



Essential Information for 2023 Ride for Food – PLEASE READ THOROUGHLY

Event Date: Sunday, October 1, 2023

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
- **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!

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.

Check-in Times:

- **7:45 – 8:15 - 50 mile route and 62.1 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 – 9:30 - 25 mile route.** Departure at **9:45**.
- **9:45 – 10:15 - 3- Mile Walk.** Departure beginning at **10:30**.

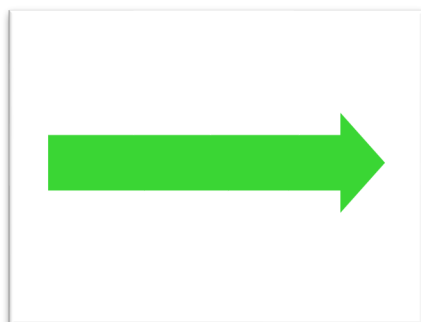
NOTE: Riders who arrive after their designated start time will need to select the next available route.

Routes: All routes are well marked with a Three Squares yard sign arrows on the street as well as route arrows on the streets. 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.

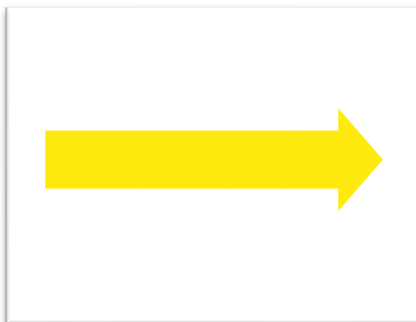
NOTE: *There is a slight detour in Dover on all routes this year vs last year due to construction. Please follow the arrows for rerouting. This will reduce your mileage slightly this year but will not take you too far off last year's route.*

Look for these signs along the way to follow your chosen route:

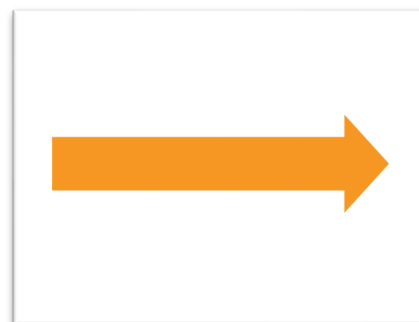
25 mile route
Yard Signs:



50 mile route



100k route



Road Markers:



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. Signage along the route and volunteer walkers will ensure you get your steps in! Comfortable sneakers are recommended. **All walkers will receive a customized Ride for Food frisbee to enjoy post walk while waiting for riders to return!**

Links to Maps of Ride Routes – updated to reflect slight detour

[25-Mile](#)

[50-Mile](#)

[100k](#)

[Click here for turn by turn navigation in Ride with GPS app](#)

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, Motorcycle 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**

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

- Fresh Food Generation food truck with delicious meat or vegetarian options
- Texas BBQ and their famous pulled pork sandwiches
- Sweet Basil's amazing pasta dishes (vegetarian options available)
- Live music from the band Jam Sandwich
- Get a massage from B in Touch massage therapists
- Lawn games – corn hole, giant Jenga, pole Frisbee, Giant Connect Four
- Wormtown brewery will be on hand with a variety of beer to sample
- Other beer options will be available

Age Requirement: Riders must be at least 14 years old by October 1, 2023. Any exceptions to this rule have been vetted at this point. Riders under 18 by this Sunday October 1, 2023, 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 \$350 per rider for your team. Participants will have their card on file charged at the end of the fundraising period. 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!

Fundraising Incentives: The bike jerseys are in! As many of you are aware, if you have reached a fundraising mark of \$1250 and above, you are qualified for a bike jersey (or other item tbd soon and delivered post ride). For those that have reached their \$1250 goal by Ride day, your 2023 bike jerseys will be on hand for you to wear on October 1st!

Fundraising \$3000 plus incentive: Already surpassed your \$1250 incentive goal? Keep going to reach for the \$3000 mark to receive another amazing Ride for Food thank you gift. We are working now on creating an exciting product you're sure to want!

We can't wait to see you all on October 1st and thank you for supporting our Hunger Relief Partners!

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

Questions or concerns before the Ride please contact Jen Shadrick – jen@threesquaresne.org

Event map and Parking directions:

