Essential Information for 2022 Ride for Food – PLEASE READ THOROUGHLY

Event Date:  Sunday, October 2, 2022

Location:  Ride will begin and end at the Noble and Greenough School, 10 Campus Drive Dedham. Please visit the Noble’s page for directions. See below for the Campus map. Once you have parked in the designated area (McLeod Parking for Riders, Hockey Rink Parking for Vendors/Service Providers), follow the signs to check-in near the Morrison Athletic Center. Upon returning from your ride - please check-out so organizers know that you’ve returned safely.

Weather:  Event takes place rain or shine, unless there are thunderstorms or a hurricane warning. You will receive an email by 5am if we cancel the event. We will also post an event cancellation on FB @ThreeSquaresNewEngland and announce on our website www.therideforfood.org. If bad weather is forecasted, but not severe enough to cancel, then please take caution and ride at your own risk. We do NOT have a scheduled rain date for this event.

Food & Drinks
- Breakfast (coffee, juice, fruit, bagels, water) available for all Riders starting at 7:30am
- Lunch served from 11:30am until 1:30pm
- Water Stops will have water jugs to refill water bottles and plenty of snacks/fruit

Rider / Walker Check-In Times: All riders are required to register at the Rider Check-In Table prior to the start of their ride. Every rider will receive a bib number at check-in. Cyclists wishing to change their selected route may do so at check-in: please arrive at the appropriate check-in time for your ride. Arrive at least 30 minutes prior to check-in to allow ample time for parking, bike safety checks and general ride preparation.

DJ Why Sham will be on hand spinning some tunes to get you pumped up for your ride and walk and to start the day!

Check-in Times:
- 7:45 – 8:15 - 50 mile route. Departure 8:30. For riders at moderate speed (~13-15mph).
- 8:30 – 9:00 - 50 mile route. Departure 9:15. For riders at a faster speed (16+mph).
- 9:00 – 9:15 - 25 mile route. Departure at 9:45.

NOTE: Riders who arrive after their designated start time will need to select the next available route.

Routes:  All routes are well marked with a Three Squares painted sign on the street as well as route arrows. We will also have paper maps of each route available at registration; however, it is unlikely that you will need to refer to the map for help. Just look for these colored arrows along the route to find your way.
Walkers - The 5K (approx 3.1 mile) walk takes place entirely on the Noble and Greenough Campus utilizing portions of the X-Country Track which includes a variety of ground surfaces and inclines consisting of grass and wooded trails. Comfortable sneakers are recommended.

Links to Maps of Ride Routes

25-Mile
50-Mile

Stay Safe / Ride Single File: Safety is priority! Please take 5 minutes to review the PMC safety video. Listen attentively to PMC’s Billy Starr as cyclists demonstrate how to ride/how not to ride. Please ignore the PMC road signs and other things specific to the PMC. The value is in the safety information. Thank you.

Bike Marshals & Sag Trucks: We will have several road marshals who will lead and follow the cyclists to ensure the safety of all riders and help those with a flat tire or a fall. A sag truck will be on the route as well to help cyclists as needed. Also, this year we will be utilizing motorcycle marshals throughout both routes for your safety as well.

What to Bring / Wear:

- **Helmet** – an absolute must. You cannot ride without one!
- **Water bottle** for your bike that you can refill at Nobles and water stops.
- **Energy snacks**, if you want to eat while cycling
- **Cycling shorts or pants** that are padded will help make for a more enjoyable ride
- **Cycling shoes**, flat sneakers or any other comfortable shoes for cycling
- **Gloves** - It is typically a bit chilly in the morning, so we advise you to wear cycling gloves that cover fingers
- **NO Headsets Allowed**

**Got Sneakers?!!**: This year we are collecting any and all used sneakers at the event! **Got Sneakers** is an organization whose mission is to partner with the sneaker community to recycle and reuse quality pre-loved sneakers. This sneaker drive is a fundraiser and keeps sneakers out of landfills and reduces toxic chemicals from being released in our air and soil. All reusable sneakers from the drive will be recirculated to secondhand markets so people can access quality, pre-owned footwear at affordable prices. All heavily used and damaged sneakers will be recycled to reuse materials or to convert waste into new energy. The more quality sneakers/name brand sneakers we collect, the more money Got Sneakers donates back to Three Squares New England! We encourage you to bring those sneakers you have worn out or your kids have outgrown and find the donation box located at the event.
**50 mile Holliston Water Stop fun:** Young, local musicians will be on hand for some quick entertainment as you fuel up in Holliston! **Plugged in Band** is from Needham, MA. Tom Pugh and Sandra Rizkallah co-founded Plugged In 20 years ago as a non-profit that serves musicians of all skill levels and abilities in Massachusetts and around the world through inclusive programs and community service.

Many young people have no outlet or opportunities for their enthusiasm and creative energy. The **Plugged In** program offers musicians something they can not often find elsewhere:

- A community to which they can belong
- An opportunity to connect with other student musicians
- A place where they feel safe to take risks and gain self confidence
- A way to learn about the importance of community giving through our events and bi-annual benefit concerts.

We hope you can stop and enjoy the sounds of these creative community youth!

**Post-Ride Fun:** Lunch is served between 11:30 and 1:30pm and you can enjoy some post ride festivities with your team!

- Food Generation food truck with delicious options
- Texas BBQ and their famous pulled pork sandwiches
- Sweet Basil’s amazing pasta dishes
- Live music from the band Jam Sandwich
- Get a massage from B in Touch massage therapists
- Photo booth fun with physical and virtual props – gather your team and have a laugh
- Worrtown brewery will be on hand with a variety of beer, swag, and corn hole!
- Other beer options will be available too

**Age Requirement:** Riders must be at least 14 years old by October 2, 2022. Any exceptions to this rule have been vetted at this point. Riders under 18 by this Sunday October 2, 2022, will be required to have a waiver signed by either a parent, guardian or adult known to them.

**Photographers:** Several photographers will be on hand throughout the event and at the water stops on the route. Be sure to give them your best smile!

**Face Recognition (Biometric) photo software:** Again, this year, we will be utilizing the photo software services of Pixoner. The latest technology uses face recognition technology for anyone who would like to search for their pictures after the ride. This is an opt in safe technology and does not need to be used to see all the pictures of the event. We will be sending you an email with more information post ride with links to photo albums and instructions to use Pixoner technology if you so choose.

**Fundraising:** The fundraising requirement is only $350 per rider for your team. Haven’t raised it in time for the ride? No worries! You have until November 30 to count on your friends and family to help you reach your goal!

**Contact Numbers:** Please store the following numbers in your cell phone for urgent event day questions:

Jen Shadrick: 781-789-3138
Marcia Robinson: 617-230-9371
Seta Nersessian: 781-775-0122