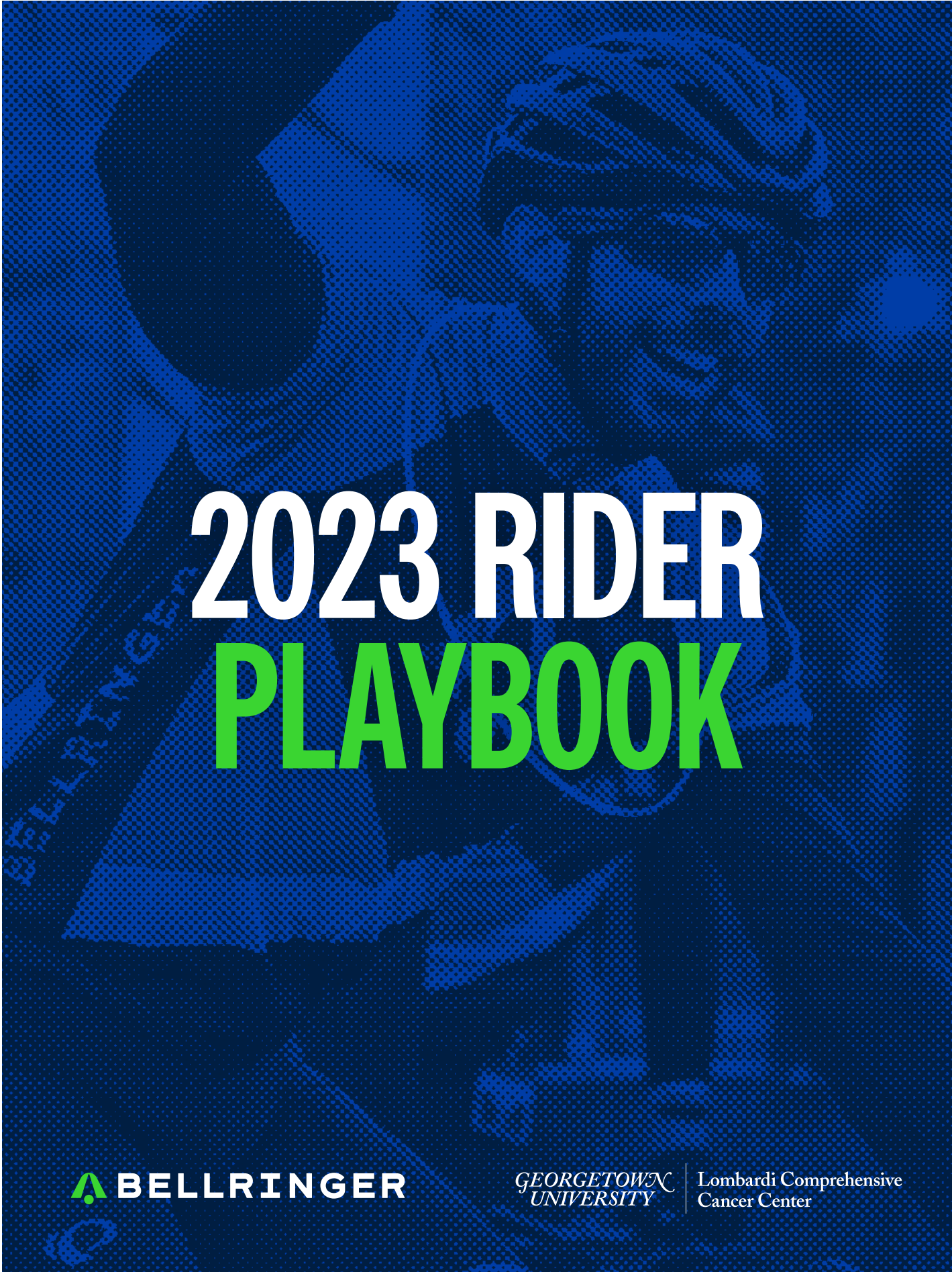




2023 RIDER PLAYBOOK



GEORGETOWN
UNIVERSITY

Lombardi Comprehensive
Cancer Center



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WELCOME AND THANK YOU

BellRinger Weekend is back! First and foremost, thank you for committing to ride and raise funds for lifesaving cancer research at Georgetown University's Lombardi Comprehensive Cancer Center. Every dollar we raise supports groundbreaking research happening right here in our backyard. You've worked hard to train, fundraise, and build your team. It's time to celebrate your effort and impact with BellRinger's second annual Ride.

BellRinger Weekend is a little bit different than your traditional run or bike ride, and this playbook will show you the ropes and guide you through Ride Weekend.

We kick off with an Opening Ceremony — a big celebration on campus at Georgetown University on Friday, October 20 from 4:30 PM to 8:30 PM. We return to the same spot bright and early for Ride Day on Saturday, October 21. The ride starts at 7:30 AM, but all Riders should plan to arrive by 6:30 AM. More on that to come.

Safety is the top priority on BellRinger Weekend. You can reach our Rider hotline at any time at **1-833-988-7853**. The BellRinger Team will also be in touch with important updates throughout the weekend via text message. In case of an emergency, always call 911 before calling the Rider Hotline.

BellRinger is all about community and ending cancer together. This is our chance to show the world the spirit and collective impact of our BellRinger community. Follow us on social media (@RideBellRinger on all platforms) for updates. Share your story with us by tagging us or using the hashtags #GearUpEndCancer and #BellRinger23.

REMEMBER THESE TIPS TO MAKE BELLRINGER AN UNFORGETTABLE EXPERIENCE:

.....
Parking in Georgetown can be tough, but we've got you covered. Check out the parking guidance we've shared below and make a plan.
.....

Bring your gear! Leave your bike and bag with us at our Opening Ceremony to make your early-morning ride a breeze.
.....

Make sure your bike is tuned and ready, but also take care of yourself. Staying well-rested and hydrated in the lead up to the Ride will carry you the distance.
.....

Have fun! You are single-handedly making a difference on cancer in your community, and that is something to celebrate.

Thank you for gearing up with the BellRinger community to end cancer.



THANK YOU TO OUR PARTNERS

BellRinger is made possible by our generous partners who help to underwrite the costs of the Ride and enable 100% of every dollar raised to directly fund cancer research. We are grateful for the support of our partners.

NOTABLE FUNDING PARTNER



FUNDING PARTNERS

Robert B. Ourisman
& Melanie P. Walser



CLINICAL PARTNER



IN-KIND PARTNERS



SUPPORTERS





BELLRINGER WEEKEND TIMELINE

OPENING CEREMONY

Friday, October 20

4:30 PM to 8:30PM

[Georgetown University, Higgins Plaza](#)
1340 West Rd, Washington, DC 20007

OPENING CEREMONY FESTIVITIES

4:30 PM TO 8:30 PM

.....
Rider check-in

.....
Bike and bag drop-off

.....
Rental bike fitting and pick-up

.....
Dinner and beverages

.....
Live music—The Mowgli's

.....
Partner expo

.....
Bike maintenance

.....
BellRinger Shop

.....
Bike Maintenance

OPENING CEREMONY PROGRAM

6:30 PM TO 7:00 PM

.....
Remarks from Georgetown Lombardi and BellRinger leadership

.....
Kick-off video

**BELLRINGER WEEKEND TIMELINE****RIDE DAY AND REST STOPS****Saturday, October 21**

[Georgetown University, Higgins Plaza](#)
1340 West Rd, Washington, DC 20007

Please note: Riders must arrive by 6:30 AM for the group start at 7:30 AM. The Canal Rd. entrance to the University will be closed by law enforcement an hour prior to the Ride.

SCHEDULE**PRE-RIDE PREP 5:30 AM TO 7:00 AM**

Late Rider check-in
Emergency bike maintenance
Bag drop-off
Bike pick-up
Late rental bike pick-up
Light breakfast and hydration station

RIDER STAGING 7:00 AM TO 7:30 AM**RIDE START 7:30 AM****REST STOPS****REST STOP #1 MILE 9**

[Adat Shalom Synagogue, Bethesda, MD](#)
Rest Stop powered by **CareFirst BlueCross BlueShield**

REST STOP #2A (25-mile Riders only) MILE 16

[Avenel Local Park, Potomac, MD](#)

REST STOP #2B (50 & 100-mile Riders only) MILE 17

[Greenbriar Local Park, Travilah, MD](#)
Rest Stop powered by **Bristol Myers Squibb**

REST STOP #3 (50 & 100-mile Riders only) MILE 25

[Germantown Castle Park, Germantown, MD](#)
Rest Stop powered by **Genentech**

REST STOP #4 (50 & 100-mile Riders only) MILE 35

[Barnesville School of Arts & Sciences](#)

REST STOP #5 (100-mile Riders only) MILE 49

[Villages of Urbana Natelli Community Center \(Lunch\)](#)

REST STOP #6 (100-mile Riders only) MILE 70

[Middletown Town Office, Middletown, MD](#)

REST STOP #7 (100-mile Riders only) MILE 80

[Valley Elementary School, Jefferson, MD](#)



BELLRINGER WEEKEND TIMELINE

FINISH LINE CELEBRATIONS

25 Mile Finish Line Celebration

[Glen Echo Park, Glen Echo, MD](#)

7300 Macarthur Blvd, Glen Echo, MD 20812

.....
Rider Brunch

.....
Rider Shuttles and Bike Trucks back to Georgetown University

.....
Sign Making Station

.....
Why I Ride Wall

50/100 Mile Finish Line Celebration

[Urbana District Park, Urbana, MD](#)

3805 Urbana Pike, Frederick, MD 21704

.....
Rider Barbecue

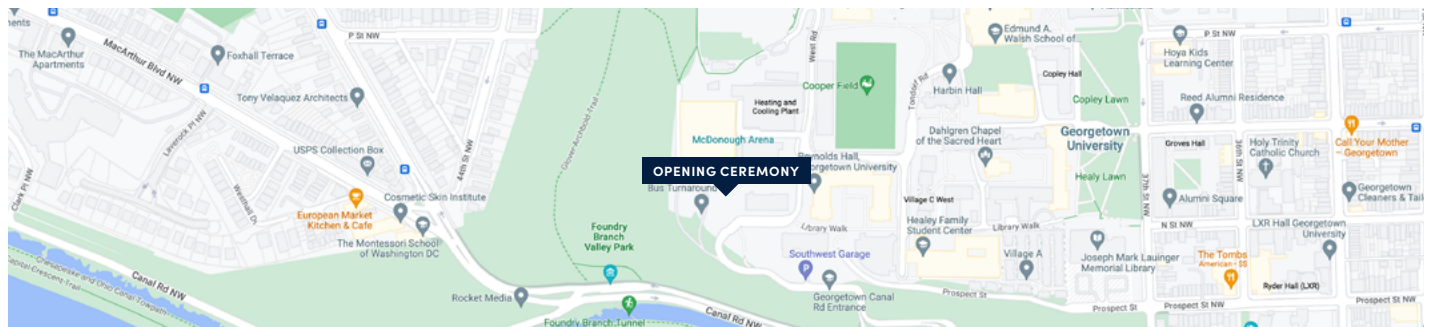
.....
Live Music

.....
Rider Shuttles and Bike Trucks back to Georgetown University

.....
Sign Making Station

**BELLRINGER WEEKEND DETAILS****OPENING CEREMONY****Friday, October 20****4:30 PM to 8:30 PM**[Georgetown University, Higgins Plaza](#)

1340 West Rd, Washington, DC 20007

**PARKING**

Parking is limited at Georgetown University on a Friday evening and we encourage Riders to carpool, ride their bikes, and take public transit where possible. This will make accessing Georgetown's campus a much smoother and efficient experience.

For those Riders who will drive, parking will be provided. Each Rider will be issued one printable parking pass via email prior to BellRinger Weekend. This parking pass is your ticket to complimentary parking on campus during the Opening Ceremony and Ride Day. Map yourself to the [Southwest Garage](#) for the Opening Ceremony via the University's Canal Rd. entrance (the closest one to the garage). Once the Southwest Garage fills, we will guide you to other open garages on campus for parking.

Pay attention to text message updates with parking guidance.

GUESTS

Each Rider is allowed to bring one guest to the Opening Ceremony free of charge. You will receive a guest wristband at Rider Check-in and this will be your guest's ticket to access the Opening Ceremony. Tickets will be available for purchase for \$30 at the event for any additional guests in your party. Children ages 6 and under are free of charge.

RIDER CHECK-IN

When you arrive for the Opening Ceremony, head to Rider check-in. This is where you will pick up your Rider credentials for the weekend, your Rider Gift, and your guest's wristband. Follow the signs for Rider Check-in. Rider Check-in will be located on the lawn across from [Higgins Plaza](#). Please leave your bike in the assigned bike racks prior to entering the text to help with the flow of traffic. A volunteer will help when you arrive.

BIKE AND BAG DROP

We are happy to store your bike for you overnight prior to the Ride. That often makes it easier on Saturday morning because you don't have to worry about loading a bike up on your car or maneuvering it through a crowded parking garage. Our bike corral will be secured and monitored overnight, and it is located in the [bus turnaround](#) outside of McDonough Arena. Volunteers will guide you there following Rider Check-in.

Every Rider can check one bag for BellRinger Weekend. Pack what you need for your finish line and we'll send it ahead to meet you when you finish.

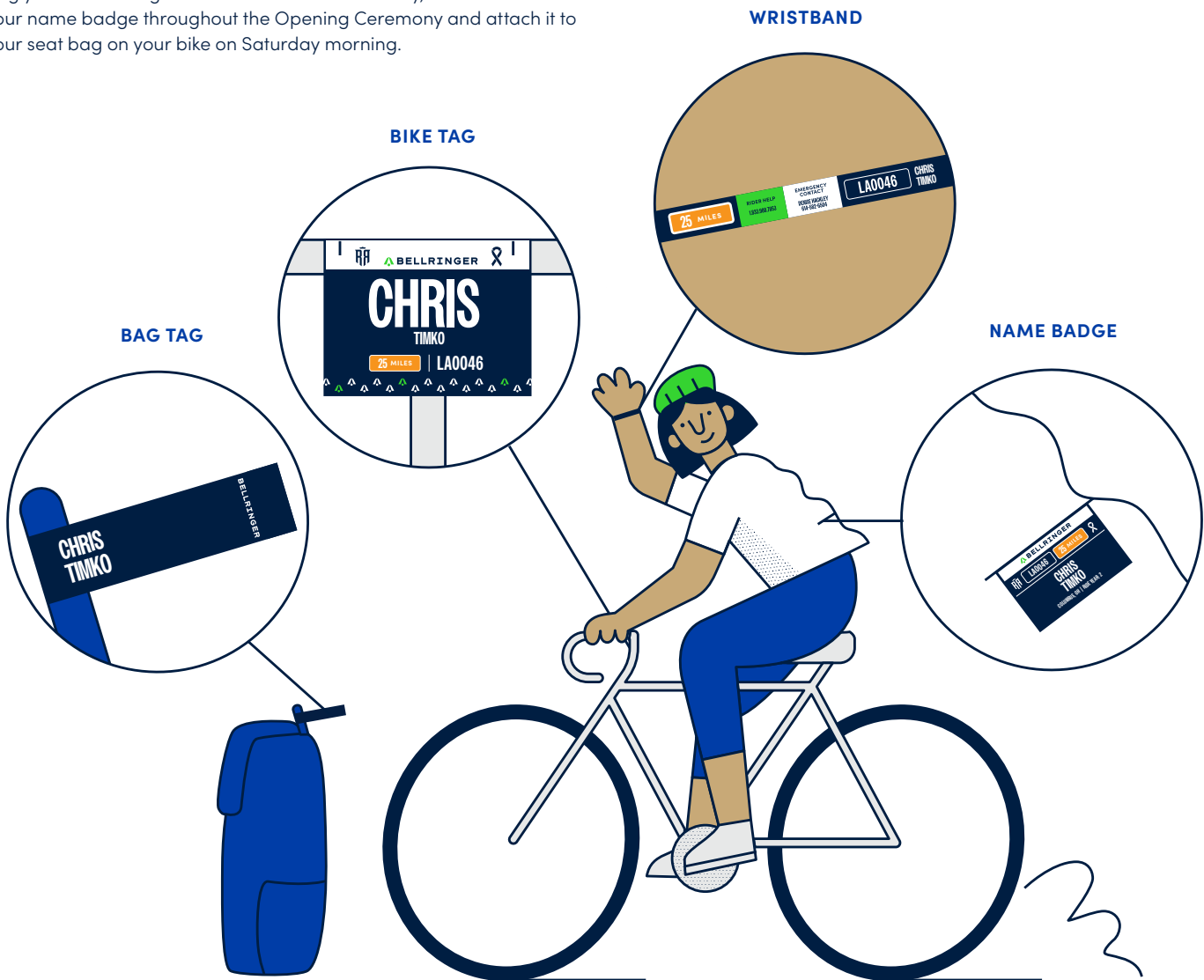


BELLRINGER WEEKEND DETAILS

OPENING CEREMONY (CONTINUED)

RIDER CREDENTIALS

Your Rider credentials are critical to ensuring you get the support you need on BellRinger Weekend. Detach the Rider and guest wristbands and attach them right away. This will enable you to access the venue. You should also attach the bike tag to your bike and your bag tag to the bag you are sending ahead to the finish line. Finally, feel free to wear your name badge throughout the Opening Ceremony and attach it to your seat bag on your bike on Saturday morning.





BELLRINGER WEEKEND DETAILS

OPENING CEREMONY (CONTINUED)

ENTRY INTO THE OPENING CEREMONY

.....

Your Rider wristband and guest wristband are your tickets into the Opening Ceremony. You'll pick these up at Rider Check-in before heading over to the Opening Ceremony. If your guest happens to arrive before you, we can check them in, but only one guest will be admitted per Rider. To avoid delays at the gates we encourage every Rider to visit Rider Check-in before entering the party.

FOOD AND BEVERAGES

.....

We're putting together an awesome pre-ride dinner catered by Design Cuisine and a variety of beverages (water, soft drinks, beer, and wine) will be available at the Opening Ceremony. The dinner buffets will open at 4:30 PM and run through the duration of the Opening Ceremony. If you wish to enjoy an alcoholic beverage, plan to present a valid ID to staff.

ENTERTAINMENT

.....

We'll keep things pretty informal at the Opening Ceremony. Two great musical acts will play: The Mowgli's and The Gay Men's Chorus of Washington, DC. We'll also have brief remarks from an array of guest speakers. The brief Opening Ceremony program will take place from 6:30pm to 7:00pm.

BIKE MAINTENANCE AND REPAIRS

.....

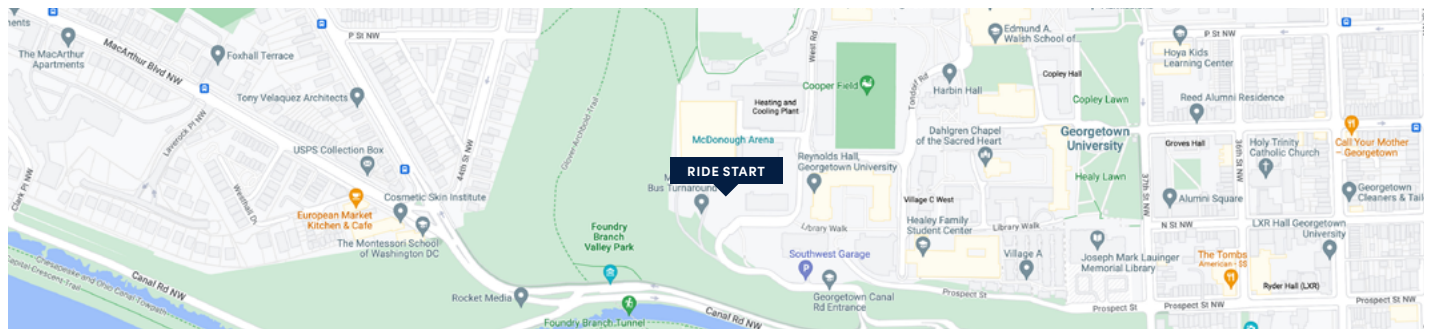
Please plan to tune up your bike prior to BellRinger Weekend. However, if you need emergency assistance on Friday evening bike mechanics from Trek Bikes will be located near the bike corral to assist with minor adjustments and repairs



BELLRINGER WEEKEND DETAILS**RIDE DAY → LOGISTICS**

Saturday, October 21

[Georgetown University, Higgins Plaza](#)
1340 West Rd, Washington, DC 20007



ARRIVING AND PARKING

We encourage Riders to carpool, ride their bikes, and take rideshare on Saturday morning to ensure smooth access to Georgetown University's campus. For those taking Rideshare to campus, you should ask your driver to drop you off at the [Prospect St. entrance](#) to campus.

All Riders driving to Georgetown University for the Ride start must arrive and park by 6:30 AM to avoid delays and possible rerouting in accessing campus. Our law enforcement partners will close the Canal Rd. Entrance to Georgetown at 6:30 AM to prepare for Riders to depart. You can display your parking pass to access complimentary parking.

Parking will be available in the [Southwest Quad Parking Garage](#) as well as the Leavey and Hariri Garages. The Leavey and Hariri Garages are accessed through a common entrance and parking attendants will be available to assist you with accessing both garages. [The Leavey and Hariri Garages](#) are accessed via either the [Prospect St. entrance](#) to campus or [Entrance 4](#) located off of Reservoir Rd.

If you arrive after 6:30 AM, the only parking options available will be the [Leavey and Hariri Garages](#) accessed via [Prospect St.](#) or [Entrance 4](#) off of Reservoir Rd., and these spaces will be limited. **Please pay attention to texts from BellRinger with parking guidance on the morning of the ride. We will help guide you to available garage parking and alert you to road closures.**

Ample parking is available for Riders and their guests at both finish line locations.

GUESTS AND SPECTATORS

Your fan club is welcome to join us all throughout Ride day. For guests joining us at the start of the ride, we encourage them to drive with their Riders, as we cannot issue additional parking passes for guests. If they are driving separately, they should plan to find street parking. Invite your people to line the starting chute located on [West Rd.](#) to cheer you on!

Your friends and family can also cheer you on along the route and at the finish line. If they plan to cheer on the route, we ask them to avoid driving on the route to access a cheering spot. This will help keep all of our Riders safe. Let us know if you need help with picking a spot for your crew to set-up. We can help you identify a few locations.

The more the merrier at BellRinger finish lines! Your fan club can join you and cheer you on as you crank out the last of your Ride. Ample parking will be available at finish lines and volunteers will help guests as they arrive.

LATE RIDER CHECK-IN

If you weren't able to join us for the Opening Ceremony, you can check in on the morning of the Ride at late Rider Check-in, which will be located on [Higgins Plaza](#) near the starting line for the ride. Plan to arrive by 6:00 AM to allow for enough time to get checked in and set up prior to the ride.



BELLRINGER WEEKEND DETAILS**RIDE DAY → LOGISTICS (CONTINUED)**

BIKE PICK-UP AND BAG DROP

Riders who stored their bikes overnight can pick them up at the bike corral when they arrive in the morning. Volunteers will assist you with locating your bike and will check wristbands and bike tags to ensure everyone is matched up with the correct bike.

If you still need to drop off your bag that will meet you at the finish line, volunteers at the bike corral and bag drop area will be able to assist you. Make sure your bag has your bag tag attached.

BREAKFAST

We are working with Corp Catering and Super Coffee to provide a quick grab and go breakfast on the morning of the ride. Food will consist of bagels, muffins, and fruit. We'll also have coffee, juice, and water available. Breakfast will be located in the dining tent on [Higgins Plaza](#).

BIKE MAINTENANCE

Trek will be on site to provide any last minute emergency bike maintenance. Please plan to pump your tires and tune up your bike before you arrive. Major maintenance issues could delay you in starting the ride. Reach out to the BellRinger team if you need assistance finding a bike shop that can tune up your bike prior to the ride.

STAGING AND RIDE START

We'll start the ride together in a staged group start. This means that everyone should be ready to ride by 7:30 AM. Unlike other rides, we don't have an open start window. All Riders will be staged in designated starting groups for the launch of the Ride. Groups are determined by distance, with Riders going the farthest being released first. Riders should enter the starting chute when their staging group is called.

The course is very crowded at the start of the ride. At this point, especially, it is extremely important for all Riders to adhere to the rules of the road previously mentioned. Remember BellRinger is not a race. Please be patient, careful, and courteous to those around you. After this initial phase, the group will slowly spread out and Riders can settle into a comfortable pace for the duration of the Ride.

ROAD CLOSURES AND ROUTE DETAILS

BellRinger is a rules of the road ride, which means that you will encounter cars throughout your day. The first seven miles of BellRinger, however, will be closed to traffic. You'll notice law enforcement vehicles guiding the way and closing off cross-streets until the Ride exits Clara Barton Parkway and turns left onto MacArthur Blvd. at mile seven.

Be prepared to transition from an entirely closed environment to one where cars can be present. We've intentionally picked quiet rural roads with little traffic on a Saturday morning. We're also partnering with law enforcement to post officers at busier intersections to manage traffic and guide Riders. You might encounter a law enforcement officer who will wave you through a stop sign or a traffic light. Continue to be vigilant in these situations to ensure cars are stopped and that it is safe to proceed.

Check out BellRinger's [Safety Toolkit](#) for more tips on riding safely in a rules of the road environment.

SIGNAGE

Riders must follow all traffic lights and signs while on course. Please pay careful attention to BellRinger signage along the route. BellRinger signs will be navy with white letters. In addition to directing Riders, signs will identify specific areas where Riders should be particularly cautious of oncoming traffic or hazardous road conditions. Please pay attention to signage at rest stops, which will provide updates on course and weather conditions. Each route will have its own route arrows placed on the roads throughout the entire route to follow along with.

25 Mile:
Orange Arrows

50 Mile:
Blue Arrows

100 Mile:
Purple Arrows

SUPPORT VEHICLES

Support vehicles (SAGs) will be patrolling the route to assist Riders as needed. If you have a mechanical or medical incident on course, please contact the Ride Hotline at 1-833-988-7853, and a vehicle will be deployed to your location to pick you up. In most cases the SAG will transport you to the nearest rest stop for assistance. For safety reasons, mechanical repairs will not be completed along the roadside. **If you have a medical emergency, please call 911 first, then the Rider Hotline.**

Because BellRinger has arranged for a significant number of SAG vehicles to monitor the entire route, we cannot permit Riders to have personal support vehicles follow them along the route.



BELLRINGER WEEKEND DETAILS

RIDE DAY → REST STOPS

OVERVIEW

BellRinger's route has numerous rest stops located approximately every 10 to 15 miles. The full rest stop list and locations are included on page 3 of this playbook. BellRinger rest stops are staffed by groups of dedicated volunteers who will help you park your bike and ensure you get refills on water and Powerade. A variety of snacks will be available at rest stops, too.

Each rest stop will have a medical station staffed by volunteers from MedStar Health. Trek will also be on site to provide mechanical support. Parking is extremely limited at rest stop locations, so we ask that you not have guests pull into a rest stop if they are stopping by to cheer you on.

THANK YOU TO OUR REST STOP SPONSORS

Potomac Rest Stop

Powered by **CareFirst BlueCross BlueShield**

Travilah Rest Stop

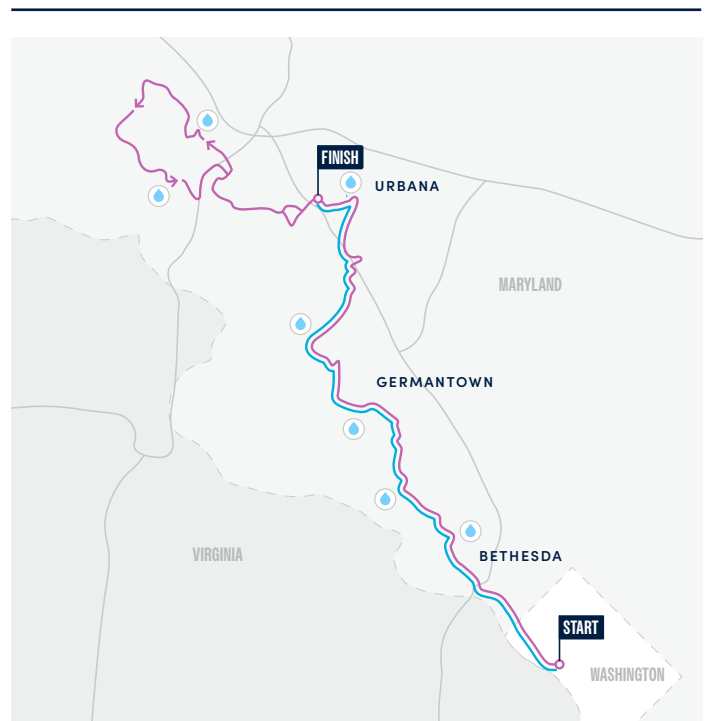
Powered by **Bristol Meyers Squibb**

Germantown Rest Stop

Powered by **Genentech**



25 MILE ROUTE



50/100 MILE ROUTE



BELLRINGER WEEKEND DETAILS

RIDE DAY → FINISH LINE CELEBRATIONS

25 Mile Finish Line Celebration

[Glen Echo Park, Glen Echo, MD](#)

7300 Macarthur Blvd, Glen Echo, MD 20812

50/100 Mile Finish Line Celebration

Presented by **Whiting Turner**

[Urbana District Park, Urbana, MD](#)

3805 Urbana Pike, Frederick, MD 21704

CROSSING THE FINISH LINE

You've worked hard to crank out 25, 50, or 100 miles and you're closing in on the finish line. We'll have announcers there to share your arrival. Be sure to ride through the finish line and follow the instructions of the volunteers who will guide you to slow down and help you park your bike. You'll be able to pick up your checked bag and meet any friends or family that have joined you at the finish line.

FOOD AND BEVERAGES AT FINISH LINES

We'll have brunch for Riders at the 25-mile finish and a barbecue for Riders at the 50/100-mile finish. Both meals will be provided by Design Cuisine. Because the 25-mile finish is a morning finish at a high school, we have to keep the alcoholic beverages to the 50/100-mile Finish Line Celebration. The 50/100-mile finish will have both beer and wine on offer.

Riders are welcome to eat when they finish. If your friends and family would like to eat and drink with you, we'll have additional meal tickets available for purchase at the entrance to the dining tent. Guests are welcome to join Riders in the dining tent while they are eating even if the guests don't plan to eat with them.

RIDER SHUTTLES AND BIKE TRUCKS

Buses will return all Riders from their finish lines to their cars at Georgetown University. We've done our best to anticipate the flow of Riders during the event and we've planned the shuttle schedule from each finish area accordingly. Please understand in order to run the shuttles efficiently, BellRinger must fill a shuttle before it can leave the finish area. If you finish your ride well in advance of other Riders, you might have to wait a bit longer than others for your shuttle to depart.

We ask everyone to be patient with this process. We will provide ample food, beverages, and entertainment while Riders are waiting for a shuttle to fill. If you know you must leave your finish area by a specific time, please consider having someone meet you at your finish to transport you and your bike back home.

NOTABLE FUNDING PARTNER:





BELLRINGER WEEKEND SAFETY

RULES OF THE ROAD

The BellRinger team works extensively with local law enforcement and medical professionals to ensure the highest level of safety for all Riders – but it is up to you to keep yourself and other Riders safe and aware during the ride. Please obey the rules of the road and respect the communities who have welcomed this new Ride into their backyards with open arms. Reference the following safety precautions to maintain a safe environment for everyone involved. Your safety is our top priority. Refer to [BellRinger's Safety Toolkit](#) for a full safety briefing.

BellRinger is not a race.

Wear a helmet at all times.

This is a requirement of all Riders participating in BellRinger.

Follow the law

Follow all traffic laws that a person driving a car would observe, which include but are not limited to:

- **Stopping at traffic lights**
- **Stopping at stop signs**
- **Yielding to pedestrians**

No bike trailers, children, or pets

We unfortunately cannot allow your bike to carry anyone or anything but you on BellRinger Weekend. Tandems are welcome as long as both Riders are registered for BellRinger.

Law enforcement support

In some instances, a police officer stationed at an intersection will give Riders the right of way. If this is the case, do not proceed until the officer motions you to do so, and moved with increased caution

Ride in formation

When riding in a group, never ride more than two abreast. When riding on a trail or on a road where cars are present, keep to single file. Keep a safe distance from those riding around you

No phones

Do not use phones or headphones while on your bike. Keep your phone stored in your jersey pocket or saddlebag in case of emergency

Railroads

If you come across a railroad crossing that runs diagonally across the road, adjust your direction to approach tracks at a right angle, or perpendicular to the tracks. Slow down when crossing and keep a firm hold of your handlebars with the front wheel straight

RIDER HOTLINE - 1-833-988-7853

If at any point you need assistance on Ride Day, BellRinger is here to help. Call the Rider Hotline if you need help with a mechanical or non-emergency medical issue, or even just help with directions if you find yourself off the route. We will get a support vehicle out to you ASAP. The Rider Hotline number is also located on your Rider wristband so you'll have it nearby when riding. **In the event of an emergency, always call 911 before dialing the Rider Hotline.**



BELLRINGER WEEKEND SAFETY (CONTINUED)

SAFE GROUP RIDING

Be Predictable

Group riding requires more predictability than riding alone. Other Riders expect you to continue straight ahead at a constant speed unless you indicate differently

Use Signals

Use hand and verbal signals to communicate with fellow cyclists and with other traffic. Hand signals for turning and stopping are as follows:

- **Left Turn: Left arm straight out to the side**
- **Slow or Stopping: Left arm out and down with your palm to the rear**
- **Right Turn: Right arm straight out to the side**

Give Warnings

Warn cyclists behind you well in advance of changes in your direction or speed. To notify the group of a change in path, the lead Rider should call out "left turn" or "right turn" in addition to giving a hand signal.

Change positions correctly

Generally, slower traffic stays right so you should pass others on their left. Say "on your left" to warn the cyclist(s) ahead of you that you are passing. If you need to pass someone on the right say "on your right" clearly since this is an unusual maneuver.

Announce hazards

When riding in a group, most cyclists do not have a good view of the road surface ahead, so it is important to announce holes, glass, sand, grates, and other hazards. The leader should indicate hazards by pointing down to the left or right and shouting "hole" or "bump" to alert cyclists behind them.

Watch for traffic coming from the rear

Because those in front cannot see traffic approaching from the rear, it is the responsibility of the Riders in back to inform the others by saying "car back" when rounding curves on narrow roads, or when riding double. It is also helpful to warn of traffic approaching from the front with "car up."

Stay Alert at Intersections

When approaching intersections that require vehicles to yield or stop, the lead Rider will say "slowing" or "stopping" to alert those behind to the change in speed. When passing through an intersection, some cyclists say "clear" if there is no cross traffic. Note that each cyclist is responsible for verifying that the way is indeed clear.

Leave a gap for cars

When riding up hills or on narrow roads where you are impeding faster traffic, leave a gap for cars between every three or four bikes. That way a motorist can take advantage of shorter passing intervals and eventually move around the entire group.

Move off road when you stop

Whether you are stopping because of mechanical problems or to regroup with your companions, move off the road so you don't interfere with traffic. When you start up again, each cyclist should look for and yield to traffic.

Deviating from route

Rider safety is our top priority. Please make sure to start only at the official starting area and avoid deviating from the route

STAYING HEALTHY

Please remember to keep yourself hydrated before, during, and after the ride. It is crucial to avoid dehydration by drinking water and sports drinks on a schedule throughout the ride (roughly one liter per hour, starting with water and switching to sports drinks after the first hour or two then repeat).

Do not rely on thirst—thirst only kicks in when you are already becoming dehydrated. It is also important, however, not to over-consume water. Overhydration with water lacking sodium found in sports drinks may result in hyponatremia, sometimes referred to as water toxicity. This is a dangerous and potentially deadly condition that can be avoided by switching to primarily drinking sports drinks that contain at least 100mg of sodium after the first 1-2 hours of riding. Be sure to read the ingredient labels as many "sports beverages" contain far less than this minimum recommended amount of sodium. There will be water and Powerade available at all rest stops.

Carbohydrate loading helps athletes participating in endurance events maximize energy storage to improve endurance and delay the onset of fatigue. Snacking on fruits that are potassium rich and pretzels that contain sodium will also help replenish nutrients the body loses during the ride. These and similar snacks will be available at every rest stop. Check out the [BellRinger Training Guide](#) for other tips and tricks to keep you ready for the ride.



BELLRINGER WEEKEND SAFETY (CONTINUED)

WEATHER CONDITIONS



**ALERT LEVEL:
LOW**

 **BELLRINGER**

ALERT LEVEL: LOW

Good Conditions; Enjoy and stay alert



**ALERT LEVEL:
MODERATE**

 **BELLRINGER**

ALERT LEVEL: MODERATE

Less than ideal conditions; slow down, be prepared for worsening conditions



**ALERT LEVEL:
HIGH**

 **BELLRINGER**

ALERT LEVEL: HIGH

Potentially dangerous conditions; Slow Down, Observe Course, Follow official instructions, consider stopping

Low enforcement, BellRinger team members, and volunteers will inform you if conditions are not safe for riding and will assist you with seeking shelter and exiting the course.



ROUTE SUMMARY

25-MILE ROUTE

Washington, D.C. to Glen Echo, MD

[Link to turn-by-turn route](#)



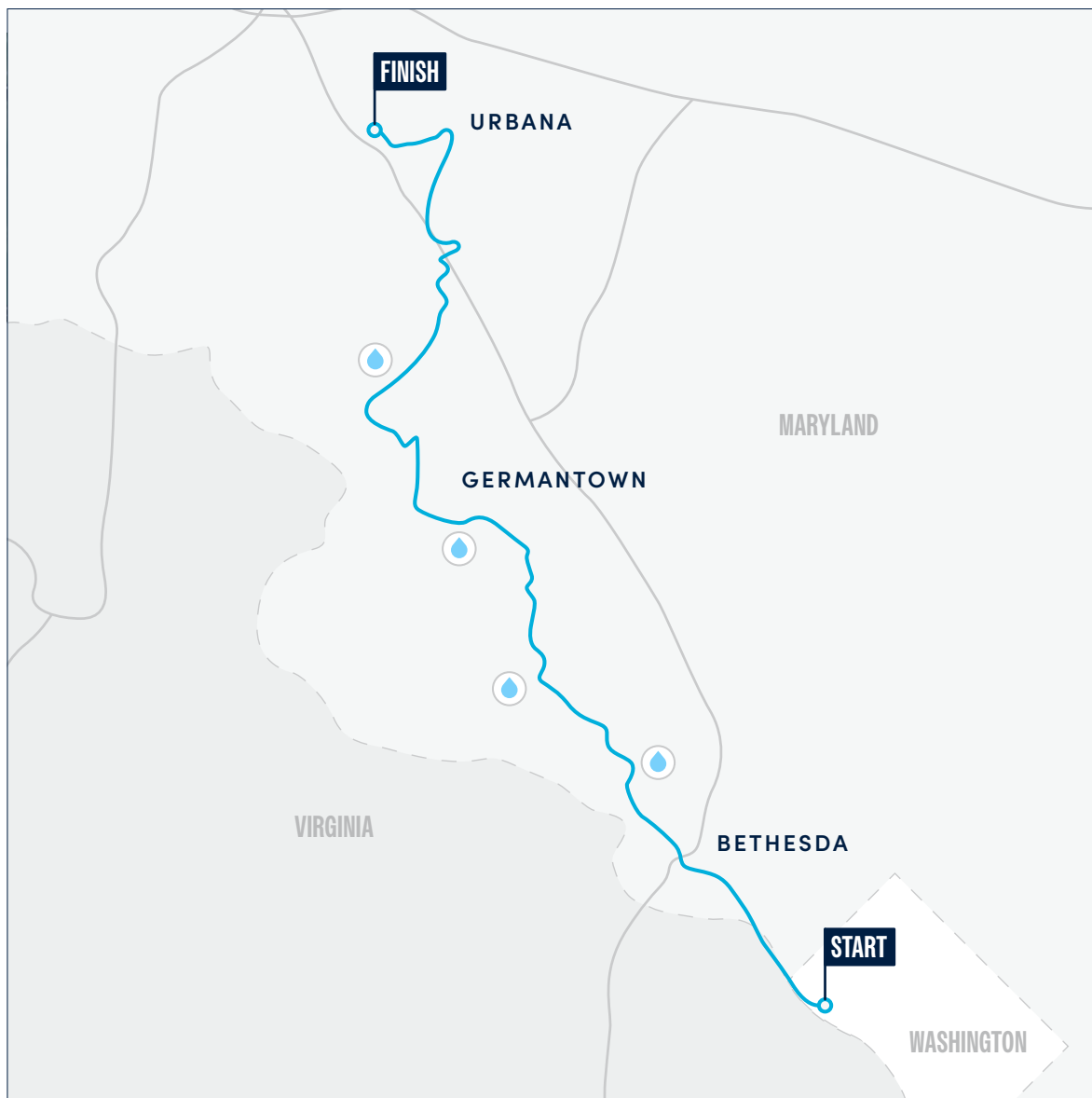


ROUTE SUMMARY

50-MILE ROUTE

Washington, D.C. to Urbana, MD

[Link to turn-by-turn route](#)





ROUTE SUMMARY

100-MILE ROUTE

Washington, D.C. to Urbana, MD (via Middletown, MD)

[Link to turn-by-turn route](#)





FREQUENTLY ASKED QUESTIONS

RIDER CHECK-IN

When and where is Rider Check-in?

Riders may check in at the Opening Ceremony (Oct. 20) between 4:30 PM and 8:30 PM or on the morning of the Ride (Oct. 21). Rider Check-in during the Opening Ceremony will be located on-campus at Georgetown University in a tent on the lawn across from [Higgins Plaza](#). Please follow signage to direct you to Rider Check-in.

What should I bring with me to Rider Check-in?

Please bring a valid ID to receive your Rider credentials and your Rider gift. You are required to wear your Rider wristband to participate in BellRinger. We also recommend that you bring your bike and bag so that we can store them for you overnight, easing check-in on Ride day.

Can I have a friend check in for me at Rider Check-in?

Yes! You can. Your friend will need to show their ID and sign that they picked up your Rider credentials and gift.

Do I have to wear my Rider wristband all weekend?

Yes. All BellRinger Riders must have their Rider wristband showing at all times during the Ride. This bracelet will have important information for your safety. If you are not wearing your wristband, you might be prohibited from participating in BellRinger.

OPENING CEREMONY

When and where does the Opening Ceremony take place?

BellRinger's Opening Ceremony will be on Friday, October 21 from 4:30 PM to 8:30 PM at Georgetown University in [Higgins Plaza](#).

Can I bring a guest?

Yes! Each BellRinger Rider can invite one guest to join them at the Opening Ceremony. We will provide a top-notch dinner, beverages, a short program, and live music throughout the evening. Due to space constraints, Riders are limited to a single guest.

RIDE DAY

Can I access the turn-by-turn routes for the ride?

You can access the detailed route maps at the links below:

- [25-mile route](#)
- [50-mile route](#)
- [100-mile route](#)

Keep in mind BellRinger will have various support assets like law enforcement, signage, and rest stops that will not be present if you choose to ride BellRinger's route outside of Ride Weekend. In fact, a couple of roads on the course prohibit cyclists outside of an organized ride. Ride at your own risk and use safety precautions.

How far do we have to ride at once?

All participants must finish their routes by Saturday evening. We encourage you to take advantage of the rest stops along the route, as each will have a hydration station with snacks, mechanical support, medical support, and more. The support vehicles (SAGs) will also patrol the route if any assistance is needed.

What if I want to ride farther and increase my fundraising commitment on the day of the Ride?

We love Riders who go above and beyond. For safety and planning purposes, BellRinger must know which route you are riding. If you decide that you'd like to increase your distance, please notify a BellRinger or volunteer. If you increase the distance you are riding, your fundraising commitment will increase to match the commitment for that distance.

What if I can't finish my route?

BellRinger is a fully supported Ride. Support vehicles (SAGs) will be patrolling the route to assist Riders and help them reach the nearest finish if necessary. If you do not see a SAG, please call the Rider Hotline at 1-833-988-7853.

Where are the rest stops?

There are rest stops approximately every 10 to 15 miles. Water, Powerade, snacks, and mechanical/medical support will be available at all rest stops.

How often will shuttles run?

Shuttles will run approximately every 30 minutes from each finish line, but please note departure times might vary due to traffic or other circumstances. We encourage every Rider to celebrate with us after their ride. Enjoy some food and music before heading back to Georgetown. If you need to leave immediately, we recommend you have someone meet you at the finish line with a car.

Can I bring my bike on the shuttle?

Bikes will be transported on bike trucks in tandem with Rider shuttles back to Georgetown University. Due to space considerations, bikes will not be allowed on shuttles. Rest assured, we've got you covered. Our team packs and ships bikes on bike trucks at rides all over the country. We take great care to load and wrap your bike to ensure it's safe on its ride back to the start.



FREQUENTLY ASKED QUESTIONS

BIKE MAINTENANCE AND STORAGE

When and where can I get my bike serviced?

Bike mechanics from Trek will be located at every rest stop on the route, including the Ride start. Please tune up your bike prior to BellRinger Weekend, and head into Trek or another local shop for a safety check. For more information on how to self-check your bike, check out our [Safety Toolkit](#).

What if I have a mechanical problem during the Ride?

Support vehicles (SAGs) will patrol the entire course to assist Riders with emergency repairs. If you have a mechanical issue on the route, please call the Rider Hotline at 1-833-988-7853. **For safety reasons, a SAG might choose to advance you to the nearest rest stop rather than performing a mechanical repair on the side of the road.**

Where do I park my bike overnight?

On Friday during the Opening Ceremony, Riders can leave their bikes in the secure overnight bike corral. The corral will be opened on Ride Day prior to the Ride.

Where do I park my bike after finishing the Ride?

If you are taking the shuttle bus back to Georgetown University, please take your bike to the bike truck immediately after you finish. Bikes will be transported in advance of or simultaneously with your shuttle. If you are not taking the shuttle back, please take your bike to your car or rack it on a bike rack designated for bikes not returning to Georgetown.

MEDICAL SUPPORT

How do I seek medical attention?

We've teamed up with MedStar Health to provide a team of medical volunteers at rest stops and finish lines on BellRinger Weekend. EMS and local hospitals will also be on call. Medical volunteers take care of basic first aid. Medical emergencies requiring more than basic treatment will be treated by EMS or at the nearest hospital. If you need medical assistance on the route, please call the Rider Hotline at 1-833-988-7853. In case of emergency, please call 911 first and the Rider Hotline after so BellRinger staff can track the incident and assist as necessary.