

# DALMAC Rider Handbook

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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 scenic western side of the Lower Peninsula and includes more hilly terrain and more mileage per day than the 5-Day East route.

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. This route includes an optional sub-route, historically called the **4-Day or Quad Century route**. Riders who choose this challenging route option will ride a 100+ mile route that is offered each day. Riders can choose the main 4-Day route or the Quad Century route option on any single day or as many as all 4 days. Riders will be asked during the registration process whether they intend to participate in the Century route. Responses to this question assist DALMAC in planning for SAG support for this route.

The **5-Day East route** begins on the Wednesday before Labor Day and follows a more central route North through the Lower Peninsula. This route tends to have less climbing and somewhat shorter days than the 5-Day West route, but it misses some of the lake and shoreline vistas available on the 5-Day West route. Depending on availability, there may also be alternate daily routing available which carries riders to some traditional DALMAC climbs or sights. Using these alternative routes will more than likely increase a rider's daily route distance.

There are also **3 other route options** that may be offered each year. These options are intended to provide riders with the opportunity to participate in DALMAC using routes that meet many rider's needs beyond the three main routes. Whether riders are limited on time available to participate, train or do not have an interest in spending 4 or 5 days in the saddle, these routes provide options to all those who wish to participate in the DALMAC adventure.

The **3-Day East route** begins on the Friday before Labor Day. This route joins the riders on the 5-Day East route on their third day of DALMAC 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 the preceding Thursday night. They will also be able to leave a vehicle at their start location for the remainder of the tour. See the DALMAC.org website for the starting location for this route.

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 the preceding Friday night. They will also be able to leave a vehicle at their start location for the remainder of the tour. See the DALMAC.org website for the starting location for this route.

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. 2-Day Trail riders can camp and dine with the 5-Day and 3-Day riders on the preceding Friday night. They will also be able to leave a vehicle at their start location for the remainder of the tour.

On a 5-year rotating basis, DALMAC hosts a **5-Day Century or “Quint Century” route** as a separate route 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 should 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 route changes and optional routing. All registered riders receive a map book with specific, turn-by-turn directions and associated maps for their registered routes. DALMAC routes will also be available through RidewithGPS.com.

## 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 Rider 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 is available and 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 all drivers and passengers. See the sections on SAG service supplied by DALMAC and Private SAG in this document.
- Access to professional bicycle mechanics on each route. See the Other Services Available to DALMAC Participants 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.
- Riders can choose to receive text messages during the tour which will provide up to date information concerning things like changing weather conditions or route changes.
- Meals\*
  - Breakfast each morning (except starting day)
  - Evening meals each day (except Sunday)

\*Limited vegetarian options on all routes

## Other Services Requiring Fees

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

- 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 East Lansing or the other sub-route starting locations.
- 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. Swag styles, sizes and price information can also be found there.

## 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 possibly erroneous 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 \$100 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, links to 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 cancellation fee (which varies with route) 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. This cancellation insurance is offered to DALMAC registrants via the third-party registration system and has no connection with DALMAC. It is a direct transaction between the registrant and RegShield.

## **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 prior to joining their route. 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, and admission to showers and other facilities. Registration packets will be distributed only to the party whose name appears on the packet.

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

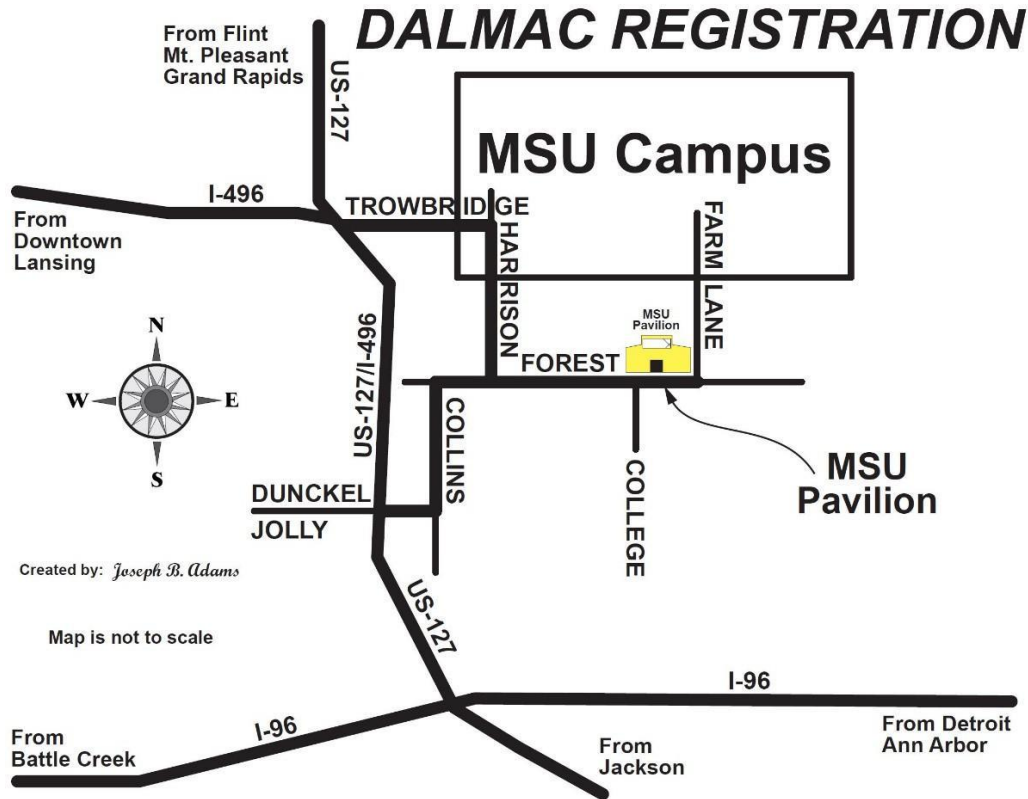
Those registering a Private SAG vehicle will receive information on private support vehicle meeting spots, a map indicating alternative vehicle routes, private support identification, and vehicle and bicycle mileages between meeting spots. Private support vehicle packets that are not claimed during the check-in process at the MSU Pavilion will be available from the Route Coordinator at each campsite for those joining enroute.

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

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

Check-in for the 4-Day West route 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.



## Rider Release & Liability Waiver

Each registrant, including all those participating in private SAG activities, will be required to electronically sign a Rider Release and Liability Waiver during the online registration process. This will release Tri-County Bicycle Association, any sponsor or promoter of the 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. The text of the waiver can be found on the DALMAC website (DALMAC.org).

## 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 camping locations. 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 within 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 space 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 luggage space.

DALMAC participants can generally choose their own location on site to erect a shelter or tent, but there may be restrictions on where camping can be done on each 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 for riders to clean up on Sunday afternoon.

DALMAC designates 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 self-identify 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 to these 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." Riders are asked to 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. The management of our overnight sites 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, nor guarantee outlet availability.

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

Access for 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
- 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, rules and fees under which this camping takes place. DALMAC does not assume any responsibility or liability for any activities taking place at the MSU campsites. Camping at the MSU Pavilion includes toilet and shower access.

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

## **Rider Meetings**

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

## **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. Riders are asked to wear this wristband for the entirety of the DALMAC tour. Meals included with DALMAC registration:

- Breakfast each morning (except starting day)
- Evening meals each day (except Sunday)

\* Limited vegetarian options will be available on all routes.

Breakfast service will typically take place at 6:30-8 a.m., with coffee available at 6:15 a.m. Dinners are served at end of each day’s ride. Dinner hours may vary dependent upon the site. Registrants will be provided information should these times require change. All other meals and other food are at riders’ discretion. Riders should check with the Route Coordinator for specific meal times once DAMAC begins.

For health reasons, all those entering the dining areas on DALMAC are asked to use the provided hand sanitizer before each meal.



## Rider Baggage Transport

Baggage transport 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. (Bag weight may be checked)
- Transport for 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 during registration will receive a luggage tag for that bag.
- DALMAC reserves the right to deny the loading of any bag that is overweight or excessively cumbersome. Payment of an additional bag fee may be requested to allow loading for these oversized bags.
- Access to the baggage trucks and rider baggage will only take place at the daily final destination. Knowledge of weather conditions and forward planning are encouraged to avoid the need for access to the baggage trucks.
- Plastic bags, storage totes, or cardboard boxes will not be permitted as “baggage”.
- Baggage trucks will open for loading each day at 7:00 a.m. and depart the campsites at 9:00 a.m. each day. Riders are responsible for loading their own bags onto the trucks each morning. Riders are encouraged to assist in baggage unloading each afternoon if they are onsite and available when this is done.
- On Sunday morning, all rider baggage will be transported to Mackinaw City High School and unloaded. Riders with DALMAC-provided return bus transport are responsible for the transfer of their own bags to the appropriate bus and for loading it when directed. 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 that night.

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 and/or use waterproof baggage. DALMAC is not responsible for damage to equipment or gear in rider luggage.

## Other Services Available to 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. These services and their fees are independent of DALMAC registration. These services may include:

- **Sports Massage and Therapy Services** will be supplied by **Creative Wellness** 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 website.

- **Bike Repair:** All DALMAC routes are serviced by fully equipped repair trucks with qualified bicycle mechanics to handle most repairs at a reasonable cost. Repair services will be available for a limited time at each overnight camping location. During the day, mechanics' trucks will be set up at a midpoint location on the route for emergencies. These service locations are indicated on rider maps. SAG drivers will also know where the mechanics 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 any 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 tent (already set up) 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. More information on these services 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 arrangements for these services in advance.
- There may be more than one contractor providing tent services. Please be aware which routes each contractor is servicing. It is the riders' responsibility to ensure that the tent service they purchase coordinates with the route they have chosen to ride.
- DALMAC takes no responsibility or liability for services purchased through these vendors.

### **Hotels**

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 and 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 rider registration until the DALMAC online registration process closes on July 31<sup>st</sup>, but we cannot guarantee ticket availability. If tickets are available following the close of online registration, they will be priced higher.

Due to heavy demand, buses are typically fully booked by the date of rider check-in. Bus departure times are fixed. Riders who purchase bus transportation during online registration will have the departure time and return location they specified printed on their DALMAC wristband. Bus tickets are not transferable.

When DALMAC riders arrive at the Mackinaw City High School, they will need to go to the Bus Check-in desk (in the park pavilion) and participate in a check-in process. DALMAC volunteers will provide a bike loading tag for each ticketed rider and will direct riders to the bike loading area. No bike will be loaded without an attached loading tag. Riders are required to be present to hand-off their bike to the loading crew. The check-in desk will also provide riders with other important information in preparation for the return bus trip. Riders will need to retrieve their own baggage from the baggage unloaded onto the lawn and load it on the bus designated by the check-in volunteers. Riders are required to travel in the same bus as their luggage. On arrival at their destination riders are expected to assist in unloading luggage.

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. Buses returning to East Lansing will make a comfort stop at a rest area midway through the trip.

### REVIEW:

1. The bike hauling trucks leave an hour before the bus departs.
2. Bus departures from Mackinaw City to East Lansing will be at 3pm and 6pm. Bus departure for riders on the 2 Day and 3 Day East routes may depart on a different schedule. See the DALMAC website (DALMAC.org).
3. Riders are responsible for delivering their bikes to the trucks for loading at least one hour before their bus is scheduled to depart.
4. ***Bike trucks travel slower and may arrive at the final destination point later than the bus. The truck drivers appreciate your patience!***
5. Bus tickets are not transferable or refundable. Changes should be made while regular registration is open.
6. Wristbands are marked with the departure time and destination the rider has chosen during registration. Rider wristbands will verify that you have purchased a bus ticket. Wristbands will be required to board a bus corresponding with the time and final destination on their wristband.
7. DALMAC is not responsible for loss or damage to any bicycle returning by truck.
8. Bus riders returning to Grayling and Gladwin, must immediately retrieve their bicycles as they are unloaded.
9. 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:

- In some cases, DALMAC has organized local resources to supply refreshments at SAG stops.
- Alternative or 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.
- Map books will have a QR code printed on the cover pointing users to the online route maps at [RidewithGPS.com](http://RidewithGPS.com)

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.

## 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 this level 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 "SAG" decals.

## Important to Note: SAG lines

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 timestamp 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 indicated, 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 merely waving at the DALMAC SAG vehicle with the intention of stopping it will likely receive a friendly wave from the driver as they pass by. But, 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 e-bikes with discharged batteries. 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 riders can see them moving along the routes or parked on the side of the road.
- SAG drivers carry water and 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 not associated with 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 issues to be aware of regarding Private SAGs:

- All vehicles involved in Private SAG activities are required to display a "DALMAC 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, is required to either sign a waiver or have the waiver signed on their behalf and be listed as an occupant in the vehicle. Each person riding in a Private SAG vehicle will be required to pay a small participation fee.
  - 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 a small fee associated with it but these 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 will designate where private support vehicles may park.

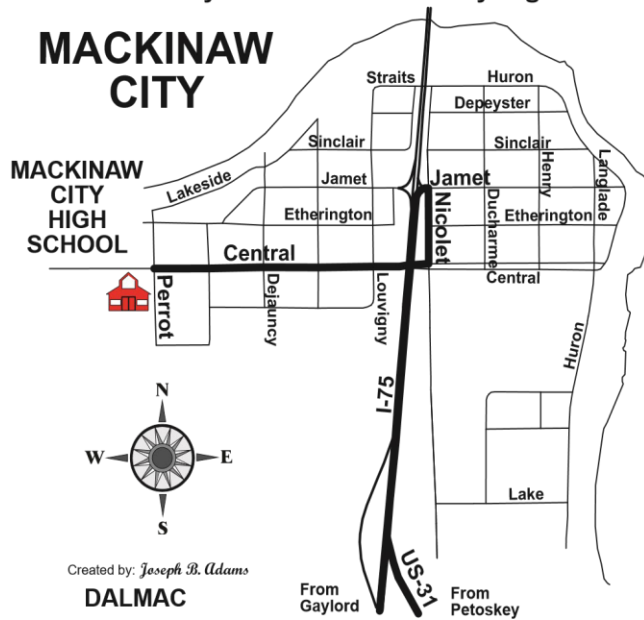
Only registered private support vehicles may be in camp each night, and may not arrive in camp prior to the designated time. For the designated time at each day's camping site, see the Route Coordinator.

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 while awaiting their riders' arrival. Restrooms and shower facilities are available in the High School.

The parking area at the Mackinaw City High School is often congested with automobiles and cyclist 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 loadout areas.

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 roadway in front of the Pavilion.

Riders who purchased return transportation to their original starting points are responsible for checking in with the Bus Transport Check-in desk and following the instructions provided there.

Riders are responsible for loading their own bags onto the assigned bus when instructed and transferring their bicycles to handlers on the appropriate trucks at least an hour before their own 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 for more information.

Those riders not using return bus services following the tour must retrieve their baggage at Mackinaw City High School by Sunday by 6 p.m. At that time, any unclaimed baggage will be transported back to the MSU Pavilion in East Lansing 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 of the DALMAC Tour Director's discretion.

Where private transportation is traveling to meet riders in Mackinaw City, it is requested that drivers not follow the tour route into Mackinaw City. The increased local traffic during the busy Labor Day weekend will have already increased the risk level for cyclists without DALMAC family and friends 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.
- 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.
- DALMAC riders can opt into receiving text messages during the tour which will provide up to date information concerning issues such as weather or road conditions.

## 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 be capable of continuing this level of activity 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 the time posted in camp. Riders who are unable to complete the day's route in this timeframe will find it very 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 at 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 required adjustments or repairs 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 using this pathway 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, suggests 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 ([BikeTCBA.org](http://BikeTCBA.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 or camelback pack
- Bike lock
- Cell Phone and/or GPS devise
- Prescription medications that may be required during the day.
- Basic first aid supplies
- Rain or other 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
- “In Camp” clothes
- Bike cover
- Swimsuit and towel or weather appropriate clothing for forecasted weather.
- Clothesline with pins
- Personal items, toiletries
- Phone charger
- Cycling ki

### **Rider Responsibility**

Riders acknowledge their responsibility to adhere to all rules, policies and requirements of DALMAC when they register for any DALMAC route. Included in these policies are those promogulated by DALMAC’s sponsoring organization, the Tri-County Bicycle Association (TCBA). Riders failing to adhere to these policies may result in termination of their participation in DALMAC or other TCBA sponsored rides or tours. DALMAC reserves the right to reject future applications or remove riders from the tour without refund for violations of the DALMAC or TCBA policy.

### **TCBA Pet Policy**

The TCBA Pet Policy asks that all animals and pets, with the exception of **Working** Service Animals, be excluded from camping areas and other TCBA controlled areas during a TCBA sponsored event. The full TCBA Pet Policy can be downloaded at the TCBA website. ([biketcba.org](http://biketcba.org)) Under the Documents Tab. In the Policies, Protocol Guidelines folder.

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

The Dick Allen Lansing to Mackinaw tour (DALMAC) 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.