



# BORDER★RAIDERS

*Bicycle Tour*

2009 GET READY GUIDE



Ben Sulzen and Emmy Williams cruise along on Border Raiders 2007

## WELCOME TO BORDER RAIDERS 2009!

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We're delighted to have you join us this year! If you have participated before, welcome back—and if this is your first time on Border Raiders, you're in for a real treat. This get ready guide will help you prepare for the ride and serve as your day-to-day guide for what to expect along the way.

You might have already asked yourself, "How did such a cool idea for a bicycle tour come about?" Well, here's the answer: Five avid cycle-dudes, who met several years ago in the Lawrence Bicycle Club, put their heads together and came up with a list of stuff they wanted to accomplish in their bicycling careers:

- Provide cycling enthusiasts with a challenging and fun recreational ride;
- Provide small towns with the opportunity to host large groups of really cool people;
- Bring unique charitable opportunities to small non-profit organizations in these towns (in 2008, Border Raiders raised more than \$7,500 for charities along the route);
- Retrace the history of the Civil War in the Midwest to make the ride extra interesting;
- Utilize their cumulative 100+ years of cycling experience to benefit other riders; and
- Feed their need to ride!

Thus, Border Raiders was born—a ride designed to let participants tour historic places where the border wars ignited the Civil War long before the first shots were fired on Fort Sumter. Border Raiders is 500 miles of history through four states in eight days, a great opportunity to boost the economy in small-towns and their non-profit organizations, and a fun way to see new sites and meet new people. We are delighted to have you along for the ride!



## GENERAL TOUR INFORMATION

### ■ TRAINING & CONDITIONING

The more miles you spend on your bike before the ride, the better prepared you will be. A good gauge of your fitness is your ability to complete back-to-back 50-mile rides on two consecutive days and your ability to ride 20 miles in two hours or less.

### ■ SHIPPING YOUR BIKE

If you are traveling from out of state and plan to ship your bike, please contact Paul Corcoran at (785) 550-5273. We also advise reading these articles from the Adventure Cycling Association:

- [www.adventurecycling.org/features/shippingbikecases.cfm](http://www.adventurecycling.org/features/shippingbikecases.cfm)
- [www.adventurecycling.org/features/boxingbike.cfm](http://www.adventurecycling.org/features/boxingbike.cfm)

### ■ LODGING

Overnight host cities along the route provide facilities for sleeping, camping, and showers. Participants can also elect to make their own lodging arrangements in nearby hotels.

### ■ LUGGAGE

A truck will transport luggage to and from each host city; the truck will arrive at the schools at noon each day. Participants should plan to pack their luggage each morning and drop it off by the luggage truck. **Please note:** If you elect to stay in a hotel, we will deliver **one piece** of luggage to your hotel each night (other luggage can stay on the truck if necessary). Tags will be provided for you to mark your luggage so we know where to deliver your gear.

### ■ A TYPICAL DAY

After breakfast, travel the route at your own pace, take in the sites along the way and stop at the SAGs to refresh. The luggage truck will arrive at the schools around noon at which point you can retrieve your gear, set up camp, clean up and explore the town. We will have nightly informational meetings starting at 8:30pm. **Please plan on attending the nightly meetings**—they are the chief information forum throughout the ride.

## GENERAL TOUR INFORMATION

### ■ BREAKFAST, LUNCH & DINNER

Food and water are the fuel your body needs to ride! We will identify places to fuel up along the route as well as restaurants in the host cities. We have also arranged for some meals to be served at the school for your convenience.

### ■ NIGHTLY MEETING

Your chief source of information each day will be the nightly meetings. Meetings will take place each night at 8:30 p.m. at the school unless otherwise indicated. You will receive information about the next day's route, the weather, places of interest along the way, and news updates. **Please plan to attend!**

### ■ WELCOME TABLE

Another important source for information is the welcome table located near the entrance of the overnight facility in each host city. Information about activities, food, shopping and site-seeing will be available at the welcome table, as well as weather info and other casual information.

The welcome table is also a way for participants to communicate with each other.

### ■ WHAT TO DO IN HOST CITIES

Host cities are eagerly anticipating the arrival of the Border Raiders. Several host cities have arranged for discounts at shops and restaurants. Transportation by bus or trolley has also been arranged in a few cities for your convenience.

### ■ EMERGENCY CONTACTS

- **Paul Corcoran:** (785) 550-5273
- **Jim Turner:** (785) 550-4525
- **Mary Corcoran:** (785) 218-9673
- **Michael Crawford:** (785) 979-6863

### ■ SAFETY

State law prohibits bicycles from impeding traffic; do not ride more than two abreast. Single file riding near the right-hand edge of the pavement is the safest option. Inexperienced highway riders should study safety precautions and state laws. Ride defensively at all times.

## GENERAL TOUR INFORMATION

### ON THE ROAD EMERGENCIES

Should you have an emergency on the road, signal approaching support vehicles by raising your fist in the air. **DO NOT WAVE**—we'll think you're just being friendly. Emergency phone numbers are also available should you need help during the ride. Remember, reception is limited but a ride director will answer your call as soon as possible. **Please note:** Ride directors sweep the route throughout the day—*no one will be left on the road.*

### ROAD & MECHANICAL SUPPORT

A mobile bicycle mechanic travels with Border Raiders throughout the week. If you experience mechanical problems, call the emergency numbers and the ride director will arrange for the mechanic to find you. Common replacement parts will be available at cost, and the mechanic will provide needed services. Donations for the services provided by the mechanics are *strongly encouraged.*

### SAG SUPPORT

SAG support will be available at least every 17 miles along the route. "Self" SAGs are sites where you may purchase supplies from a store or other vendor; "Charity" SAGs are provided by non-profit organizations; "Border Raiders" SAGs are provided by Hog Back Ridge Bicycle Touring, Co., Inc. "Lunch" SAGs are suggested places to get lunch. Be sure to stay hydrated and energized by taking in enough food and water.

### MASSAGE THERAPY

Touchwork of Weston Massage Therapy will be with us again this year to relieve you of those sore, aching muscles. Contact Kirk and Julie Nelson for information on package deals.

- Touchwork of Weston Massage Therapy  
816-640-278

## SUGGESTED PACKING LIST

### MUST HAVES

- Cash (for food/snacks/massages/gifts/etc.)
- Driver's license (or other form of identification)

### RECOMMENDED

- ATM card/credit card
- Medical information card
- Mobile phone

### FOR YOUR BIKE

- 2 water bottles or Camelbak
- Computer
- Mini air pump
- Seat bag for tools
- Spare tube, patch kit, and tire irons
- Spare tire
- Toilet paper

### CYCLING CLOTHING

- 2-3 pairs of bike shorts
- 2-3 jerseys/tops
- 2-3 pairs of socks
- ANSI or Snell approved helmet
- Biking shoes
- Gloves
- Rain gear
- Sunglasses
- Sweatband/headband
- Tights and jacket or other cool weather gear

### EVENING CLOTHING

- 1 pair of jeans/pants
- 1 sweatshirt/light jacket
- 1-2 pairs of shorts
- 2-3 t-shirts/casual shirts
- 3 pairs of underwear
- 3 pairs of socks
- Street shoes/casual shoes

### OTHER GEAR

- Air mattress/sleeping pad
- Bag balm/butt butter
- Book/magazine
- Camera & film/memory card
- Camping gear
- Ear plugs
- Flashlight
- First Aid kit
- Insect repellent
- Journal & pen
- Lip balm/chap-stick
- Mini book light
- Pillow
- Sleeping bag/blanket
- Sunblock
- Swimsuit
- Toiletries (soap, shampoo, toothpaste)
- Towel & washcloth

## REGISTRATION & CHECK-IN

### EARLY REGISTRATION

- Friday, June 19, 2009
- Noon-8 p.m.
- Free State High School  
4700 Overland Drive  
Lawrence, KS 66049

### DAY OF REGISTRATION

- Saturday, June 20, 2009
- 6-7:45 a.m.
- Free State High School

### GETTING TO REGISTRATION

Your destination is Free State High School in Lawrence, Kansas. At noon on Friday, June 19, you may check in and stay overnight at Free State. Alternatively, you may elect to book your own reservation at a Lawrence hotel.

If you choose to stay in a local hotel, you must arrange in advance for your luggage to be picked up on Saturday morning. Please call Paul Corcoran at (785) 550-5273 before June 12 and let him know where you'll be staying.

Participants are responsible for arranging transportation to and from Border Raiders. Many participants choose to leave their cars in the Free State High School parking lot for the week. Police officers will check the lot regularly throughout the week to ensure the highest possible level of safety. Additional safety information will be available at registration.

Shuttle service is available to and from Mid-Continent International Airport (MCI/KCI). You may arrange to have your bicycle shipped ahead of time to Sunflower Outdoor & Bike Shop or Cycle Works; owners of these shops will deliver your bike to the starting point. To make arrangements, please call Paul Corcoran at (785) 550-5273.

## LAWRENCE ACCOMMODATIONS

### America's Best Value Inn

515 McDonald Dr.  
(785) 842-5721

### Eldridge Hotel

701 Massachusetts  
(785) 749-5011

### Quality Inn

801 Iowa  
(785) 842-5100

### Baymont Inn & Suites

740 Iowa  
(785) 838-4242

### Halcyon House B&B

1000 Ohio  
(785) 841-0314

### SpringHill Suites

6th & New Hampshire  
(785) 841-2700

### Best Value Inn

730 Iowa  
(785) 841-6500

### Hampton Inn

2300 W. 6th St.  
(785) 841-4994

### Virginia Inn

2903 W. 6th St.  
785-843-6611

### Econo Lodge

2222 W. 6th St.  
(785) 842-7030

### Holiday Inn

200 McDonald Dr.  
(785) 841-7077

### Westminster Inn

2525 W. 6th St.  
(785) 841-8410



## 2009 JERSEYS

### ■ THERE'S STILL PLENTY OF TIME TO ORDER A 2009 BORDER RAIDERS JERSEY

In previous years we've ordered jerseys early enough to hand them out at registration—this year, we're trying something new. Because we generally have to re-order jerseys, we will be placing the entire order *after the ride* and then mailing them out to each participant. Yes, that means if you ordered a jersey you'll have to wait a little longer to get it, but that just means you get a little Border Raiders surprise in the mail when you least expect it—which can't be too bad!



Chris Webster perfects his on-the-bike stretching routine.



**“GET ON YOUR BIKE AND RIDE!”**

**~QUEEN**

