



Welcome to the 2023 NEC!

Thank you for registering to join us on the 2023 New England Classic Charity Bike Tour! Your adventure is almost here and there's a lot to do to get ready. Your ride will be challenging, yet very achievable and enjoyable. We guarantee it will also be exciting and fun. This Welcome Packet contains information you need to prepare and tells you what to expect on the NEC. Here is what's included:

- The Impact of Diabetes (information to support your fundraising efforts): page 2
- Directions to the Start/Finish location at Middlesex Community College: page 3
- Parking Instructions: page 4
- Rider's Guide to the NEC: pages 5 - 8
- What to Pack (and What NOT to Pack!): pages 9 - 10
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Perhaps most important, we want you to know how much we appreciate your commitment to raise funds to benefit the American Diabetes Association and its mission, which is to prevent and cure diabetes and improve the lives of all those affected by diabetes.

We sincerely thank you for all the training and fundraising you have done, and all that you intend to do in these next few weeks! Please remember that your philanthropic efforts will have a real and direct impact, helping us change people's lives for the better. Every dollar we are able to contribute to the American Diabetes Association, and its Camp Carefree for children with diabetes, will further the organization's critical work in the areas of research, educational programs, outreach and advocacy. For the more than 37 million Americans who suffer from diabetes, the New England Classic Charity Bike Tour is a beacon of light; a source of hope for a brighter tomorrow. Thanks again for joining us in this great endeavor.

If you need help in putting together an effective fundraising message to send to your family, friends and colleagues, the information on the following page provides many eye-opening statistics. We suggest you incorporate some of these numbers, or even use the language from this introduction.

Congratulations on being a part of the New England Classic family. You're about to join a group that includes both experienced and less-experienced cyclists who are eager to learn, teach, help and simply enjoy each other's company. Riding and supporting the NEC is a challenge and an achievement of which you can be proud. But it's also a tremendously rewarding personal experience because you will know that you have made a difference. We'll see you at the starting line!

THE IMPACT OF DIABETES

Diabetes Stands to Become One of Our Nation's Greatest Health Challenges, But the ADA is Making a Difference

- The American Diabetes Association* is fighting for millions of families and individuals—working to prevent and cure diabetes and to improve the lives of those living with diabetes.
- From research labs to the halls of the Capitol to the offices of health care practitioners to communities nationwide, to Camp Carefree, the American Diabetes Association is there.
- The ADA is leading the nation in creating a powerful community of care that is grounded in strong science and innovative thinking

Diabetes Statistics

- **37.3 million, or approximately 1 in 10:** The estimated number of children and adults in the United States who have diabetes.
- **Of the 37.3 million, 28.7 million** are diagnosed, and **8.5 million** were undiagnosed.
- **96 million:** The estimated number of Americans who have prediabetes.
- **Every 23 seconds** someone in the U.S. is diagnosed with diabetes.
- **283,000 children and adolescents** under age 20 have diagnosed diabetes. This includes **244,000 with type 1 diabetes.**

Camp Carefree

- ADA Camp Carefree was established in 1976 and has served more than 4,000 campers. Each summer the camp hosts over 130 campers ages 7-16.
- The mission of Camp Carefree is to provide a fun-filled, educational camping experience for children with diabetes that will help them to develop and maintain active, healthy lifestyles.
- With the contribution of valued program and medical staff, campers are supervised and encouraged to embrace new challenges through discovery, adventure and play.
- Camp Carefree is located on the shores of Merrymeeting Lake in New Durham, New Hampshire.

Directions to Middlesex Community College

The address for Middlesex Community College is 591 Springs Road, Bedford MA 01730, if you want to put it in your phone or GPS. Additional detailed directions are below.

From I-95/Route 128 southbound or northbound

- Take exit 50 A-B for US-3 N toward Lowell
- Take exit 76 for Concord Rd toward Billerica/Bedford
- Turn left onto Concord Road
- Turn left onto Springs Road
- Turn left onto Orchard Road
- Turn right into MCC campus

Bear left at fork and continue to Parking Lot A to check in and load baggage on gear truck. Two-day riders can then park and leave their cars for the weekend at the far side of the lot. Seven-day riders will have to move their cars to Lot G to park for the week and can ride their bikes back or get shuttled by car back to the starting area.

From I-495 northbound

- Take exit 89 A-B-C to merge onto US-3 South toward Burlington
- Take exit 76 for Concord Rd toward Billerica/Bedford and follow directions above

From I-495 southbound

- Take exit 89 C-B-A to merge onto US-3 South toward Burlington
- Take exit 76 for Concord Rd toward Billerica/Bedford and follow directions above

From Route 62 in Bedford Center

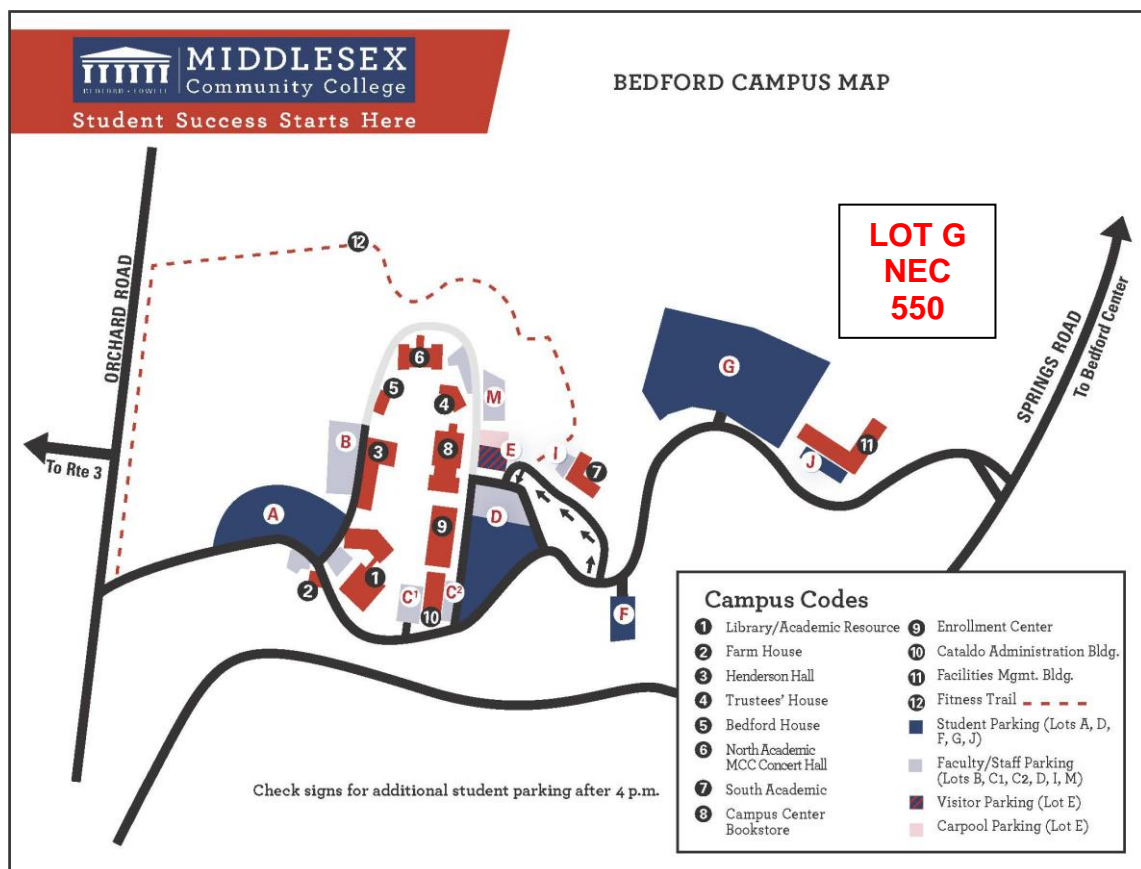
- Turn onto Springs Road
- Bear right at fork and continue on Springs Road
- Stay on Springs Road through VA Medical Center for 1.8 miles
- Turn right into MCC campus
- Turn right at sign for Parking Lot A to check in and load baggage on gear truck

Parking Instructions

Middlesex Community College is our terrific host again for the 2023 New England Classic Start/Finish. Among other things, the college provides secure parking for riders' and volunteers' vehicles while we are gone on the NEC for a weekend or a week. When you arrive, please follow signs and the instructions of volunteers on where to park.

NEC 550 Seven-Day riders and volunteers will be leaving their cars in Lot G, so as not to take up spaces for MCC students during the week. You will be able to park in Lot D while you check in and bring your luggage to the gear truck but must then move your car to Lot G after you check in. Riders will be able to pedal the short distance back to the starting area from Lot G. We will have a shuttle to the starting area for volunteers leaving their cars in Lot G. Riders may also use this shuttle.

NEC 150 Two-Day riders and volunteers may park in designated spaces in Lot D and can leave their cars overnight as they will be leaving Sunday night. Please park in the designated area on the far side of Lot D after you check in and bring your luggage to the gear truck.





Rider's Guide to the 2023 New England Classic Charity Bike Tour

We're All in it to Win It!

The New England Classic Charity Bike Tour is a partnership. You commit to raising funds for a great cause, and we commit to providing you a fun and rewarding cycling experience like no other. The funds you raise support the vital research, education and advocacy programs of the American Diabetes Association. In return for your efforts, the New England Classic Tour includes overnight accommodations, hearty breakfasts and dinners, fully-stocked rest stops, SAG support, bicycle mechanics and more!

Fundraising Agreement

When you registered for the ride, you agreed to the fundraising minimums: \$500 for the NEC 150 (two-day route) and \$2,900 for the NEC 550 (seven-day route). Please remember you will have until August 21, four weeks after the end of the ride, to complete your fundraising, but we strongly encourage all cyclists to get it done prior to the ride. It's a win-win!

Matching gift donations will count toward your minimum, but we ask that you notify NECCBT Treasurer Karen Sharland by July 1 of any matching gifts you expect to receive. Karen's email is ksharland@comcast.net.

We understand that circumstances beyond your control may arise after you register that prevent you from joining us on the 2023 New England Classic. Because we have already incurred costs for your accommodations, meals and other expenses, we ask that you tell us as soon as possible if you have to cancel. Your cooperation and understanding will help ensure we direct the maximum funds toward the American Diabetes Association mission to prevent and cure diabetes, and to improve the lives of all people affected by diabetes.

Starting Time and Location

- **The 2023 New England Classic Charity Bike Tour will officially start at 8:30 a.m. on Saturday, July 15 from Middlesex Community College in Bedford, MA.**
- **Riders will receive important information and instructions from 8:00 a.m. to 8:25 a.m. and then we will leave the parking lot as a group.**
- **Parking areas for NEC participants and volunteers will be designated with signs. Two-day riders park in Lot D; 7-day riders park in Lot G.**
- **Both lots are well-lit, monitored by cameras and patrolled by security personnel.**
- **Please park only in Parking Lot G if your car will not be moved Sunday.**

Rider Check-in

- Early Check-in for the New England Classic Tour de Cure will be available on Friday, July 14, in the Campus Center at Middlesex Community College (MCC) from 4:30 p.m. to 7:00 p.m.
- Regular Check-in takes place Saturday, July 15 from 6:30 a.m. to 8:00 a.m. in the Campus Center.
- During Check-in you can turn in any outstanding donations, but we suggest you send as many as possible ahead of time to expedite the process.
- You will receive your rider number and the “cue sheet” for Day 1 at Check-in.
- **All riders must check in either Friday or Saturday.**
- Riders who registered by June 1 will receive their official NEC cycling jerseys and volunteers will get their NEC t-shirts in a special ceremony at UNH at the end of Day 1.
- **We ask that everyone wear their 2023 New England Classic jersey at the start of Day 2.** This will allow us to get some great group, team and individual photos!

Rider Number

Think of it as your ID for the ride. Please attach it to the BACK of your jersey every day while you ride. It's your pass at the Rest Stops, and helps us know who “our” NEC participants are vs. other recreational cyclists on the same roads. When you arrive at each rest stop, **please** make sure to give your number to the volunteer with the clipboard who is checking off numbers. This helps us account for all participants and lets us keep you safe!! **All riders must check in at each rest stop each day.**

Daily Start Time

On the first day of the New England Classic, we will leave as a group at 8:30. Every other day will begin with riders checking out between 7:30 and 9:00 a.m. We ask that you leave **no earlier** than the designated start time so we can ensure that the rest stops will be set up and our SAG vehicles will be on the road ahead of you. The gear truck will leave each day around 9:00 a.m. **It is your responsibility to make sure your “stuff” is on the truck before you leave on your bike.**

Details for the Day 4 “Rest Day” will be communicated at dinner on Day 3.

Daily Finish Time

Flexibility is a key element of the New England Classic. Each cyclist will ride at his/her own pace and enjoy our epic New England Tour in different ways. Riders typically average between 12 and 17 miles per hour. Add in some sightseeing, “power lounging” at rest stops and a break for lunch, and most riders will finish the day between 2:00 and 4:00 p.m., depending on the distance and terrain of that day's route. Vehicle and support staff will be on the road EITHER until the last rider finishes or **until 1 hour before** the end of the scheduled dinner time. Cyclists who are still some distance out at that point will be picked up and transported to the finish line. We don't want anyone to miss dinner!!

Breakfast and Dinner

On Day 1, riders should eat breakfast before arriving at the starting line. After Day 1 breakfast will be served each morning, starting between 6:00 and 7:30 a.m., depending on the accommodations. Dinner will be served each day starting between 4:30 and 6:00 p.m., again depending on the accommodations. Meals will be set up in a variety of styles including cafeteria, buffet and sit-down. We will do our best to make sure you have high-quality support on your NEC adventure.

Lunch

While we provide fully-stocked rest stops along each day's route (occasionally including fabulous PB&J sandwiches provided by local Rotary Clubs), lunch is intentionally on your own so that you can enjoy more special New England experiences. We travel past many places to eat along the route and some of our rest stops are locations where you can buy a sandwich, pizza, salad or other local cuisine. *Did someone say lobster rolls?*

Gear – Important! Please Read Carefully

A full list of what to bring can be found on pages 9 – 10, but here are some important tips!

- All your gear should ideally fit into **one** canvas duffel bag or soft-sided suitcase.
- Please avoid hard-shell suitcases – remember those are **volunteers** lifting them on and off the truck! We would prefer you bring two smaller bags rather than one hard-shell.
- Please make certain your bag is easily identifiable because a lot of bags look alike (*"Mine is the little black bag. Can you find it for me??"*)
- **DO NOT TIE** shoes, hats, jackets, tire tubes, spare parts, entire bikes or other accessories to the outside of your bag. Attaching items to your bag leads to messy entanglements, even messier disentanglements, and sometimes damaged property.
- We will have large "shoe buckets" at the gear truck every morning. You can wear non-cycling footwear to the truck, change into your cycling shoes, leave your non-cycling footwear in the bucket and retrieve them when you finish the day's ride.
- All of our accommodations are air-conditioned, so you don't need to bring a fan. Yay!
- The gear truck will haul your stuff from one location to the next, but **you** haul it to your room and back – Hint: pack wisely and light.
- You will not have access to your bags while you are riding each day. We suggest you take that jacket or leggings with you and give it to the rest stop volunteers to hold after you warm up. Just remember to retrieve your stuff at the end of the day; it will be at the Gear Truck.
- **PLEASE make sure you have everything you need for the day BEFORE you hand your bag to the Gear truck volunteers. Phone? Jacket? Glasses? Shoes? Meds? Wallet? Cash? Helmet???** Once your bag is on the truck, we cannot dig through a large pile of bags to find yours, which is guaranteed to be on the bottom. Just sayin'.

Accommodations

We will stay in college dormitories the first two nights and in hotels or ski resorts for the following four nights of the Tour. If you did not indicate a roommate preference when you registered, you will be assigned a roommate each night. Upon arrival, each rider and volunteer will be issued a room key and/or a swipe card for access to rooms and buildings. **It is very important that these be turned in (not left in the rooms) each morning before leaving for the day. WE ARE CHARGED FOR LOST KEYS OR CARDS AND IT IS RIDICULOUSLY EXPENSIVE.**

Bed linens and towels will be provided at each location, but you may want to bring an extra towel for the shower and make sure to bring your own rags to wipe or clean your bike. **Please do not clean your bike with the bath or hand towels provided by the accommodations. We will have to pay for them if you do.**

Housing Your Trusty Steed

Each evening we will provide a safe and secure indoor location for your bicycle. It will be kept in a storage room or building that will be locked for the night. At the college dorms, you will have the option of leaving your bike in a storage room or bringing it to your room.

Evening Activities and Daily Updates

Evening activities may include a variety of things such as giveaway contests, announcements about the upcoming route, games, a little music or just relaxing to get ready for the next day. Many cyclists do routine maintenance on their bikes. Sometimes groups will go into town together for ice cream, shopping or refreshing beverages, if “town” is within walking distance. But the real highlight, both during and after each day’s ride, is getting to know your new friends.

At the Gear Truck each day, we will post information concerning the next day’s ride and accommodations, including details on the route, meal times and other fun facts that **Gearman** thinks you need to know.

Volunteers

We have the world’s greatest volunteers! Each gives up a weekend or a week of their time to ensure that you have the ride of a lifetime as together we fight diabetes. Please remember that the volunteers are the first out on the road and the last to come in, and they can’t come in until all the riders are in. We want you to have a great cycling vacation, but please don’t take too many extended breaks along your daily route and try to be fair to the volunteers

Inclement weather

Although we hate to say it, every so often on the New England Classic we encounter extremely high humidity that some might call rain. But we ride rain or shine with a strong preference for shine. If severe weather does occur, such as a thunderstorm, **seek shelter**. In the case of an extended lightning storm, please call the emergency cellphone numbers we provide you to advise us of your location. The SAG vehicles will pick you up but please be patient as we work to ensure everyone’s safety.

What to Pack (And What NOT to Pack!)



Your bicycling adventure will present a variety of condition, but it *is* possible to take all you need and still travel light. Layer your clothes for versatility. When possible, make your gear do double duty. Be creative about what to take and what to leave home. Don't be afraid to do a pre-pack, then a second pack, then a re-pack followed by a final pack. It's part of the fun! The key words for the week are **comfort** and **casual**.

We ask participants to bring their own aspirin, ibuprofen, ACE bandages and other first-aid supplies you feel might be necessary during the trip. All support vehicles have first-aid kits on board for emergencies.

The following list covers what you will most likely want or need. The list is the same for the 150 and the 550 – it's just a question of how many! There are laundry facilities in some of the dorms and/or hotels. Modify the list based on your own needs and experience.

Clothing and Equipment for Riding the NEC 550

- **A bicycle (preferably one that you truly love because the two of you are going to be incredibly close for the next several days)**
- **Helmet (can't ride without one)**
- **Contributions not yet submitted**
- License or other ID and insurance cards
- Cycling gloves
- Cycling shoes
- 2 water bottles
- Riding shorts (2/3)
- Cycling jerseys (3/4)
- Long sleeve base layer
- Underwear and socks (lots)
- Rainwear/cool weather gear
- Sunscreen, lip balm, and sunglasses
- Spare tube and patch kit; small toolkit – If you have specialty spokes bring backups
- CO² cartridges or mini pump, cleaning rags

Clothing for Comfort

- Shorts and/or jeans
- Comfortable shirts, t-shirts or jerseys
- Walking shoes, sneakers or sandals
- Outerwear for cooler evenings
- A hat (provides shade post-ride and hides helmet hair if necessary)
- Swimsuit(s)

Other Essentials to Bring

- Toiletries
- Prescription medicines
- Chamois cream, zinc oxide, Bag Balm or Vaseline (you will be in the saddle for a long time)
- Debit card, credit card and/or good old-fashioned cash for lunch, shopping, repairs, etc.
- Eyeglasses (bring a spare pair if you have one)
- Reading material, pens
- Cycling computer, lights, and chargers
- Cellphone and charger (Veteran riders often send photos to their donors)

What NOT to Bring

- Enough spare parts to build an entirely new bike
- Large electronics (if it's bigger than an iPad, leave it home)
- Heavy books
- Fans
- Rocks
- Fancy clothing (the NEC is a high-heel-free zone)
- Breakable bottles of perfume or cologne
- Bottles of wine packed in your luggage (trust us, this is a REALLY bad idea)
- Blankets, sheets or sleeping bags
- Winter coats (yes, it's Vermont but it's not THAT cold)
- Ice skates, roller blades, skateboards, hoverboards, scooters, drones or anything else with sharp edges, engines or wheels, other than your bike
- No surfboards either, for that matter
- Squirt guns, cowbells, Duct tape or clingwrap (yes, there are reasons – ask us)
- Food or snacks that need to be refrigerated
- Pets – no dogs, no cats, no fish, no hamsters, no rabbits, no goats, no llamas, no miniature horses, no snakes, no lizards and most definitely no tarantulas. We love Rover and Fluffy too (and whatever you call your tarantula), but they can't come along on your cycling adventure.

Enjoy Yourself!

Our goal is to make this a memorable and rewarding event for each and every participant. The New England Classic Charity Bike Tour is your reward for raising the funds critical to the work of the American Diabetes Association. We strive to put the F-U-N in fundraising so that you have the best time possible on two wheels while making a difference in the lives of more than 37 million Americans living with diabetes. We succeed at this by working together, and together we will continue on this road until it leads us to a cure.

Questions?

Contact one of these folks:

Tracey Thompson, tjthompson2@gmail.com Faith Linsky, flinsky@charter.net
Jim Iannone, james.a.iannone@baesystems.com

2023 New England Classic Accommodations

Day 1 – Mills Hall, University of New Hampshire in Durham, New Hampshire



Day 2 – Champlain Hall, University of New England in Biddeford, Maine



Day 3 – Grand Summit Hotel at Attitash in Bartlett, New Hampshire



Day 4 – Fireside Inn and Suites in West Lebanon, New Hampshire



Day 5 – Killington Grand Resort in Killington, Vermont



Day 6 -- Best Western Plus Sovereign Hotel in Keene, New Hampshire

