

# DALMAC

## Rider Information

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## DALMAC Routes

The DALMAC consists of **three main routes**, each beginning at the Michigan State University (MSU) Pavilion and ending at the Mackinaw City High School.

The **5-Day West route** begins on the Wednesday before Labor Day each year. For many veteran DALMAC riders this route defines the DALMAC experience. This route travels along the western side of the Lower Peninsula, includes more hilly terrain than the 5-Day East route, and is considered more scenic.

The **4-Day West route** begins on the Thursday before Labor Day each year. This route, because of the abbreviated timeline compared with the 5-Day routes, has the highest daily mileages of the three main routes and includes much of the same terrain and views as the 5-Day West route.

The **5-Day East route** begins on the Wednesday before Labor Day and follows a route more central to the Lower Peninsula. This route tends to have less climbing and somewhat shorter days than the 5-Day West route. There may also be alternate daily routing available which carries riders to traditional DALMAC climbs or alternate sights, the latter of which may impact the daily route distances.

There are also **five other route options** that may be offered depending on circumstances. These options are intended to provide riders with the opportunity to participate in DALMAC beyond the three main routes. Whether due to rider time availability, interest, or capacity restrictions, DALMAC attempts to provide options to all those wanting to participate.

The **4-Day** or **“Quad” Century route** also begins on Wednesday before Labor Day at the MSU Pavilion and shares overnight camping facilities with the 4-Day West route as it makes its way North. Though the riders on this route share facilities with the 4-Day West route, they are required to register for this route in order to receive the 4-Day Century map book. Each day of this ride will reach at least 100 miles.

The **3-Day East route** begins on the Friday before Labor Day. This route joins the riders on the 5-Day East route and continues with them for the rest of the tour. Riders choosing this route can camp and dine with the 5-Day East riders on Thursday night. They will also be able to leave their vehicles at their start location for the remainder of the tour.

The **2-Day East route** joins the 5-Day East and 3-Day East riders on the Saturday before Labor Day as they begin their last two days of the DALMAC. Those three routes continue together for the remainder of the tour. 2-Day East riders can camp and dine with the 5-Day and 3-Day riders on Friday night. They will also be able to leave their vehicles at their start location for the remainder of the tour.

The **2-Day Trail route** begins on the Saturday before Labor Day and ends in Mackinaw City. This route is intended for those DALMAC riders who want to participate in a multi-day ride on rail-trails and other unpaved regional trails.

On a 5-year rotating basis, DALMAC hosts a **5-Day Century or “Quint Century” route** as an option. This route begins at the MSU Pavilion on the Wednesday before Labor Day and provides riders with 5 days on routes greater than 100 miles each day.

All DALMAC routes can be expected to have small changes each year due to availability of overnight accommodation and catering, road construction, road safety and other issues. Prospective and registered riders should review the route-specific information on the DALMAC website (DALMAC.org) for details on the current year's routes changes and optional routing. All registered riders receive a map book with specific, turn-by-turn directions and associated maps for their registered routes.

## Registration Fees

DALMAC charges a registration fee for all riders and private rider support personnel participating in the tour. All persons using the DALMAC overnight camping sites must be registered participants.

Rider registration includes:

- A wristband which serves as the rider's ID and ticket for all meals.
- Daily transport and storage of **two** pieces of luggage. See the Baggage Transport Section of this document for more information.
- Maps: a detailed map booklet of the registered route, and access to online maps of all other DALMAC routes.
- Overnight camping following each day of riding. Pre- and post-ride camping at the MSU Pavilion requires an additional fee payable during registration.
- Bathroom and shower facilities at each overnight location. The availability of shower facilities may be limited for some private rider support personnel.
- Free SAG support services on all routes. Privately provided SAG services require the purchase of a SAG ID sticker for the vehicle involved and the payment of a registration fee for the drivers and passengers. See the section on SAGing in this document.
- Access to professional bicycle mechanics on each route. See the Bike Repair section in this document.
- SAG stops: DALMAC provisions several rest stops on route sections where there are no other options for snacks. DALMAC also stations porta potties at strategic route locations where there are no restroom options.
- Free DALMAC T-shirt.
- Meals\*
  - Breakfast each morning (except starting day)
  - Evening meals each day (except Sunday)

\*Limited vegetarian options on all routes

\*Specific vegetarian, vegan, and gluten-sensitive options available on the East Routes only. See the DALMAC website (DALMAC.org) for the specifics of identifying the need for these food types during registration. Note that gluten-free foods are being prepared in kitchens where other foods containing gluten are also prepared.

## Other Services Requiring Fees

To assist riders in making the most of the DALMAC experience, other fee-based services are offered for registrants. Further specific details for these services can be found under other headings in this document and specific fees can be found at DALMAC.org.

- A single additional piece of luggage for each rider, not to exceed 45 lbs.
- 1-night of pre- or post- DALMAC camping at the MSU Pavilion
- Post DALMAC bus transport from Mackinaw City to start locations and East Lansing.
- Use of and parking for privately owned SAG vehicles during DALMAC: All private vehicles being used for SAG purposes during DALMAC must be registered and must exhibit a SAG vehicle sticker. All personnel associated with private SAG support will need to register through the DALMAC website. A fee will be required and will vary depending on the desired access to food and other services at the DALMAC overnight sites.
- DALMAC swag can be purchased separately during or after registration through the DALMAC website, which also lists selection, styles, sizes and price information.

## Registration Confirmation

Each registrant will receive two emails following registration. The first will confirm registration and act as a receipt. The second email will provide a link to DALMAC.org where information on the chosen route and directions to the rider check-in points can be found. Review the receipt to ensure the email shows the correct registration options. If there are errors, contact the Registrar immediately at [registrar@dalmac.org](mailto:registrar@dalmac.org). Riders should seek to correct any incorrect registration details as soon as possible. Waiting until rider check-in will almost guarantee that the desired changes will not be available.

With the first email, registrants will receive a registration confirmation number, which is important to retain. This confirmation number will allow the registrant to return to the registration webpage at another date, and make changes to their registration without assistance from the DALMAC registrar. Examples: changing routes, changes in merchandise ordered, adding trip cancellation insurance, or making changes to private SAG information.

DALMAC makes arrangements and expenditures on the strength of the number of entries received and accepted. A \$25 cancellation fee will be charged against any refund. Absolutely no refunds will be made after July 31.

Questions about DALMAC registration can be directed to:

- Email: [registrar@dalmac.org](mailto:registrar@dalmac.org)

- Write to:

DALMAC, P.O. Box 22146  
Lansing, MI 48909-2146

Questions or problems related to issues other than registration, services, or clothing purchases, should be directed to the DALMAC website (DALMAC.org) where many questions can be answered on the DALMAC FAQ page, or to the DALMAC Facebook page, or the DALMAC Facebook Group, all of which can be found on the DALMAC website.

## **Cancellation**

Registered participants may cancel their registration by emailing the DALMAC registrar at [registrar@DALMAC.org](mailto:registrar@DALMAC.org). A \$25 cancellation fee will be assessed for each cancelled registration. The entire registration fee will be forfeited for cancellations after July 31.

## **Cancellation Insurance**

Riders have the option to purchase cancellation insurance offered by RegShield during registration.

## **Rider and Registrant Check-in**

Riders and other participants, including private SAG drivers and all other non-rider participants over the age of 12, must be present at check-in. A photo ID will be needed to receive the registration packet and wrist band during check-in. The wristband is the participant's access pass to DALMAC activities, meals ticket, and admission showers and other facilities. Registration packets will be distributed only to the party whose name is on the packet.

Those unable to check-in at the MSU Pavilion for the 5-Day or 4-Day routes can check-in and collect their registration packet from the Route Coordinator at any of the overnight locations on their route.

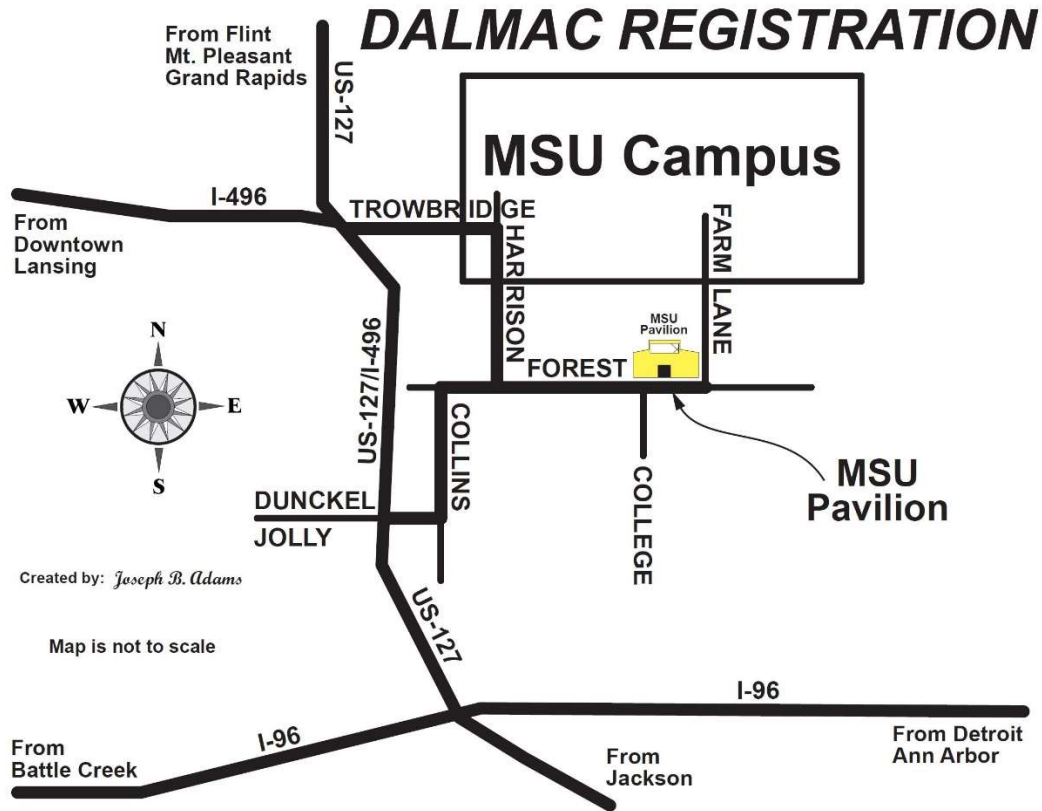
Those registering a SAG vehicle will receive information on private support vehicle meeting spots, a map indicating alternative vehicle routes, private support identification, and vehicle and bicycle mileages between meeting spots. Unclaimed private support vehicle packets will be available from the Route Coordinator at each campsite for those joining en route.

Check-in for the 5- and 4-Day route participants occurs at the Michigan State University Pavilion, 4301 Farm Lane, Lansing, MI 48910.

5-Day routes check-in takes place the Tuesday evening before Labor Day and Wednesday morning before Labor Day.

4-Day West route check-in takes place the Wednesday evening before Labor Day and Thursday morning before Labor Day.

Check-in events for other routes, beginning after the Thursday before Labor Day, will take place at the overnight camping for the longer routes, or in other locations. See the DALMAC website for specific locations and times for all registrant check-in events.



## Ride Release & Liability Waiver

Each registrant, including all those participating in private SAG activities, will be required to electronically sign a Ride Release and Liability Waiver during the online registration process. This will release Tri-County Bicycle Association, any sponsor or promoter of the captioned event, all affiliated organizations and the principals, officers, employees or other agents of any of them, from all and every claim for bodily injury, property damage, contribution and/or legal liability of any kind or nature whatsoever. Riders and others under the age of 18 must have a DALMAC indemnification agreement signed by a parent/guardian. This form will also be available at check-in and it requires the parent/guardian to designate an adult who will ride with the minor on the route.

## Long-Term Parking

Free parking for participants on the 4-Day and 5-Day Routes will be available at the MSU Pavilion. Designated parking will also be available for all other DALMAC routes. Please keep in mind that the overnight sites are located at schools where classes may already be in session prior to Labor Day, so it is important that DALMAC overnight parking be kept in the designated areas. These parking lots are unsecured and it is not advisable to leave valuables in vehicles. DALMAC assumes no responsibility for parked vehicles or their contents.

## Overnight Camping Sites Services and Rules

Each night during the tour, except Sunday night, DALMAC supplies free outdoor camping at the end of the day's route.

Riders and other DALMAC participants using these facilities are expected to supply their own tents / shelters as part of their personal baggage. Riders traveling together often share tents to maximize baggage space.

DALMAC participants can generally choose their own site to erect a shelter or tent, but there may be restrictions on where camping can be done on site.

Shower and restroom facilities are available for DALMAC participants at each overnight site. DALMAC-supplied portable toilets will also be onsite. Showers and locker-room facilities will be available at Mackinaw High School on Sunday afternoon.

DALMAC provides for CPAP camping sites (with electrical access) at each overnight site. CPAP users are typically allocated tent space near available external outlets or doors and often share connections.\* During online registration, riders intending to use CPAP machines will be asked to indicate so, to ensure that DALMAC can better meet their needs. CPAP users should expect to supply their own electrical cords and connections.

Centralized charging stations for cell phones and other electronics will be available for DALMAC participants. Other outlets may be available at each overnight site, but access will be first-come, first-served.\*

The DALMAC is e-bike friendly. Outlets for charging batteries will also be available on a first-come, first-served basis.\*

The hours from 10 p.m. to 6 a.m. are designated as "quiet time." Please do not make loud noises, erect or take down tents, pack luggage, or bang portable toilet doors during this time.

A drinking water-horse will be set up at each campground for DALMAC participants' use.

In case of severe storms, all overnight facilities will permit the use of indoor space for shelter, but camping inside the buildings will not be allowed. Overnight sites' management has requested that riders not wear cleated shoes in the buildings.

Alcohol, illegal drugs, firearms, and tobacco products are prohibited on school grounds by Michigan law.

\* Note: DALMAC does not provide alternatives in the event of power outages.

## **Pre- and Post-Tour Camping**

Camping at the MSU Pavilion, both pre- and post-DALMAC, can be purchased online as part of DALMAC registration. See the DALMAC.org for specifics and prices.

Pre- and post-DALMAC camping availability at the MSU Pavilion campground include:

- Tuesday or Wednesday night prior to the 4-Day and 5-Day routes, and
- Sunday night following DALMAC.

While DALMAC collects fees for camping at the MSU Pavilion, Michigan State University (MSU) is the actual vendor for this service. MSU specifies the location and rules under which this camping can take place. DALMAC does not assume any responsibility or liability for any activities taking place at the MSU campsites.

Riders joining the shorter DALMAC routes can camp for free on Thursday and Friday nights, respectively, at the overnight locations being used by the 5-Day route on those dates.

## **Rider Meetings**

Rider meetings are typically held each night after dinner and are intended to provide riders with information on such topics as route changes and road conditions. Other announcements and activities may occur during or after these meetings. Check with the Route Coordinator for time and locations.

## **Meals**

Some meals are provided to DALMAC riders and those participating in private SAG activities who have paid for them. Non-riders who have registered for Private SAG “without meals” will not receive DALMAC meals.

The rider wristband issued during check-in serves as the “ticket” to all provided meals.

Meals included with registration:

- Breakfast each morning (except starting day)
- Evening meals each day (except Sunday)
- Limited vegetarian options will be available on all routes
- Vegan and gluten-sensitive options available on East Routes only. Gluten-free foods are being prepared in a kitchen where there are items containing gluten.

Breakfast service will take place at 6:30-8 a.m., with coffee available at 6:15 a.m.

Dinners are served from 5-7 p.m., unless otherwise noted.

All mid-day meals and other food are at riders’ discretion.

For health reasons, everyone is asked to use the provided hand sanitizer before each meal.



## Rider Baggage Transport

Baggage trucks are supplied by DALMAC to carry rider baggage between the overnight camping locations each day and to the Mackinaw City School on Sunday afternoon. Riders are responsible for loading their own bags onto the proper truck each morning. DALMAC is not responsible for any loss or damage to baggage or their contents.

Things to remember:

- Riders are allowed two bags weighing no more than 45 pounds each.
- An “extra” 45-pound bag may be purchased during rider registration.
- Bag weight may be checked.
- Two baggage identification tags will be provided at check-in as part of the rider packet. The baggage tags must be kept attached to the bags throughout the tour. Those purchasing an “extra” bag will receive three luggage tags.
- DALMAC reserves the right to deny any bag that is too heavy or cumbersome, or require payment of an additional bag fee.
- Rider access to baggage will only occur at the daily final destination.
- Plastic bags, storage totes, or cardboard boxes will not be permitted.
- Baggage trucks will open for loading each day at 7:00 a.m. and depart the campsites at 9:00 a.m. each day.
- All rider baggage loaded in the trucks on Sunday morning will be transported to Mackinaw City High School, where riders with DALMAC-provided bus transport must transfer their own bags to the appropriate bus. Riders not scheduled to ride the bus back to their starting points or to the MSU Pavilion, must retrieve their luggage by 6 p.m. or it will be returned to the MSU Pavilion.

Although DALMAC will make every effort to keep bags dry in the event of inclement weather, it is still possible that gear could get wet. Riders should consider packing essentials inside plastic bags within luggage or use a waterproof bag for packing.

## Other Services Available for DALMAC Participants

DALMAC partners and coordinates with others to provide a variety of services during, before and after the tour for the benefit of DALMAC riders. It is incumbent on the riders to schedule and pay for their own services that are independent of DALMAC registration. These services may include:

- **Creative Wellness** sports massage and therapy services are available at each overnight camping site. The massage therapists set up their tables each afternoon and interested riders can schedule time throughout the evening and sometimes on the following morning.
- **Bike Shipping Services:** Riders flying into Michigan for the DALMAC, can contract to safely ship their bicycles to Lansing for the DALMAC. For more information, see the DALMAC.org.

- **Bike Repair:** All routes are serviced by fully equipped repair trucks with qualified bicycle mechanics to handle most repairs at reasonable costs. Repair services will be available for a limited time at each overnight location. During the day mechanics' trucks will set up at a midpoint location on the route for emergencies, the locations of which are shown on rider maps. SAG drivers will also know where the trucks are located. DALMAC funds these mechanics' labor, but riders must pay for parts. Tipping is very much encouraged. While these trucks are well-equipped, highly specialized or brand-specific parts may not be available. Riders are encouraged to plan ahead to avoid needing on-route repair services. Route coordinators are supplied with a listing of bicycle shops on or near the routes. Transportation of bicycles to private repair services is the rider's responsibility.
- **Lost and Found:** Each route will have a lost and found managed by the Route Coordinator. Please check with the Route Coordinator for lost items. Following the tour all remaining lost and found items are centralized and will be available by emailing [lostandfound@dalmac.org](mailto:lostandfound@dalmac.org).

### **Tent Services: *An Optional Fee-Based Service***

For an additional fee, private tent services can be arranged with outside contractors who coordinate with DALMAC.

Typically, these businesses provide rider services that include a set up tent and air mattress at each overnight camping site.

Other amenities that may be included or purchased from these vendors are: a towel and chair, soft drinks and water, snacks and a covered place to sit each evening. The routes covered by each service, contact information and associated fees can be found on the DALMAC website.

Please keep in mind:

- These services are not part of DALMAC registration. Riders are responsible for making their own advanced arrangements for these services.
- Please be aware for which routes each contractor provides service. It is the riders' responsibility to ensure that the services they purchase coordinate with the routes they have chosen to ride.
- DALMAC takes no responsibility or liability for services purchased through these vendors.

### **Hotels: *An Optional Fee-Based Service***

It is incumbent upon riders who prefer nightly accommodations in motels or B&Bs rather than camping during their DALMAC experience, to identify and book these services themselves.

DALMAC does not provide shuttle services to motels. Riders needing those services are responsible for arranging and paying for them.

Motel and B&B options can be found by contacting chambers of commerce in the communities where DALMAC overnights, through Pure Michigan ([www.michigan.org](http://www.michigan.org)) or other online hotelier booking services.

## Post-Tour Bus Transportation: *An Optional Fee-Based Service*

DALMC offers commercial bus transportation on the Sunday afternoon before Labor Day back to the overnight camping locations where the shorter routes began, and to the MSU Pavilion. Bus tickets can be purchased during or after registration until the regular online registration closes on July 31<sup>st</sup>, but we cannot guarantee ticket availability. If tickets are available, they will be priced higher after registration closes. Due to heavy demand, busses are fully booked. We do not have the flexibility to change rider bus departure times. Riders who purchase bus transportation during online registration will have the departure time and return location printed on their DALMAC wristband. Bus tickets are not transferable.

When riders arrive at the Mackinaw City High School, DALMAC volunteers will have a bike loading tag for each ticketed rider and will direct riders to the appropriate bus. Riders will need to retrieve their own baggage and place it on the appropriate bus. Riders with bus tickets should be prepared to board the designated bus corresponding with the ticket they purchased.

The trucks carrying the bikes will leave approximately one hour before the buses depart. Riders must have their bikes on the appropriate truck before it leaves. DALMAC is not responsible for loss or damage to any bicycle returning by truck.

The purchase of return bus service includes a box lunch.

### LET'S REVIEW:

1. The bike hauling trucks leave an hour before the bus departs.
2. Bus departures from Mackinaw City will be at 3pm and 6pm.
3. Riders are responsible to load their bikes onto the trucks in time for it to leave one hour before their bus is scheduled to depart.
4. ***Bike trucks travel slower and may arrive later than the bus. The truck drivers appreciate your patience!***
5. Your rider wristband will verify that you have purchased a bus ticket.
6. Bus tickets are not transferable or refundable so make your changes while regular registration is open.
7. Wristbands will be required to board the bus.
8. DALMAC is not responsible for loss or damage to any bicycle returning by truck.
9. Bus riders returning to Grayling and Gladwin, must immediately retrieve their bicycles as they are unloaded.
10. No security will be provided at the MSU Pavilion for bicycles not claimed by one hour after the bus arrives there.

## Map Books and Route Markings

Detailed, route-specific, map booklets are provided to each registrant in their check-in packet. Map books are printed specifically for each route and for Private SAGs. Map books contain a wealth of information beyond the directions for the route, including:

- Location of DALMAC-provided SAG stops.
  - In some cases, DALMAC organizes and supplies refreshments at SAG stops.
  - In other cases, DALMAC has organized local resources to provide refreshments at rest stops. These refreshments can be purchased by DALMAC participants as fund raiser for local organizations.
- The location of restaurants and other food options.
- Optional route directions.
- The location of the bike mechanics on each day's route.
- The location of any porta potties stationed by DALMAC, or public restroom facilities.

To further assist riders, the road surface on each route will be intermittently marked with a yellow DALMAC "D" along with a pointer indicating the direction of travel, any upcoming direction changes or shifts in route direction. Where multiple routes share a section of road for a short distance or where routes diverge, other instructions will be included with the DALMAC D and pointer.

Occasionally, due to unforeseen circumstances, routes must be changed after DALMAC has begun or after the maps have been printed. Any deviation from the printed routes will be posted, marked, and discussed at the nightly rider meetings.

Riders will be emailed access to digital maps.

## SAG Service Supplied by DALMAC

The acronym SAG has a number of different definitions, but all boil down to describe a support service for riders. DALMAC supplies SAG trucks that patrol each of the routes to assist and support riders in need.

- The map book each rider receives includes a phone number to contact SAG support in the event of a breakdown or other emergency.
- In the event of injury or serious accident calling 9-1-1 is the proper first action. DALMAC SAG support is not equipped to handle these levels of assistance.
- DALMAC-supplied SAG services begin each day at 7:30 a.m. and end at 5 p.m.
- DALMAC SAG vehicles are marked with orange flags and magnetic "DALMAC SAG" decals.

### Important to Note:

As each day progresses, DALMAC SAG vehicles will shift their patrolled areas forward along the route, shadowing the movement of riders. Each route has a set of progressive "SAG lines" marked in the map book which mirror the general movement for the DALMAC SAG vehicles.

Each SAG line in the map book has a time stamp indicating the time at which SAG vehicles will no longer patrol the areas behind the line. If riders have not reached the route location marked on the map by the time marked, they will no longer be in a SAG-patrolled area, although riders in need can still contact the DALMAC SAG phone number in the map book.

To stop a SAG vehicle for assistance, the rider should use one hand to vigorously make a “tap the top of the helmet” motion. Riders waving at the DALMAC SAG vehicle with the intention of stopping it will likely receive a friendly wave from the driver in return. Once alerted by the proper signal, the driver will move ahead of the rider and pull over to assist.

- SAG drivers are not allowed to pick up minors without their accompanying adult.
- DALMAC will provide support services between the appropriate SAG lines as indicated in the supplied map book and only during the times indicated on those lines.
- DALMAC SAG services do not cover discharged batteries for e-bikes. E-bike riders should be prepared to pedal their bikes into camp each day, or provide their own support mechanisms.
- DALMAC SAG vehicles only operate on the marked routes where they may be seen moving along the routes or parked on the side of the road.
- SAG drivers carry water, usually some sort of snack food and basic first aid supplies.
- DALMAC SAGs will transport bikes to the location of the DALMAC mechanic or bring injured/sick bicyclists to the next night’s stop.
- Please be respectful toward SAG drivers and vehicles.
- Do not lean bicycles on SAG vehicles.

## Private SAGs

Private SAG refers to support services provided to an individual or group of riders by persons who are not riding, and who are unrelated to DALMAC-supplied SAG services. This type of SAG participant must none-the-less register with DALMAC online and sign a waiver.

Here are the several things to be aware of regarding Private SAGs:

- All vehicles involved in Private SAG are required to display a “SAG sticker” if they are parked at any of the overnight camping locations. These stickers can be purchased for a small fee during online registration.
- Each person riding in the Private SAG vehicle, even if already registered as a rider, is required to pay a small, per person fee during registration.
- Each person riding with/driving Private SAG vehicles, not already registered as a rider, must also register as a Private SAG participant through the DALMAC website and sign a waiver.
  - Private SAG registrants who wish to purchase meal service through DALMAC must register as “Private SAG With Meals.” This registration will be priced at the same rate as riders’ and allows private SAG registrants to utilize shower and other DALMAC facilities at the overnight camping sites.
  - Private SAG registrants who do not want to purchase meal service must register as “Private SAG Without Meals.” This type of registration has no fee but such

registrants do not have access to DALMAC-provided meals and are restricted from using shower facilities at the overnight sites until after 8 p.m.

Private SAG registration also allows these participants' use of overnight camping sites and designated private SAG stop locations during the day.

Private SAGs are directed not to use the same roads as the riders are using. Maps indicating routes and stopping locations to meet riders along the route are provided for the Private SAGs.

Private SAG vehicles must display a DALMAC vehicle decal and their occupants must wear the supplied wristbands indicating their presence has been authorized at the overnight camping sites.

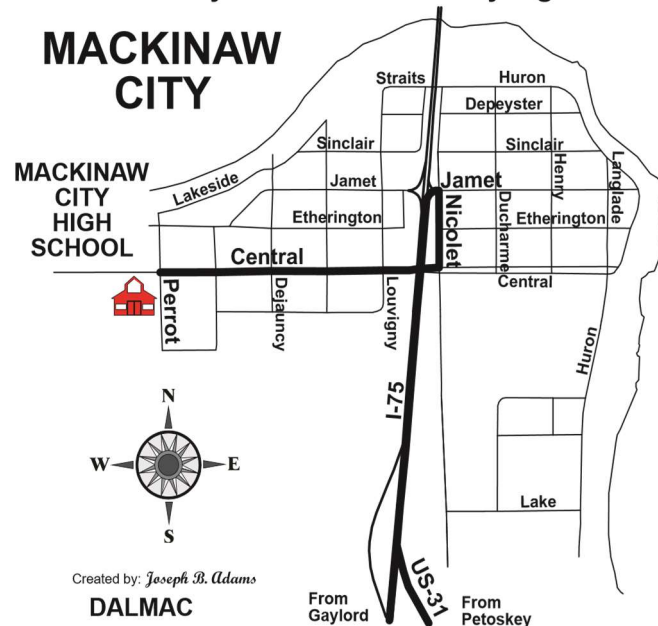
- The Route Coordinator (ride leader) will designate where private support vehicles may park.
- Only registered private support vehicles may be in camp each night, and may not arrive in camp prior to noon each day.

Cyclists will be held responsible for the conduct of their private support vehicle/crew. DALMAC reserves the right to reject future applications or remove riders from the tour without refund, for violations of DALMAC rules.

## Arrival in Mackinaw City: Activities and Post-Tour Transportation

The riding portion of the DALMAC finishes Sunday afternoon at the Mackinaw City High School located at 609 W. Central Avenue, Mackinaw City, MI 49701.

Follow the heavy line to Mackinaw City High School



Friends and family meeting riders in Mackinaw City will be able to park at the high school to await their riders' arrivals.

- The parking area is often congested with automobiles and cyclists traffic. Please help keep riders and all others present safe, by increasing situational awareness and moving slowly while transiting the parking areas.
- Arriving riders can shower and change in the school locker rooms between 11 a.m. and 6 p.m.
- Riders are responsible for retrieving their personal baggage from the baggage trucks.
- DALMAC-supplied bus transportation to the original starting points will be departing Mackinaw City at specific times. Riders who purchased transportation during registration should be aware of what departure time they chose and plan to be on that bus. Buses will be departing from the Pavilion next to the high school.
- Riders who purchased return transportation to their original starting points are responsible for identifying the truck matching their departure time and destination.
- Riders are also responsible for loading their bags and transferring their bicycles to handlers on the appropriate trucks an hour before their scheduled departure.
- Box lunches will be provided to those riding the buses back to their starting points.
- Return bus tickets will only be sold for a limited time. See the [DALMAC.org](http://DALMAC.org) for more information.

Those riders not using return bus services following the tour must retrieve their baggage at Mackinaw City High School by Sunday at 6 p.m. At that time, any unclaimed baggage will be transported back to the MSU Pavilion on the last bus. That baggage can be reclaimed when the bus arrives at the MSU Pavilion (approximately 10:30 p.m.) or other arrangements can be made at a time and place at the DALMAC Tour Director's discretion.

Where private transportation is meeting riders in Mackinaw City, it is requested that drivers not follow the tour route on the way to Mackinaw City. The increased traffic during the busy Labor Day weekend has already increased the risk level for cyclists without further adding to the congestion on the roads the DALMAC riders will be using.

## Rider Safety

DALMAC is an event dedicated to encouraging bicycle ridership in Michigan. But DALMAC also recognizes that sharing the road requires a safe approach to riding.

- All DALMAC riders are required to wear bicycle helmets while riding.
- Bicycle flags are recommended and are for sale during registration or at rider check-in for a small fee.
- Headphone devices of any kind are prohibited while riding (including iPods, Bluetooth, earbuds, etc.).
- Riding must be done during daylight hours.
- Riders are expected to know and obey all state and local traffic laws.
- Bicyclists are expected to stop for all red lights and at stop signs.
- If riders stop for any reason along the route, they must move themselves and their bicycles completely off the road.
- Do not follow those in front of you too closely.
- Riders witnessing or involved in a serious crash, should call 9-1-1 immediately. Witnesses should stay with the crash victim(s) until help arrives.
- Weather during the DALMAC can impact riding and camping conditions dramatically. Pack accordingly. Keep informed of weather forecasts and reports for the areas the route will pass through before and during DALMAC.

## Preparing for DALMAC

Before participating in any bicycling event, riders and their bicycles should be in condition to fully and safely complete the experience. Total lengths reach over 400 miles for some DALMAC routes. Riders should have completed enough riding prior to the event to be in physical shape to complete each day's ride, to do so with enough physical reserve to set up their own camps each evening, and to do so for the entire length of the DALMAC tour. Riders should also be able and prepared to make minor repairs and adjustments to their own bicycles.

Some expectation of DALMAC riders:

- Riders must be prepared to ride 60-90 miles or more a day during the DALMAC, depending on the chosen route. The terrain can be hilly. Fully understand the daily and total-length challenges of the chosen route.
- Riders are expected to be prepared to complete each day's ride at a pace - including time spent at rest and food stops - that facilitates arrival at each day's destination for dinner, which begins at 5:00 p.m. Riders who are unable to complete the day's route in this timeframe will find it difficult to complete the entire event.
- DALMAC SAG drivers do not service riders falling behind the SAG lines. Riders who fall behind the SAG line will need to make phone contact with the DALMAC Sag system using the provided SAG phone number.
- Riders should carry supplies for basic tire repair and be able to change a flat tire. While SAG drivers are usually willing to assist riders, riders should be self-sufficient to make their own simple repairs.
- Riders are expected to have a least one water bottle while riding; two are preferable.



- Previous experience suggests that bicycles used during the DALMAC should undergo a complete inspection and have any identified adjustments made before embarking on the DALMAC. While riders have access to skilled mechanics during DALMAC, not needing to use these services is the preferable situation.

## Rider Preparation: Some Strategies

As suggested, riders planning to enjoy their DALMAC experience will actively seek ways to build and extend their “miles ridden” prior to the start of DALMAC. The question for those who have not previously spent that much time in the saddle, may be how to accomplish this goal. There are a number of pathways to achieving individual riding goals in preparing for DALMAC. Building mileage can be as simple as riding a schedule of progressively longer rides.

For example, a method was outlined by “Dr. Bond,” a columnist on cycling health issues for the American Wheelman magazine. This method has two objectives:

- Getting the rider in shape to ride as many days in a row as the target event will have
- Increasing the weekly distance ridden by 15%.

The example below is designed for a ride similar to DALMAC’s 5-Day East Route. It begins on a hypothetical calendar when July 1<sup>st</sup> falls on a Wednesday, to be completed in time for the beginning of DALMAC. Dates and days of the week can be adjusted to end appropriately for any particular Labor Day combination.

|           | Wednesday | Thursday | Friday | Saturday | Sunday | Total |
|-----------|-----------|----------|--------|----------|--------|-------|
| July 1st  | 10        | 10       | 10     | 28       | 32     | 90    |
| July 8th  | 10        | 10       | 10     | 32       | 37     | 99    |
| July 15th | 15        | 15       | 15     | 37       | 42     | 124   |
| July 22nd | 15        | 15       | 15     | 43       | 49     | 137   |
| July 29th | 15        | 15       | 15     | 49       | 56     | 150   |
| Aug. 5th  | 15        | 20       | 20     | 57       | 64     | 176   |
| Aug. 12th | 15        | 20       | 20     | 65       | 74     | 194   |
| Aug. 19th | 15        | 20       | 20     | 75       | 85     | 215   |
| Aug. 26th | DALMAC    | DALMAC   | DALMAC | DALMAC   | DALMAC |       |

Preparing for other DALMAC pathways might entail adjusting the final week’s mileage to a number similar to the intended DALMAC route and increasing the miles each week to achieve that total.

A less numbers-driven method, posits that a rider must ride 1000 miles during the months before DALMAC. This system is more anecdotal in nature, but it has the virtue of having been tested by experience.

Another method is riding on consecutive days. Here the rider works toward completing a ride equal to the longest day’s ride on the DALMAC route chosen, in the week-or-so prior to the start of DALMAC. To do this, riders would pattern their riding so that they ride on Wednesday

evening and then on the following Saturday and Sunday. Then “rest” on Monday and begin the cycle again on Wednesday with a slightly longer ride.

A final method calls for riding as often as possible through the spring and summer before DALMAC kicks off. One way to accomplish this is to participate in public rides posted on the League of Michigan Bicyclists Ride Calendar ([www.LMB.org](http://www.LMB.org)), or if you live in the Lansing, MI area, hook up with some of the many club rides the Tri-County Bicycle Association hosts each week during the riding season ([TCBA.org](http://TCBA.org)).

## **DALMAC Rider Checklist: on Your Bike or Person**

- Helmet
- DALMAC map book
- Photo ID
- Insurance card
- Credit card/cash
- Sunblock
- Sunglasses
- Insect repellent
- Tire repair kit and/or spare tube
- Riding gloves
- Water bottles
- Bike lock
- Medication
- Basic first aid supplies
- Rain and weather-appropriate gear for riding.

## **DALMAC Rider Checklist: in Your Duffel Bags**

- Sleeping bag and sleeping pad
- Tent or shelter/bivy
- Ground cover
- Flashlight
- Extra plastic baggies and bags
- Camp clothes
- Bike cover
- Swimsuit and towel or weather appropriate clothing for forecasted weather.
- Clothesline with pins
- Personal items, toiletries, and clothing

## **Rider Responsibility**

Riders acknowledge their responsibility to adhere to all rules of DALMAC when they register for any DALMAC route. Failure to adhere to these rules may result in termination of their participation. DALMAC reserves the right to reject future applications or remove riders from the tour without refund for violations of the DALMAC rules.

## **Use of the DALMAC Tour Name**

The DALMAC tour name and logo are trademarks of the Tri-County Bicycle Association and may be used for official purposes only. They may not be placed on clothing, advertising, or souvenir items not authorized by TCBA. Similarly, the use of any of DALMAC’s name, marks and/or logo for private fundraising efforts, is strictly prohibited.