means you should arrive at the starting line and begin riding in the follow timeslots. This will help spread riders as they enter the B&A Trail.

Ride	Earliest	Latest	Start Location
100 miles	7:00AM	7:30AM	KF Park Visitor Center
65 miles	7:30AM	8:00AM	KF Park Visitor Center
30 miles	8:30AM	9:00AM	KF Park Visitor Center
15 miles	9:00AM	9:30AM	KF Park Visitor Center
Bike Rodeo	1:00PM	3:00PM	KF Park Visitor Center Lot
Family Fun Safari Ride	1:30PM	3:30PM	KF Park Visitor Center Lot

PREPARATION

All riders are required to wear helmets and have their bikes in good working order, including reflectors or taillights. You should carry a spare inner tube, tire levers and a small pump or CO2. Be sure your bike is in good mechanical order and that your tires are not worn and in need of replacement. Please visit your local bike shop if your bike needs service. However, there will be a bike mechanic available for simple repairs at Kinder Farm and each 65/100 rest stop. Bring two full bottles to start the ride! Also, you may want to bring your favorite energy food for in between rest stops.

COURSE MARKINGS, GPS Files & CUE SHEETS Cue sheets will be available at registration but save time and print your own at www.lifeline100.com/routes where there will also be RWGPS, GPX and TCX files including talking turn by turn. The 100 mile and 65 mile route turns are marked yellow on the road. The 15 and 30 mile routes are entirely on trail and have no on-trail markings. Certain turns for all routes will have signs.

SAG VEHICLES – Non-Emergency SAG Support Call [443-562-2832](tel:443-562-2832) ; [Emergency call 911](tel:911)

There will be volunteers driving the course with bike racks if you have a non-emergency need for help. They will have some limited supplies and can bring you to the nearest rest stop if you need a bike mechanic. Please be advised that depending on the number of calls, you may be required to wait at a rest stop before a ride back to the finish can be provided. **If you have a medical emergency, please call 911** first and then the SAG number.

REST STOPS & RIDING PACE

There will be rest stops at the following locations stocked with water, sports drink, food, port-a-potties and a bike mechanic. In order to finish the ride before 5:30PM, you must reach each rest stop by the close time shown: Rest Stop Location	100 mile	65 mile	30 mile	15 mile	Opens	Closes
Start – Kinder Farm Park Visitor Center	0	0	0	0	6:30	9:30
Arnold Station Mini-rest (for 15/30 milers)			7.6	7.6	9:00	11:00
Bay Ridge Pool Club	18.0	18.0			8:00	10:30
Rutland Rd. (unstaffed - water, potty)	38				9:00	11:30
Galesville Wharf Park (end of Galesville Rd)	49.2				9:00	12:30
Davidsonville Park (unstaffed - water, potty)	55.1				10:30	2:00
Crofton Park –entrance from Crofton HS Road	76.	38.3			9:00	3:00
Dixon Observation Area –near BWI Airport	93.4	55.6	22		10:00	4:30

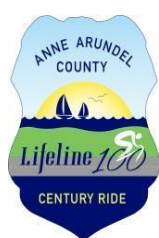
Riders must reach rest stops by closing times to have support. All must be off the course by 5:30pm when all support ends. 15 milers should finish by 12:30 and 30 milers by 2pm.

Special Ride Options for 30 and 65 milers: At Dixon Observation Area, 30 and 65 milers who are feeling strong and arrive early enough can add about 10 trail miles to their ride by circling the BWI loop trail and then returning to Kinder Farm Park. Follow the BWI Loop Trail signs and then your cue sheet or GPS to return to Kinder Farm Park.

CYCLIST RULES ON TRAIL & ROAD A very important goal of the Lifeline 100 event is to show the community the benefits and safety of cycling. All riders must obey the trail rules which include **15 mph speed limit, announcing every pass, yielding to pedestrians and riding single file when passing.** On the road, the 3 foot law requires drivers to leave 3 feet of room when safely passing a cyclist. It is our responsibility, as cyclists, to also be courteous and obey ALL traffic laws and signals. That means stopping at red lights and stop signs, using trail-crossing signals, signaling turns and generally riding single file and on the shoulder on the busier routes. Please follow the rules of the roads and trails.

POST-RIDE RECOVERY

After celebrating your crossing of the finish line, there will be a grill going for 30, 65 and 100 milers starting 11:30AM. There will be other snacks and drinks for all riders.



Your Hosts Wish You a Safe & Enjoyable Ride:

Anne Arundel County Police Department

Anne Arundel County Department of Recreation & Parks

Bicycle Advocates for Annapolis & Anne Arundel County ("BikeAAA")

www.lifeline100.com