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WEEKEND OVERVIEW

FRIDAY, NOVEMBER 1, 2019

Opening Ceremonies

LOWVELO will launch the inaugural bike ride fundraiser for MUSC Hollings Cancer Center with a kickoff celebration, Friday, Nov. 1, at Riverfront Park in North Charleston. The festivities will feature long-time Americana darlings, the Blue Dogs, as well as comedian and cancer survivor David Lee Nelson. Come join in on this celebration, which also will include a traditional Lowcountry feast, along with beer and wine.

Tickets are $40 for the general public and free for registered riders (excluding virtual) and kids ages 12 and under.

Purchase tickets on Eventbrite at musc.co/kickoff
WEEKEND OVERVIEW
FRIDAY, NOVEMBER 1, 2019

3:00 P.M.
Doors open
Packet pick-up
Check-in begins

6:30 P.M.
LOWVELO ceremony
Comedian David Lee Nelson

7:00 P.M.
Blue Dogs

8:30 P.M.
Event concludes

5:00 P.M. — 7:30 P.M.
Food and beverage available (complimentary for rider)
For the general public $40 tickets are available at the gate, or at musc.co/kickoff.

5:45 P.M.
Blue Dogs

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PARKING INSTRUCTIONS:
As you arrive at Riverfront Park, follow the signs directing you to the designated parking areas near the park. We will have multiple spots where participants will park and may ride their bike to the bike valet area at the venue, or merely walk. We also will have rotating shuttles available.
## WEEKEND OVERVIEW

### SATURDAY, NOVEMBER 2, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30 A.M.</td>
<td>Venue (front parking lots) open</td>
</tr>
<tr>
<td>8:15 A.M.</td>
<td>25-mile riders depart</td>
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<tr>
<td><strong>RIDE START—6:00 TO 8:30 A.M.</strong></td>
<td></td>
</tr>
<tr>
<td>Riverfront Park</td>
<td>Breakfast available</td>
</tr>
<tr>
<td></td>
<td>Emergency Bike Maintenance</td>
</tr>
<tr>
<td></td>
<td>Bag Check (if not done Friday night)</td>
</tr>
</tbody>
</table>
| 9 A.M. — 2 P.M. | 25-mile finale festivities begin at Riverfront Park.  
|            | Complimentary food from Swig & Swine for riders.  
|            | Friends and family can buy meal tickets at musc.co/riverfront.        |
| 10 A.M. — 6 P.M. | 50- and 100-mile finale festivities begin at Shipyard Park.  
|            | Complimentary food from Swig & Swine for riders.  
|            | Stretching sessions available.                                        |
|            | Friends and family can buy meal tickets at musc.co/shipyard.          |
| 7:00 A.M.  | 100- and 50-mile riders called to start                               |
| 7:30 A.M.  | 100- and 50-mile Riders depart                                        |
| 7:45 A.M.  | 25-mile riders called to start                                        |

### SHUTTLE INSTRUCTIONS:

LOWVELO will have rotating shuttles that will depart every 30 minutes from Shipyard Park and return you to Riverfront Park. Shuttles are for transport of people only, and bikes will be transported separately, but at the same time. The shuttle schedule will begin at 12 p.m. and conclude at 7 p.m.
BEFORE THE RIDE

SAFETY GUIDELINES

RULES OF THE ROAD

When you registered to participate in LOWVELO, you agreed to abide by all of the following rules of the road, at all times, during LOWVELO weekend.

The ride is conducted on open roads. We do not close any roads for the ride. Motor vehicle traffic will be present throughout the entire course. Be aware of what’s going on around you at all times. Police may be present in certain areas as support, however, it’s the rider’s responsibility to watch out for traffic and other riders.

USE SIGNALS

LOWVELO is not a race.

Obey all traffic signs and signals.

Ride as far to the right of the road as possible, except to pass.

Pass on the left side only.

Communicate with your fellow riders using proper cycling terms such as “on your left,” “car back,” etc.

Helmets must be worn at all times while riding.

Headphones, iPods, and radios are not permitted while riding.

Endangering the safety of your fellow riders is strictly prohibited.

Ride defensively in consideration of your fellow riders and ride in control of your bike at all times (i.e. be able to stop within a reasonable distance).

Use proper hand signals when turning (see Tips for Safe Group Riding for the list of signals).

Make left turns from the center of road or left turn lane.

Cross railroad tracks at right angles to avoid dropping wheels into the space between the rails and road.

Do not cross the yellow center line regardless of passing zone.

Obey instructions from the LOWVELO road crew and pay attention to information posted on LOWVELO road signs.

LOWVELO signs will be navy with white letters or orange with navy letters.

Each rider is expected to speak out when observing a violation. When spoken to, the response should be in appreciation of the concern expressed.
BEFORE THE RIDE

TIPS FOR SAFE GROUP RIDING

BE PREDICTABLE
Group riding requires more predictability than riding alone. Other riders expect you to continue straight ahead at a constant speed unless you indicate differently.

USE SIGNALS
Use hand and verbal signals to communicate with fellow cyclists and with other traffic. Hand signals for turning and stopping are as follows:

• **Left Turn:** Left arm straight out to the side.
• **Slow or Stopping:** Left arm out and down with your palm to the rear.
• **Right Turn:** Right arm straight out or left arm out and up.

GIVE WARNINGS
Warn cyclists behind you well in advance of changes in your direction or speed. To notify the group of a change in path, the lead rider should call out “left turn” or “right turn” in addition to giving a hand signal.

CHANGE POSITIONS CORRECTLY
Generally, slower traffic stays right so you should pass others on their left. Say “on your left” to warn the cyclist(s) ahead of you that you are passing. If you need to pass someone on the right say “on your right” clearly since this is an unusual maneuver.

ANNOUNCE HAZARDS
When riding in a group, most cyclists do not have a good view of the road surface ahead, so it is important to announce holes, glass, sand, grates, and other hazards. The leader should indicate hazards by pointing down to the left or right and shouting “hole” or “bump” to alert cyclists behind them and should be repeated down the line.

WATCH FOR TRAFFIC COMING FROM THE REAR
Because those in front cannot see traffic approaching from the rear, it is the responsibility of the riders in the back to inform the others by saying “car back” when rounding curves on narrow roads, or when riding double. It is also helpful to warn of traffic approaching from the front with “car up.”

WATCH OUT AT INTERSECTIONS
When approaching intersections that require vehicles to yield or stop, the lead rider will say “slowing” or “stopping” to alert those behind to the change in speed. When passing through an intersection, some cyclists say “clear” if there is no cross traffic. Note that each cyclist is responsible for verifying that the way is indeed clear.

LEAVE A GAP FOR CARS
When riding on narrow roads where you are impeding faster traffic, leave a gap for cars between every three or four bikes. That way a motorist can take advantage of shorter passing intervals and eventually move around the entire group.

MOVE OFF THE ROAD WHEN YOU STOP
Whether you are stopping because of mechanical problems or to regroup with your companions, move off the road so you don’t interfere with traffic. When you start up again, each cyclist should look for and yield to traffic.
BEFORE THE RIDE

TIPS FOR SAFE GROUP RIDING (CONT.)

RIDE ONE OR TWO ACROSS

Ride single file or two abreast as appropriate to the roadway, traffic conditions, and where allowed by law. Most state vehicle codes permit narrow vehicles such as bikes and motorcycles to ride two abreast within the lane. Even where riding double is legal, courtesy dictates that you single up when cars are trying to pass you.

DEVIATING FROM ROUTE

Rider safety is our number one priority. Please make sure to start only at the official starting area and avoid deviating from the route. LOWVELO staff tracks all riders on the course at all times. If riders deviate from the course we are unable to properly monitor their location. For example, if you are registered to ride 50 miles, you should not detour along the 25-mile route. This will make it difficult for us to assess riders who are still on the course.
BEFORE THE RIDE

HYDRATION AND NUTRITIONAL INFORMATION

Please remember to keep yourself well hydrated before, during, and after the ride (regardless of the weather). It is critically important to avoid dehydration by drinking water and sports drinks on a schedule throughout the ride (roughly one liter per hour, starting with water and switching to sports drinks after the first hour or two).

Do not rely on thirst — thirst only kicks in when you are already becoming dehydrated. It is also important, however, not to over-consume water. Over-hydration with straight water lacking sodium found in sports drinks may result in hyponatremia, sometimes referred to as water toxicity. This is a dangerous and potentially deadly condition that can be avoided by switching to primarily drinking sports drinks that contain at least 100 mg of sodium after the first 1-2 hours of riding. Be sure to read the ingredient labels as many “sports beverages” contain far less than this minimum recommended amount of sodium. There will be water and sports drinks available at all rest stops.

Carbohydrate loading helps athletes participating in endurance events maximize energy storage to improve endurance and delay the onset of fatigue. Snacking on fruits that are potassium rich and pretzels that contain sodium will also help replenish nutrients the body loses during the ride. These and similar snacks will be available at every rest stop.
BEFORE THE RIDE

LOWVELO MEDICAL COVERAGE
OVER THE WEEKEND

RIDER HELP LINE: 1-470-439-7080

First aid tents will be set up at venues and Support and Gear (SAG) vehicles will patrol the route to provide immediate first aid assistance. These volunteers will offer basic first aid only.

Any situation requiring greater attention will be treated at the nearest medical facility via ambulance. While riding, please carry all your prescription medications and your health insurance card in your jersey/shirt or inside a small bike bag attached to your bike. The first aid staff will have no I.V. solutions or prescription medications. If you are in need of medical assistance while on the route, please call the Medical Director at the Rider Help Line at 1-470-439-7080. The Rider Help Line number will be provided for you on your rider wristband. In the case of an emergency, please call 911 first, then the Rider Help Line so LOWVELO officials can track the incident and assist as necessary.
BEFORE THE RIDE

GEARING UP FOR LOWVELO WEEKEND

Please remember to have your bike tuned up PRIOR to LOWVELO weekend and, please, no tubular tire (sew ups) if at all possible.

The GPX version of the course can be found in the Ride section of the lowvelo.org website.

- Sunbelt Rentals 25-mile route
- Boeing 50-mile route
- Jerry Zucker 100-mile route

In order to make your LOWVELO experience as safe and fun as we can, the LOWVELO ride is supported with various assets such as law enforcement, signage, and rest stops. If you choose to ride the LOWVELO route anytime other than event weekend, please ride at your own risk.

PACKING LIST

- Helmet
- Tuned-up bike with hand pump and at least two CO2 cartridges + nozzle
- Saddle bag with tire levers, patch kits, two spare inner tubes, and cycling multi-tool
- Cycling shoes, cycling shorts and/or tights, cycling shirt or jersey, socks, gloves
- Extra water bottle
- Sunglasses
- Sunscreen
- Lip balm
- Cell phone for emergency use only (in a ziplock bag—carry with you)
- Identification, money/credit card, insurance card (carry with you)
- Prescription medication and car/house keys (carry with you—do not pack in luggage)
- Casual clothes/shoes for after the ride
- Rain gear
- Sweatshirt or fleece
- Plastic bag(s) to protect dry clothing in case of rain and to pack wet items
RIDING WEEKEND

OPENING CEREMONY & PACKET PICK-UP

RIDER INSTRUCTION

The Opening Ceremony festivities occur from 3 p.m. until approximately 8:30 p.m. Even if you cannot stay for the entire evening’s program, all riders should plan to come to Opening Ceremony to check in and pick up their Rider Credentials Packet. Riders should plan to bring their bikes and drop them off at the secure Bike Corral Friday evening. Riders may also choose to drop off their bag at the Bag Check area. This helps alleviate logistical pressures early on Saturday morning before the ride starts. Bikes and bags must be appropriately tagged using the tag provided in the Rider Credentials Packet.

OPENING CEREMONY LOCATION

LOWVELO’s Opening Ceremony will take place at Riverfront Park: 1061 Everglades Ave. North Charleston, SC 29405

GUESTS AT OPENING CEREMONY

All riders are invited to attend Opening Ceremony for free, and guests are requested to purchase a ticket on Eventbrite at musc.co/kickoff. The event is on Friday, November 1, 2019.

Riders will need to wear the provided participant wristband included in the Rider Credentials Packet to access food and beverages throughout the evening.

Additional guest tickets will be available the night of Opening Ceremony ($40 for adults. Children 12 and under will be admitted free).

PARKING AT OPENING CEREMONY

Free parking is available in the adjacent lots and streets around Riverfront Park. Locations will be designated with signage and parking personnel.

RIDER CHECK-IN

After parking, riders should proceed to the Rider Check-In area. Each rider must present a valid ID to receive his or her rider Credentials Packet, which includes a rider wristband. Please note all riders must check-in and physically sign the required waiver. We will not be able to allow multiple packet pick-ups. The Rider wristband is the rider’s passport to LOWVELO weekend. Volunteers will fasten the rider wristband to each rider. Please DO NOT take off your rider wristband until you leave LOWVELO weekend for the last time. NO ONE will be permitted to ride on Saturday without a rider wristband. The Rider Credentials Packet will also include a bike tag, helmet sticker, and bag tag.

LATE RIDER CHECK-IN

For any rider who is unable to attend Opening Ceremony on Friday evening, the Rider Check-in area will be open early on Saturday morning. If you must take advantage of early morning check-in at Riverfront Park, PLEASE ARRIVE BY 6 A.M. on Saturday morning. You may arrive as early as 5:30 a.m.
BIKE STORAGE

On Friday evening, riders are encouraged to turn in their properly tagged bikes at the Bike Corral. LOWVELO volunteers will help park and rack the bikes. Bikes will be outside, uncovered, in an illuminated, fenced area, monitored by security personnel throughout the night. On Saturday morning, riders will return to the Bike Corral to pick up their bikes. Upon leaving the bike check, volunteers will compare the number on the rider wristband to the rider bike tag to verify identification.

BAGS AND BAG STORAGE

Every rider can check-in one bag for LOWVELO weekend. We ask that riders bring only those items that are essential. LOWVELO volunteers will sort the bags and deliver them to the finish venue indicated on the tag. During the ride, should you decide to finish at a location other than the location noted on your bag tag, please notify a LOWVELO volunteer for assistance in retrieving your bag from the location noted on your tag.

BIKE AND BAG TAGS

Riders should securely attach bike and bag tags to their property before handing them over to LOWVELO volunteers. LOWVELO volunteers will be unable to deliver any bags to the appropriate finish venues that are not properly tagged. Any unidentified or unclaimed bikes or bags will be taken to the LOWVELO office to be claimed after the ride.

BEVERAGES

A variety of beverages (water, soft drinks, beer, and wine) will be available at Opening Ceremony and finish venues. For those who wish to enjoy alcoholic beverages, a valid ID must be presented to beverage staff verifying legal drinking age at all venues you attend. Staff will place an over-21 wristband to be worn the remainder of the evening. Alcoholic beverages will not be served to anyone who is not wearing a proper over-21 wristband.

BIKE MAINTENANCE/REPAIRS DURING RIDE

Please plan to tune up your bike prior to bringing your bike to LOWVELO weekend. However, if you need emergency assistance on Friday evening, bike mechanics Cooper River Cycles, Ride Bikes, and Trek Bicycle Shop will be located near the Bike Check to assist you with minor adjustments and repairs. Bike mechanics will also be available at the Saturday morning start.

Flat tires are a common occurrence over the course of the ride. To best be prepared, it is helpful to carry a tube-changing kit with the knowledge of how to use it. If you are unable to change the flat yourself, please call the Rider Help Line at 1-470-439-7080 and a Support and Gear vehicle will be deployed to your location to transport you to the nearest rest stop for assistance. For safety reasons, mechanical repairs will not be done along the roadside.

DINNER BUFFET & ENTERTAINMENT, OPENING CEREMONY

A delicious dinner buffet will be provided for each rider. Please stay and enjoy the Opening Ceremony program and live performances by the Blue Dogs throughout the evening.

MEDICAL ASSISTANCE

If you need assistance with a medical question or issue, medical volunteers will be available at Opening Ceremony on Friday evening. Please note that medical volunteers will not be dispensing supplies or medications prior to the ride, unless there is an emergency at which time appropriate EMT support will be contacted to assist.
 During the Ride

**Bike Pick-up on Saturday Morning**

Riders who dropped off their bikes Friday night should report to the Bike Corral upon arrival on Saturday morning to pick up their bikes and begin preparing for the start of the ride.

**Staging & Start of the Ride**

All riders will be staged in designated starting groups for the commencement of the ride. Groups are determined by ride distance, with riders going the farthest being released first. Riders should not enter the starting chute until their staging group has been called. The route is very crowded at the start of the ride. At this point, especially, it is extremely important for all riders to adhere to the rules of the road previously mentioned. Remember LOWVELO is not a race. Please be patient, careful, and courteous to those around you. After this initial phase, the group will slowly spread out and riders can settle into a comfortable pace for the duration of the ride.

**Guests at the Commencement of the Ride**

We encourage guests to join us to send off the riders on Saturday morning. Guests should plan to park and walk to the entrance of Riverfront Park at the starting line truss.

**Rider Help Line**

If you need assistance for any reason during the ride and cannot locate a LOWVELO volunteer, please call the Rider Help Line 1-470-439-7080.

**Medical Assistance**

Medical assistance will be available at every stop along the route, including the start of the ride. Please remember volunteers will provide only basic first aid services and will not dispense any medication. EMTs will be on call throughout the day and at appropriate locations along the route.

**Signage**

All riders need to follow all traffic lights and signs while on course. Please pay careful attention to LOWVELO signage along the route. LOWVELO signs will be navy with white letters or orange with navy letters. In addition to directing riders, signs will identify specific areas where riders should be particularly cautious of oncoming traffic or hazardous road conditions. Please also pay attention to any signage at the rest stops, which will warn of dangerous heat indexes or other weather conditions.

**Support Vehicles/Volunteers—Support & Gear Vehicles**

Support and Gear vehicles will be patrolling the route with volunteers inside to assist riders as needed. If you have a mechanical or medical incident on course, please contact the Rider Help Line 1-470-439-7080 and a vehicle will be deployed to your location to pick you up. You will be transferred to the nearest rest stop for assistance. For safety reasons, mechanical repairs will not be done along the roadside. **If you have a medical emergency, please call 911 first, then the Rider Help Line.**

**Personal Support Vehicles**

Because LOWVELO has arranged for a significant number of Support and Gear vehicles and volunteers to monitor the entire route, we respectfully request that riders DO NOT have personal support vehicles follow them along the route. Although riders will be proceeding along public roads, the route is obviously safer when there are fewer vehicles traveling on it.

**Lunch/Rest Stop for 100-Mile Riders**

The 100-mile Riders will finish Saturday at Shipyard Park in Mount Pleasant. There will be several rest stops every 10 to 15 miles.
RIDING FARTHER THAN YOUR CHOSEN FINISH

If a rider wishes to ride farther than his or her chosen finish area, the rider should contact the nearest LOWVELO volunteer to indicate his or her intentions. Please remember that the fundraising commitment increases if riding farther than the finish area for which a rider initially registered.

Crossing the Arthur Ravenel Jr. Bridge: Riders on the 100- and 50-mile rides will start at Riverfront Park together. North Charleston Police will escort the group to a staging area before entering the bike/pedestrian lane on the Ravenel Bridge. The main group will be split into six groups. Each group will then be escorted by Ride Ambassadors over the bridge in the bike/pedestrian lane to Mt Pleasant. Once in Mt. Pleasant, follow the course arrows to remain on the bike route. The bike routes will continue through Mt. Pleasant, Old Village, Sullivan’s Island, and Isle of Palms. Continue to follow bike route signs and obey the rules of the road.

FINISH LINE CELEBRATIONS

There will be a celebration at each location where riders are finishing their chosen rides. Locations:

- **25-mile riders** – Riverfront Park, 1061 Everglades Ave.
  North Charleston, SC 29405

- **50-mile riders** – Shipyard Park, 2383 South Carolina Highway 41
  Mount Pleasant, SC 29466

- **100-mile riders** – Shipyard Park, 2383 South Carolina Highway 41
  Mount Pleasant, SC 29466

Finish line celebrations are meant to celebrate not only the rider’s physical accomplishments, but more importantly, their fundraising commitments. Riders finishing as 100-mile riders have made a higher fundraising commitment than those finishing at the 25-mile or 50-mile locations. If you are a rider who raised more than the minimum required for your chosen route, you may attend any finish line celebration for which you have reached the minimum fundraising commitment.

GUESTS AT FINISH LINE CELEBRATIONS

We encourage family and friends to come and cheer on riders as they arrive at a particular finish line. The food and beverages at each finish are intended for the riders. However, guests will be able to purchase a ticket for the finish venues to enjoy the food and beverages along with the riders. Tickets may be purchased through Eventbrite at [musc.co/shipyard](http://musc.co/shipyard) and [musc.co/riverfront](http://musc.co/riverfront). Tickets may also be purchased at the venue. Space may be limited, so to guarantee a ticket for additional guests, we encourage you to purchase tickets before ride weekend.

<table>
<thead>
<tr>
<th>Ticket Type</th>
<th>Price</th>
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<tr>
<td>Adult</td>
<td>$20</td>
</tr>
<tr>
<td>Child (12 and under)</td>
<td>Free</td>
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RIDER SHUTTLES AT SHIPYARD FINISH

Buses will return all riders from their finish area at Shipyard Park to their cars at Riverfront Park. LOWVELO has done its best to anticipate the flow of riders during the event and has planned the shuttle schedule from each finish area accordingly.

Please understand that, in order to run the shuttles efficiently, LOWVELO must fill a shuttle bus before it can leave the finish area. Thus, if you are a rider who finishes your ride well in advance of other riders, you may have to wait a bit longer than others for your shuttle to depart. Please be patient with this process. We will provide ample food, beverages, and entertainment while riders are waiting for a shuttle to fill. If you know you must leave your finish area by a specific time, please consider having someone meet you at your finish to transport you and your bike back home.
BIKE TRANSPORTATION FROM FINISH AREAS

If you are taking a shuttle back to Riverfront Park from Shipyard Park, you should immediately take your bike to the designated bike trucks upon arrival at your finish area. Volunteers will help load the bikes onto the trucks safely and securely. Bikes will be wrapped in moving blankets. LOWVELO will do its best to orchestrate the return of the bikes to Riverfront Park, before or at the same time the shuttles return with riders. However, in order to ensure your bike returns in a timely manner, please take your bike to the bike truck as soon as you finish.

SHOWERS

There are showers available Nov. 2 at Shipyard Park for those on the 50- to 100-mile routes.

WEATHER CONDITIONS

Weather is unpredictable and rain is a very real possibility. Barring severe weather emergencies, LOWVELO continues despite poor weather conditions. Riders should be prepared for high winds, temperatures ranging from 50-100° F, heavy rainfall or a combination of conditions. LOWVELO will be communicating to riders and volunteers the potential for adverse weather conditions and warnings via text message.

LOWVELO will utilize the Event Alert System (EAS) as a visual aid for communicating to riders and volunteers the potential for adverse weather conditions. A series of color codes will be used to indicate increasing severity of adverse conditions. The color-coded signs will be placed at the Medical Tent at each rest stop and Venue during the event.

Green (Low): Good conditions: Enjoy the event—be alert!

Yellow (Moderate): Less than ideal conditions: Slow down—be prepared for worsening conditions.

Red (High): Potentially dangerous conditions: Slow down—observe course changes—follow official instructions—consider stopping.

Black (Extreme): Event cancelled/extreme and dangerous conditions: Participation stopped—follow event official instructions.
FREQUENTLY ASKED QUESTIONS

RIDERS

RIDER CHECK-IN

Where/when is Rider Check-in?
Riders may check in at the Riverfront Park, 1061 Everglades Ave, North Charleston, SC 29405 in North Charleston between 3:00 p.m. to 8:30 p.m. on Friday, November 1, 2019. On Saturday morning, there will also be Rider Check-in from 6:00 a.m. to 7 a.m. at the same location.

What should I bring with me to Rider Check-in?
Please bring a valid ID to receive your Rider Credentials Packet, which contains your rider wristband. No one will be allowed to ride without a rider wristband. You should also plan to bring your bag and bike so that LOWVELO can securely store them overnight.

Do I have to wear my Rider wristband all weekend?
Yes, your rider wristband is your passport to LOWVELO so it must be worn in order to participate in the weekend. The wristband also contains all of your vital information for your safety. If you are not wearing your rider wristband, you may be prohibited from participating in LOWVELO weekend activities.

OPENING CEREMONY

When/where does Opening Ceremony start?
Opening Ceremony will be held Nov. 1 at Riverfront Park, 1061 Everglades Ave, North Charleston, SC 29405. Entertainment starts at 5:40 p.m. with the LOWVELO ceremony held at 6:30 p.m.

Can I bring a guest to Opening Ceremony?
Yes, but they must have a pre-purchased ticket, or can purchase one on-site. Make a night of it! We want you to celebrate your fundraising accomplishments! We will have a delicious dinner buffet, plenty of beverages, a short program, and great live music throughout the evening. Purchase tickets on Eventbrite at musc.co/kickoff.

Additional guest tickets will be available the night of Opening Ceremony ($40 for adults, kids 12 and under are free).

THE RIDE

How far do we have to ride at once?
Saturday ride lengths are 25 miles, 50 miles and 100 miles. There will be rest stops along the route approximately every 12-15 miles. Beverages, food, mechanical support, and medical assistance are available at every stop. The Support and Gear vehicles will also patrol the route to provide assistance if needed. For safety reasons, mechanical repairs will not be done along the roadside.

Can I download the route files for ride weekend?
If you would like to download the GPX files of the course for ride weekend, they can be found in the Ride section of lowvelo.org. In order to make your LOWVELO experience as safe and fun as possible, the LOWVELO ride will have various support assets such as law enforcement, signage, and rest stops. If you choose to ride the LOWVELO route anytime other than event weekend, please ride at your own risk.

What if I want to ride farther and increase my fundraising commitment on the day of the ride?
For safety and logistical planning, we must know which riders are on the route at all times. If you decide to ride farther than the route you originally registered for, please notify a LOWVELO staff member or volunteer ASAP. Please note: If you increase the distance you are riding, your commitment will also increase.

What if I can’t finish my route?
LOWVELO is a fully supported ride. Support and Gear vehicles will be patrolling the entire route to assist riders and help them reach the nearest finish, if necessary. If you do not see an accessible Support and Gear vehicle, please call the Rider Help Line at 1-470-439-7080.
FREQUENTLY ASKED QUESTIONS

RIDERS (CONT.)

BIKE MAINTENANCE AND STORAGE

Where/when can I get my bike serviced?
Bike mechanics will be located at every stop on the route, including the start and finish sites. However, please tune up your bike before LOWVELO weekend.

What if my bike breaks during the ride?
Support and Gear vehicles will patrol the entire route to assist Riders with emergency repairs. If you have a mechanical issue on the route, please call the Rider Help Line 1-470-439-7080. For safety reasons, mechanical repairs will not be done along the roadside.

Where do I park my bike overnight?
On Friday, all riders will leave their bikes in the secure, overnight Bike Corral at Riverfront Park.

Where do I park my bike after the finish?
If you are taking the shuttle back to Riverfront Park, please take your bike to the bike truck at your finish. If you are not taking the shuttle back, please take your bike to your car or park it at the site until your car arrives.

REST STOPS

Where are the rest stops?
There are rest stops approximately every 12 to 15 miles.

FOOD/BEVERAGES

Will food and beverages be provided?
Yes, there will be food and beverages at all finishes and snacks and beverages at every rest stop.

MEDICAL QUESTIONS

Where do I seek medical attention?
There will be medical volunteers at stops and in Support and Gear vehicles that patrol the route. EMS and local hospitals will also be on call. Please keep in mind that medical volunteers will perform basic first aid only and will not be carrying any I.V. fluids or prescription medicines. Medical emergencies requiring more than basic first aid will be treated at the nearest hospital. If you are in need of medical assistance while on the route, please call the Medical Director at the Rider Help Line at 1-470-439-7080. In case of an emergency, please call 911 first, then the Rider Help Line so event officials can track the incident and assist as necessary.

TRANSPORTATION

How often will shuttles run?
We will do our best to run shuttles as often as possible, but please remember that the times between shuttle departures may vary. We encourage every rider to enjoy food, beverages, and entertainment after they complete the ride. If you need to leave immediately after reaching your finish area, we recommend that you arrange to have someone meet you at your finish.

Can I bring my bike on the shuttle?
Bikes will be transported on bike trucks. Due to space considerations, bikes will not be permitted on the shuttles.
FREQUENTLY ASKED QUESTIONS

FAMILIES AND OTHER SUPPORTERS

Where can I cheer for my rider along the route?
We encourage guests to cheer on riders along the route and at the finish areas. See an overview of the routes on lowvelo.org. When traveling to a particular portion of the route, guests should make every effort to travel along alternative roads in order to keep the route as clear of cars as possible. Guests should also park far away from the route in order to keep those roads clear and safe for riders. At finish celebrations, guests must follow all instructions provided by members of law enforcement and LOWVELO volunteers and should look for signage directing them to designated parking areas. Please note that guests are not invited to enter any of the rest stops along the route for any reason as it endangers the riders who are entering and exiting the properties. Additionally, please note that putting spray paint on public roads in an effort to cheer on riders is strictly prohibited by law.

We encourage family and friends to come and cheer on riders as they arrive at a particular finish line. The food and beverages at each finish are intended for the riders. However guests will be able to purchase a ticket for the finish venues to enjoy the food and beverages along with the riders. Tickets may be purchased through Eventbrite at musc.co/shipyard or musc.co/riverFront. Tickets may also be purchased at the venue. Space may be limited, so to guarantee a ticket for additional guests, we encourage you to purchase tickets before ride weekend.

$20—Adult
Free—Children 12 and under

Please note, unlike the finish line celebrations, the 50-mile lunch/rest stop for 100-mile riders is not considered a “finish” and is not open to the public.

If you’ve read this playbook, it’s a pretty safe bet that you’ll be prepared for everything LOWVELO has in store for you... enjoy the ride!

We’ll see you Friday night Nov. 1!

Be well,

The LOWVELO Crew
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