



**Digestion Day Ride  
INSTRUCTIONS & NOTES  
November 25, 2022**

Thank you for participating in the in the 2022 Digestion Day Ride presented by the [Pinelands Preservation Alliance](#). This document includes information and details to help make your ride safe and enjoyable. Please read it carefully.

Founded in 1989, the [Pinelands Preservation Alliance](#) (PPA) is a private, nonprofit organization dedicated to saving the Pinelands of New Jersey. We protect the land, water, plants, wildlife, and historic resources of New Jersey's Pinelands National Reserve. The PPA engages thousands of people each year in actions to protect the wildest place in New Jersey.

### **COVID-19**

Please review our [COVID Protocols](#). Individuals are not required to wear masks at the Start/Finish, or while on the bike, but 3<sup>rd</sup> parties (such as stores & restaurants on-course) may have their own mask wearing policies. Therefore, we recommend that you carry a mask in a resealable plastic bag with you at all times.

Exercise social distancing whenever possible. Riding or gathering in close proximity to participants other than those in your household is done at your own risk. Please follow the applicable guidelines of [World Health Organization](#), the [Centers for Disease Control](#), and State/Local Health Departments.

### **PRIOR TO THE RIDE:**

**DRESS APROPRIATELY.** Be prepared for everything, including potential rain

**FILL YOUR BOTTLES.** Fill your bottles at home, and save time by being prepared to ride. We will not have supplies at the start. There aren't any official aid stations on the course, so please have sufficient food and liquids with you to make it to the stores on course

**CHECK YOUR BIKE.** Please make sure your bike is in working order, that you have your own spare tubes, pump, and tools.

**ARRIVAL TIME.** You must arrive no later than 9:30 in order to ensure you have time to check in and are ready for the 10:00 ride start. We encourage you to arrive earlier.

**PARKING.** Free parking is available at:  
[Pinelands Preservation Alliance](#) (PPA)  
17 Pemberton Rd  
Southampton Township, NJ 08088

Parking is located in the PPA lot. Please follow the Tour de Pines Parking signs and the directions of the parking crew.

RESTROOMS. Since it is a holiday weekend, **the restrooms within PPA will be closed.** The nearest restrooms are at 2.5 miles away at Wawa on US-206: 2356 Vincentown Columbus Rd, Southampton, NJ 08088

PACKET PICK-UP. Each registrant must check-in in-person on the morning of the ride between 9:00 – 9:45AM. Package pickup will take place outside the PPA Barn.

If you electronically signed a waiver during registration on BikeReg, you don't need to sign a physical waiver. If you didn't, you will need to sign paper waivers.

MERCHANDISE. If you pre-ordered Tour de Pines merchandise, and didn't pick it up at the Tour, we will have it packaged and ready for you.

We may have a limited number of items for sale On-Site, preferred payment is by cash, but we can accept checks, PayPal, and credit cards (if we have sufficient cell or WiFi service to process them). preferred payment is by cash, but we can accept checks, PayPal, and credit cards. On-Site, preferred payment is by cash, but we can accept checks, PayPal, and credit cards.

## **RIDING THE EVENT:**

REMINDER. This ride is conducted in the manner of a casual club ride; our goal is to keep everyone together. If you want to ride faster than the group, you will be on your own. The roads are completely open to traffic. Ride in a manner that is safe for yourself, obeys traffic rules, and is courteous to your fellow riders and other road users.

START LOCATION. In the PPA Driveway.

COURSES. We have 1 Official Course. See below for links to the map and files.

START TIME. The ride starts at 10:00 sharp. Riders should stage earlier for pre-ride announcements.

AID STATIONS. There aren't any.

STORES ON COURSE. There are some stores indicated on the official cue sheet and in the GPS Files.

MECHANICAL SUPPORT. There is none. Please bring spares and tools to make your own repairs.

SAG SUPPORT. There is a standby SAG, in case you have a mishap, and can't complete the ride. Please call or text the event hotline at 267-357-5747. Please be advised that cell service can be spotty in the Pinelands.

RULES OF THE ROAD. Please remember that you are on open roads during the entire ride. All cyclists must obey all traffic laws; this includes – but is not limited to – traffic lights and stop signs. Violators may be ticketed by local law enforcement. All riders are personally responsible for knowing New Jersey's traffic laws. NJDOT guidelines suggest cyclists ride single file.

IN CASE OF EMERGENCY. If you have-or witness—a serious crash or medical emergency, immediately call 911, and then call the ride hotline 267-357-5747. Secure the area to the best of your ability, but do not put yourself or others in danger while you wait for emergency personnel.

FINISH TIME. The course officially closes at 1:00PM; all riders must finish by this time.

## NAVIGATION:

ROUTE MARKING. There is none! You must use the provided GPS Files & Official Cue Sheet! Please note that pot holes and other road defects will not be marked.

KEY COURSE POINTS: Please see the cue sheets for course notes.

CUE SHEETS. Official Cue Sheets are posted to [Digestion Day Download Page](#). Use the official cue sheet. The Cue Sheets have relevant Course Notes

ROUTE MAPS & GPS Data. Maps of the courses and GPS data may be obtained from the following links

Short Course	27 Miles	<a href="https://ridewithgps.com/routes/41374255">https://ridewithgps.com/routes/41374255</a>
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TCX & FIT files with turn warnings are posted to the [Digestion Day Download Page](#) GPX & KML Files may be obtained from Ride With GPS (link above).

FREE GPS SMART PHONE NAVIGATION. With our enhanced Ride With GPS Membership, you can use the their [Smart Phone App for Free](#) for this ride. Download the Ride With GPS App to your Smart Phone (iPhone or Android) from: <https://ridewithgps.com/app> It is also available directly from the [App Store](#) & [Google Play](#)

Your invitation for the event map/navigation is:

[https://ridewithgps.com/auto\\_approve/Event/196570/BbG7zu5qOOjsvtqj](https://ridewithgps.com/auto_approve/Event/196570/BbG7zu5qOOjsvtqj)

Please see the tutorial video on how to use Ride With GPS App here:

<https://ridewithgps.com/help/event-participants/>

You must download the files in advance of the ride (at home or office) and set your phone to airplane mode to conserve your battery. For other Tips please see:

- Recording your first ride: <https://ridewithgps.com/help/record-your-first-ride>
- Battery saving tips: <https://ridewithgps.com/help/battery-saving-tips>
- Voice navigation: <https://ridewithgps.com/help/voice-navigation>
- Exporting route files to a Garmin: <https://ridewithgps.com/help/export-routes-to-garmin-device>
- Event participants: <https://ridewithgps.com/help/event-participants/>

## POST RIDE:

SIGN-IN. When you finish your ride, please sign-in; this is one way we try to keep track of who is still out on course.

POST-RIDE FESTIVITIES. There are none. You don't have to go home, but you can't stay here.

GET SOCIAL. Please post your thoughts, photos, videos, etc. about the event on Facebook, Twitter & Instagram.

To Stay Up to Date about the Tour de Pines, please follow us on our website and Social Media:

[www.tourdepinesnj.org](http://www.tourdepinesnj.org)

[www.facebook.com/tourdepinesnj](https://www.facebook.com/tourdepinesnj)

To Stay up to Date with the Pinelands Preservation Alliance, please follow them on their website and Social Media:

[www.pinelandsalliance.org](http://www.pinelandsalliance.org)

[www.facebook.com/pinelands](http://www.facebook.com/pinelands)

[www.twitter.com/PinesAlliance](http://www.twitter.com/PinesAlliance)

[www.instagram.com/pinelandsalliance](http://www.instagram.com/pinelandsalliance)

To Stay up to Date with Kermesse Sport's events, please follow them on Social Media and Sign up for their newsletter:

<http://www.kermessesport.com/newsletter/>

<https://www.facebook.com/KermesseSportEvents/>

<https://www.instagram.com/kermessesport/>

THE BOTTOM LINE. Be Safe & Have Fun. This is what this ride is all about.

We appreciate your participation in the Digestion Day Ride; we hope you have fun!

- Kermesse Sport & the Pinelands Preservation Alliance