

2023

Rider Playbook

MUSC HOLLINGS CANCER CENTER



Presented By



BEEMOK
FAMILY FOUNDATION

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Weekend Overview

Packet Pickup

MUSC Packet Pickup Thursday, November 2, 2023

Open to MUSC employees only

Hollings Cancer Center
1st Floor - Outside Room 120

11:00 A.M. to 2:00 P.M.

Packet pickup - MUSC employees only

Vendor fair

Snacks

Firefly Distillery Packet Pickup Party Friday, November 3, 2023

Open to all – family friendly!

Firefly Distillery
4201 Spruill Avenue, North Charleston, SC 29405

4:00 P.M.

Doors open

Packet pickup & check in begins

Firefly specialty cocktails available (1 complimentary drink ticket per rider. Additional drinks available for purchase.)

Food by Hamby Catering

Giant yard games for the whole family

Live music

4:00 P.M. to 6:00 P.M.

Firefly will be offering free tours of the distillery

7:00 P.M.

Event ends

Reminder:

All participants will need to pick up their own rider credentials and sign the event waiver.

Weekend Overview

Startlines: Saturday, November 4, 2023

**80-, 50- & 23-mile routes - Brittlebank Park
185 Lockwood Dr., Charleston, SC**

6:00 A.M.

Venue open

Rider check-in—6:00 TO 7:15 A.M.

Late registration and packet pickup

Breakfast available

Emergency Bike Maintenance

Bag Check

Announcements and National Anthem

7:30 A.M.

80-mile and 50-mile riders depart

8:10 A.M.

23-mile riders depart

Please arrive promptly. Late riders may not be able to ride due to safety concerns.

10- and 20-mile routes & stationary cycling classes Ocean Blvd., Isle of Palms, SC

7:30 A.M.

Venue open

Rider check-in—7:30 TO 8:30 A.M.

Late registration and packet pickup

Breakfast available

Emergency Bike Maintenance

Announcements and National Anthem

9:00 A.M.

10- and 20-mile riders depart

9:00 A.M.

1st stationary cycling class (45 mins)

10:00 A.M.

2nd stationary cycling class (45 mins)

11:00 A.M.

3rd stationary cycling class (45 mins)

Parking Instructions:

Parking will be available, at no cost, on a first come, first served basis. Riders starting at Brittlebank Park have available parking at several locations along Lockwood Blvd, directly across from Brittlebank Park. Please follow the LOWVELO signage and look for volunteers to direct you to parking. Riders starting on Isle of Palms will have available parking at the Isle of Palms County Park parking lot off of 14th Ave.

Shuttle Instructions:

LOWVELO will have rotating shuttles that will run every hour on the hour between 10:00 a.m. and 5:00 p.m., departing from Isle of Palms (look for MUSC Shuttles) at the finish line festival and returning you to Brittlebank Park. Shuttles are for transport of people only. Bikes will be transported separately, but at the same time.

Weekend Overview

Finish Line Festival: Saturday, November 4, 2023

Isle of Palms

Our Finish Line Festival Block Party on Isle of Palms will have live music, fun photo opps, catering from Swig N Swine, local vendors and much more fun for everyone to enjoy. With the City of Isle of Palms and Charleston Radio Group as some of our sponsors – you can expect to cross the finish line on Ocean Blvd into a family-friendly block party! Several beer options and non-alcoholic beverages will be available.

9:00 A.M.

10- and 20-mile riders start

9:00 A.M.

1st stationary cycling class (45 mins)

10:00 A.M. - Hospitality tent opens

Vendors

Beer service starts

10:00 A.M.

2nd stationary cycling class (45 mins)

11:00 A.M.

3rd stationary cycling class (45 mins)

11:00 A.M. - 3:00 P.M.

Live performance from Jake Bartley Band

Activities & family fun all day

Face painting

Why I Ride wall

Photo opps

Post-ride stretching

Vendor fair

Hollings Community Health Van

*There will be an ID station to receive a wristband for everyone 21+ years old.

**Must wear or present rider bib to enter the hospitality tent or have a guest wristband.

***Tickets will be available for non-rider adults for \$25. Children are FREE.

Guest Information:

Participants may invite family and friends to the Finish Line Festival Block Party. Guest tickets will be on sale at Firefly packet pickup and on IOP for \$25 and will include Swig N Swine catering, beer, and non-alcoholic beverages. Guests will receive a wristband which must be worn to enter the finish festival.

Before the Ride

Safety Guidelines

Overview

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. Your bicycle should have proper maintenance before ride day and helmets are required at all times while riding.

Rules of the Road

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.

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.

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

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

Download The RaceJoy App



Free Live Rider Tracking at LOWVELO in RaceJoy!

Carry your phone and use the RaceJoy mobile app to add to your ride experience at LOWVELO. This ride is offering free tracking and cheers!

Some key features include:

Live Phone Tracking

Supporting spectators can track you live in a map view as you progress along the course. You can also track up to 50 participants.

NearMe alerts let spectators know you are drawing near.

Find each other using the MeetUp tool.

Send-a-Cheer

Receive and send fun, motivational audio cheers.

Use RaceJoy's Text-to-Cheer to send custom messages. Start sending cheers to others doing the ride at any time!

GPS Progress Alerts

Receive continual progress updates as you complete the course! Audio updates are typically sent at every mile and include pace, elapsed time, and estimated finish time.

Option to have progress posted real-time to your Facebook and Twitter walls.

Have friends and family track your performance.

Track your competition or friends who are also doing the ride.

Before the Ride

Gearing Up For LOWVELO Weekend

Please remember to have your bike tuned up PRIOR to LOWVELO weekend and, please, no tubular tires (sew ups) if at all possible. You must wear a helmet at all times while riding.

The GPX version of the course can be found on the [Routes page](#) of the LOWVELO website.

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.

Check out the
LOWVELO Routes



FREE Bike Rental Options

Thanks to VayK Gear and LIME, you can rent a bike for free on ride day for the 10- and 20-mile routes. All rentals include a helmet. There will be a limited number of e-bikes available.

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

Ride Weekend

During 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 a 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.

Late Rider Instructions

Any late riders will be held until we get a group of late riders together. All late riders will follow the same course to the bridge - south on Lockwood, left on Calhoun, left on East Bay and slight right onto the bike trail. All late riders must use the bike trail going over the bridge - no exceptions. Follow the bike trail over to the Mount Pleasant side all the way down to Coleman Blvd and Patriot Points Way. Rejoin the ride on Coleman Blvd..

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.

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.

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.

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.

Ride Weekend

During The Ride (Cont.)

Guests At Finish Line Celebration

We encourage family and friends to come and cheer on riders as they arrive at the finish line. The food and beverages at the finish are intended for the riders. However, guests will be able to purchase a ticket for the after party. Tickets may be purchased at packet pickup at Firefly or at the after party on IOP.

Firefly Packet Pickup Party – \$15 Adult

Finish Line Party on IOP — \$25 Adult

Both events – \$35 Adult

Children ages 12 and under are FREE

Rider Shuttles At Isle of Palms Finish

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

Shuttles will leave every hour on the hour between 10 a.m. and 5 p.m. We will provide ample food, beverages, and entertainment while riders are waiting for a shuttle to arrive. 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 Brittlebank Park from the IOP after party, 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 Brittlebank Park before, or at the same time as, 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.

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 40-100° 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?

There are several options for riders to check in and pick up their packets. For MUSC employees, we will host an MUSC Packet Pickup on Thursday, November 2, 2023 from 11 a.m. - 2 p.m. Come by the first floor of Hollings Cancer Center outside of Room 120 for a snack and to visit our vendors and grab your packet.

Everyone is welcome for our Packet Pickup Party at Firefly Distillery at 4201 Spruill Ave. in North Charleston between 4:00 p.m. and 7:00 p.m. on Friday, November 3, 2023. On Saturday morning, there will also be a rider packet pickup location at each start venue (Brittlebank Park & IOP—see page 4 for times).

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 bib. No one will be allowed to ride without a rider bib.

Home Team/Virtual Participants

Can virtual participants pick up their packets at the Firefly Packet Pickup?

Yes, virtual participants may pick up their participant packet at MUSC Packet Pickup on Thursday, November 2 or at Firefly on Friday, November 3, 2023.

The Ride

How far do we have to ride at once?

Saturday ride lengths are 10 miles, 20 miles, 23 miles, 50 miles and 80 miles. There will be rest stops along the route approximately every 15-20 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 on the [Routes page](#) of the LOWVELO website. 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.

Rest Stops

Where are the rest stops?

There are rest stops approximately every 15 to 20 miles.

Food/Beverages

Will food and beverages be provided?

Yes, there will be food and beverages at the finish and snacks and beverages at every rest stop.

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 after the finish?

If you are taking the shuttle back to Brittlebank Park, please take your bike to the bike truck at the 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.

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?

Shuttles will run every hour on the hour between 10 a.m. and 5 p.m. 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 separately on bike trucks at the same time. Due to space considerations, bikes will not be permitted on the shuttles.

Fundraising

When is the fundraising deadline?

The fundraising deadline is December 31, 2023. Riders who have not met their minimum fundraising commitment by December 31, 2023, will be charged the difference between their fundraising-to-date and the amount they committed to raise during the registration process.

Check out our [Fundraising Tips](#) and [Social Media Toolkit](#) to help you meet and exceed your fundraising goals! Don't hesitate to reach out to our LOWVELO team at lowvelo@musc.edu for ideas and support.

Frequently Asked Questions

Families & Other Supporters

Cheering Riders

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. A new area this year for our three longer routes is along Calhoun St at MUSC Hollings Cancer Center. From 7:30 - 8:50 a.m., you can join our Hollings rally line to cheer our riders as they pass by.

You can see an overview of the routes on the [Routes page](#) of the LOWVELO website. 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 the finish line celebration, 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 the finish line. The food and beverages at the finish are intended for the riders. However, guests will be able to purchase a ticket for the finish festival at Isle of Palms or the day before at packet pickup at Firefly Distillery.

\$25—Adult

Free—Children 12 and under

Social Media

Is LOWVELO on social media?

Yes, you can follow us on [Facebook](#), [Instagram](#), and [Twitter](#). Riders and their supporters are encouraged to post their photos using the hashtags #LOWVELO and #LOWVELO23. We will be showing posts with the hashtags during the ride on our LOWVELO screens.

Don't forget to stop by our Why I Ride wall at the finish line and write a message about why you support LOWVELO!

Enjoy The Ride

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 at packet pickup!

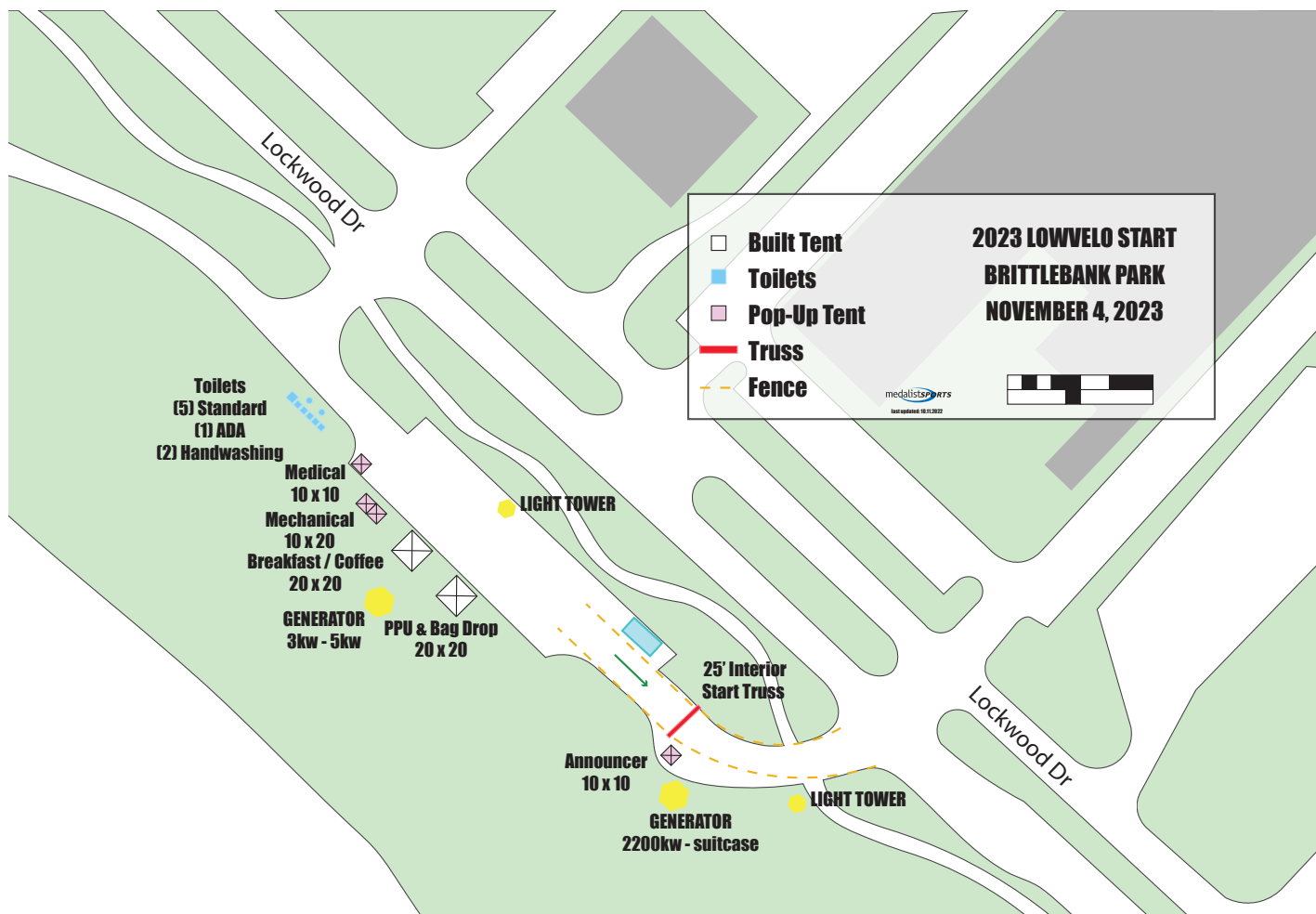
Be well,

The LOWVELO Crew

Maps

Brittlebank Park

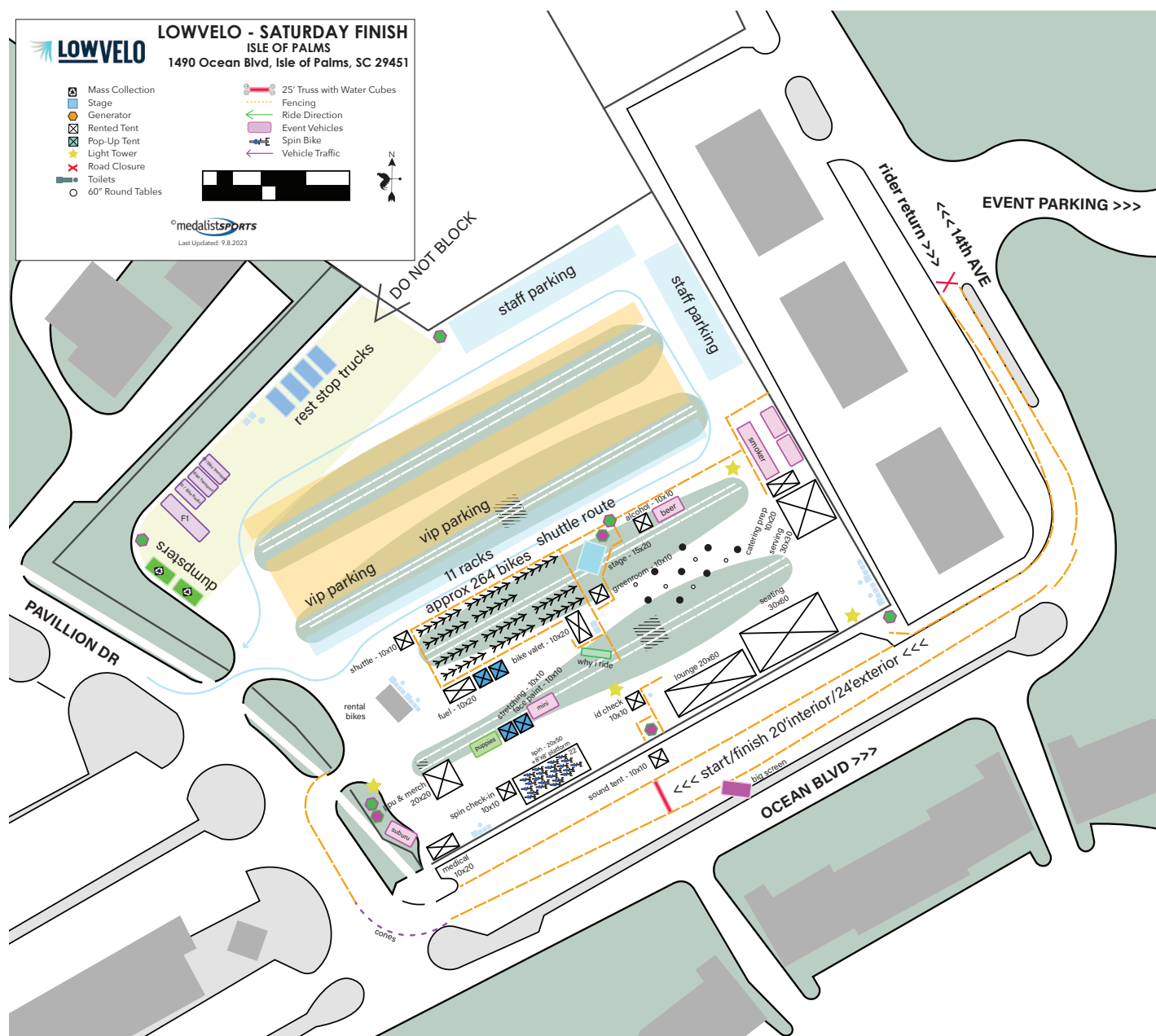
Start for 23-, 50- & 80-mile routes



Maps

Isle of Palms

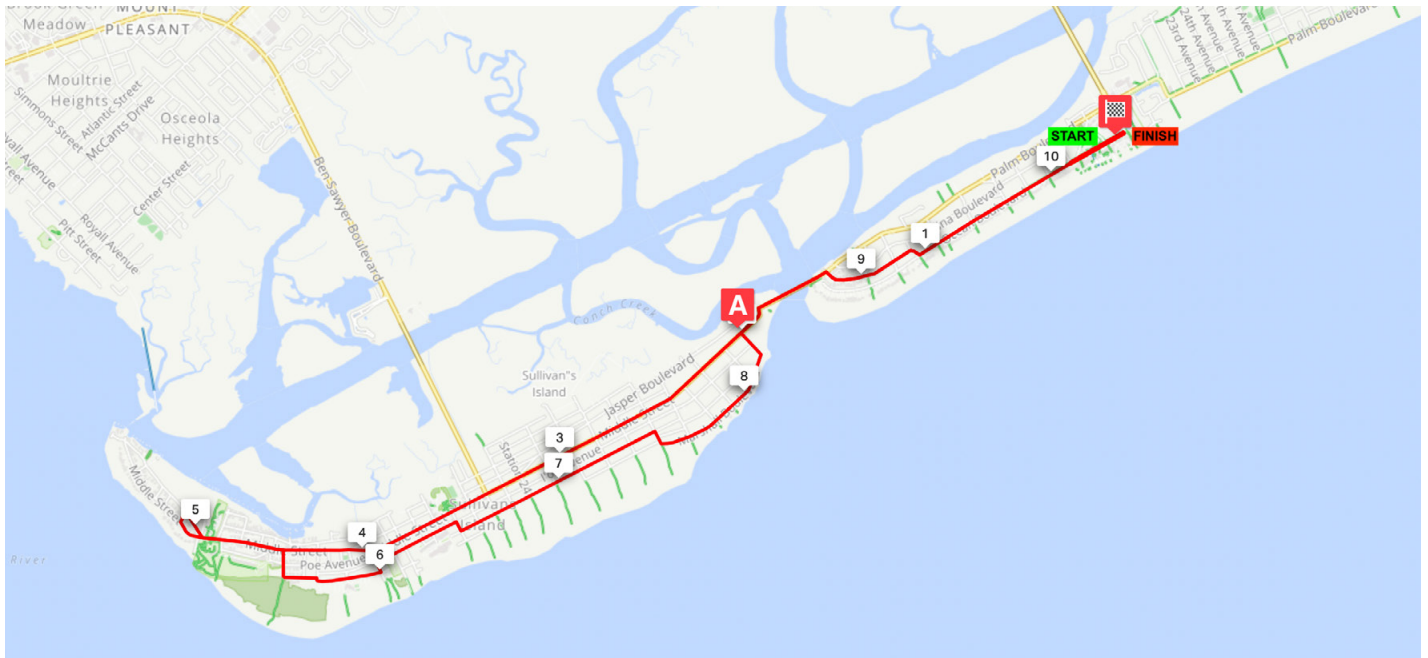
Start for 10- and 20-mile route & stationary cycling // Finish for all routes



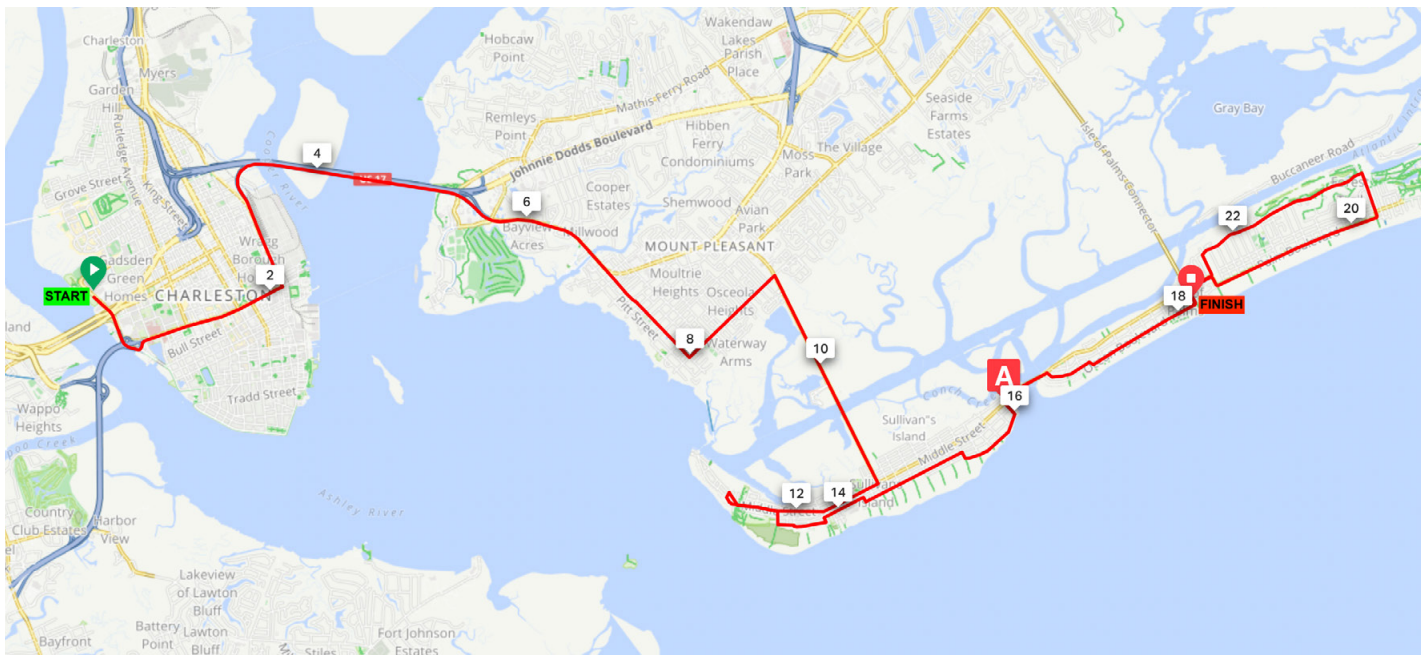
Maps

Route Maps

10- and 20-mile routes



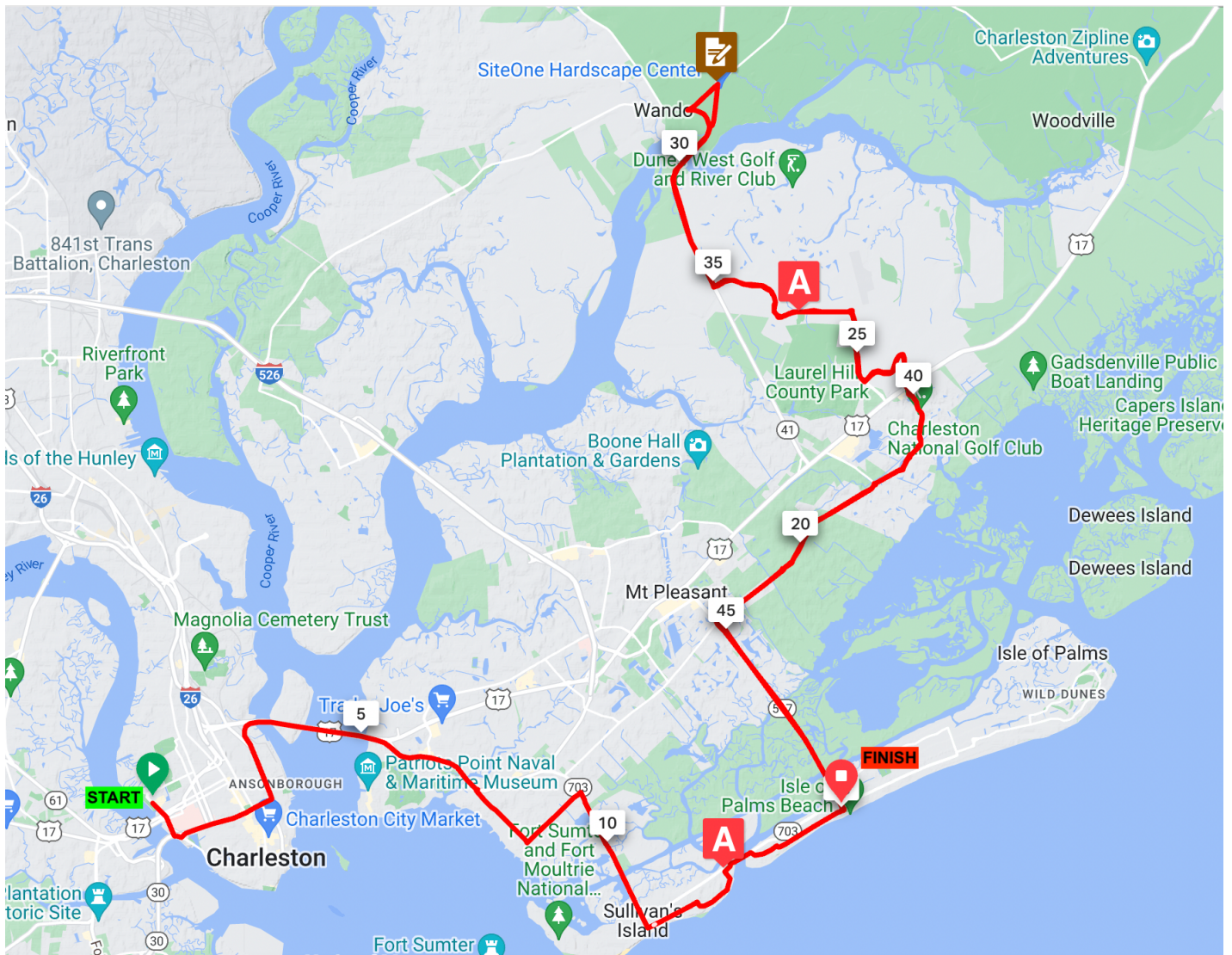
23-mile route



Maps

Route Maps

50-mile route



Maps

Route Maps

80-mile route

