

# Penn State 2014 Chocolate Tour

## Frequently Asked Questions

### for cyclists

**1. How do I register?**

*You can use the online registration form found on the 2014 Chocolate Tour Brochure, or for a small fee, you can register via Active.com by searching Penn State Chocolate Tour.*

**2. What are the registration fees?**

*The registration fee for the walking and running event is \$30 and \$45 for any cycling event prior to the early registration deadline of July 15. After July 15, the walking and running event will be \$45 and the cycling will be \$55.*

**3. Can I get a refund of my registration if I can't participate or the weather is inclement?**

*No, this is a rain or shine event, and we do not refund cancelled registrations.*

**4. How old must I be to participate?**

*A parent or guardian must accompany anyone under the age of 16.*

**5. Can cyclists register the day of the event?**

*Yes, but there is an additional fee of \$10. It is more expedient to pre-register. You must fill out the registration, sign waivers forms, and pay the registration fee, which can delay your ride start.*

**6. Two family members are going to participate. Can I complete one registration form?**

*No, each member must complete a registration form and sign a waiver, but one check can be written.*

**7. Do I need to be a hard-core cyclist?**

*No, there are various cycling events, so there is something for everyone! Experienced to the non-experienced riders can participate. The 10-mile event is a local (Hershey) ride- flat and easy. The 25-mile event has some rolling hills from Hershey to Mt. Gretna. 35 miles is the "feel good ride". This ride is rolling, flat, and perfect for those who do not ride often but would like to cycle a distance. The 50-mile ride goes from Hershey to Mt. Gretna to Lebanon and back. It includes some rolling hills and 1 moderate climb. 75 miles starts in Hershey and heads to Mt. Gretna to Lititz to Milbach to Lebanon and back to Hershey. This route has rolling hills and 3 moderate*

climbs. The 100-mile ride begins in Hersey and heads to Elizabethtown to Mt. Gretna to Lititz to Milbach to Lebanon and back to Hershey. This route has rolling hills and 3 moderate climbs. The last 35 miles of the 50, 75, and 100 are flat and fast.

**8. Do I need a specific kind of bicycle?**

No, all types of bikes may be ridden. However, when riding a significant mile event, you want to be sure that you are comfortable. Your bicycle should fit properly and be in good mechanical condition.

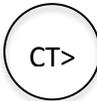
**9. What should I carry on the ride?**

Bring spare tubes for your bike in case your bike has a flat tire. The SAG drivers have tubes, but they may not fit your bike tires. You may need to buy the tubes. A bike pump and a spare tire are recommended. A cyclist must stay hydrated. Using a Camelback or having 2 water bottles is important. In between rest stops, you may need an energy boost. Snacks can help. Bring a jacket for wind/rain just in case.

**10. Will there be a bicycle repairperson available?**

If you have a bike break down during the ride, you should call for SAG vehicle to bring yourself and the bike back to the start. There are local bike shops that may be able to repair a bike on short notice. No one should use a bike that has not been properly checked and serviced prior to the event.

**11. What is a cue sheet and how are the roads marked?**

The roads are marked when turns are being made. There are  symbols on the road prior to the turn or at the turn, and 1 after the turn to confirm that the rider is on the route. Occasionally, you may encounter a straight through arrow to confirm the direction of travel. Riders should use the cue sheets. They provide all the information that you need to stay on route. They also list a phone number that may be used to obtain assistance from SAG vehicle driver.

**12. What is SAG?**

SAG means "support and gear". There will be several vehicles clearly identified as SAG that will travel the routes. With 100 miles to cover, you may not encounter a vehicle when you need one. You may have to call the phone number on your cue sheet for assistance. Due to the high cost of fuel and adding to air pollution, SAG vehicles will not be constantly on the move. The SAG driver will carry tubes and a bike pump. The driver is equipped to bring a rider and his bike back to start, if necessary.

**13. Is it OK to have someone drive their vehicle and follow me?**

No vehicle should be driven near other bicyclists. Cyclists and cars would need to pass slow moving vehicles, which could be hazardous. If you would like to have your own support vehicle, decide on mileposts or rest stops for meeting your support driver/vehicle. If you have cell phone, you can reach them if needed.

**14. What is available at the Rest Stops?**

Snacks, drinks, and restrooms will be available at the rest stops. The 100 (Century) mile will have 4 rest stops at approximately 20 miles apart. The 75-mile also has 4 rest stops with 20 miles or less apart; 50 mile has 2 rest stops less than 20 miles apart, and the 35 and 25 have 1 rest stop. All the rest stops are located at local churches that have been kind enough to open their doors for 2014 Chocolate Tour participants. Bathrooms are available at the rest stops. There are also food stores, eateries and public restrooms on the routes, but these should not be necessary because the Chocolate Tour rest stops will be well stocked.

**15. 2014 Chocolate Tour is a cup-free event. What does that mean?**

*There will be no drinking cups available at the rest stops. Riders need to bring their own water bottles or hydration packs.*

**16. What if I get lost?**

*Use the cell phone number provided on the cue sheet. A SAG vehicle will pick you up and get you back on route, or it is possible that you can be redirected back on route.*

**17. What if I am injured?**

*If you are injured from a fall or crash and need immediate medical attention, **call 911**. Otherwise, call the number provided for SAG to come to pick you and your bike up.*

**18. What if I am involved in a crash with another cyclist, motor vehicle, or I damage private property like a mailbox?**

*Contact 2014 Chocolate Tour volunteers by calling the phone number on the cue sheet. Information needs to be obtained to report the incident to the insurance company and in some cases the local police. If you are injured, immediately call 911.*

**19. Will there be refreshments provided after the ride?**

*Yes. Beginning at 9 AM, refreshments will be available at the start/finish area. A meal is included in the cyclist registration fee. The cost would be \$5 for non-cyclists.*

**20. How will the profits from the ride be used?**

*The 2014 Chocolate Tour funds cancer research at the Penn State Hershey Cancer Institute.*