



SEACOAST SAFARI 2010

LOGISTICS: TWO DAY 150 MILES

Schedule

Saturday:

- 6:00am Registration Newbury Elementary School, 63 Hanover Street, Newburyport, MA
- 6:45am Rider meeting then depart
- 12:00-4:00 Check-In at UNE and deli-style lunch
- 6:00pm Pasta Dinner
- 7:00pm Award Ceremony and Silent Auction

Sunday:

- 5:30am Breakfast at UNE
- 6:45am Rider meeting and UNE departure
- 11:00-3:00 BBQ at Newbury Elementary School (there is a shower at the school if you would like to clean up after the ride)

Registration

- Registration is at the Newbury Elementary School: 63 Hanover St. in Newbury, MA
- Registration will begin at 6:00am
- Light breakfast provided by Dunkin Donuts will include: bagels, donuts, muffins and coffee
- Rider meeting at 6:45am then depart
- You may leave your vehicle at the school in the rear parking lot (registration location)
- Bathrooms are available to change before you leave

Rest Stops

- There are 5 rest stops while traveling northbound all approx. 15miles apart
- There are 4 rest stops while traveling southbound all approx. 20 miles apart
- Each rest stop has a restroom, fluids, fruit and snacks. There is also a basic first aid kit with Vaseline, sunscreen, pain reliever, small bandages, etc.

UNE

- Check-In at Jordan Point for room key (indicated as #26 on the map). There will be signage on campus.
- All linens are in your room and luggage and goody bag will be at your door.
- There will be a deli-style lunch and entertainment provided at Jordan Point (#26).
- A pasta dinner will be served in the cafeteria (located on the upper level of Decary Hall, #4) from 6 p.m. to 8 p.m.
- An Award Ceremony and Silent Auction will take place at 7 p.m. This will be your opportunity to bid on several great items.
- Breakfast will open at 5:30 on Sunday morning

- Check-out will be outside the dorm from 6:00-6:45am
- Load your luggage in van outside of dorm returning to your start location (there will be one for York, ME and one for Newbury, MA)

UNE Alcohol Policy

The University of New England neither condemns nor condones drinking alcoholic beverages by legally sanctioned adults. It is concerned that those choosing to drink do so within the confines of Maine State law and University regulations, and with the understanding of potential consequences. The University upholds all Maine laws pertaining to the consumption of alcoholic beverages and the use of controlled substances when on University property.

Alcohol will be provided at lunch and dinner but will not be permitted in public or private areas outside of those venues.

Rider Luggage and Gear Information

- Each rider is permitted ONE piece of luggage, which should weigh no more than 20 pounds.
- The dorms at UNE tend to get very warm you are allowed ONE SMALL desktop fan clearly labeled.
- Please do not hang items (shoes, etc.) from your luggage at anytime during the weekend.
- At registration on Saturday you will check your luggage into the van and receive a luggage tag, this must remain on your bag the entire weekend.
- Bikes must be stored in dorm rooms while on campus (not in hallways or common areas). The campus also provides a bike rack outside the dorm. If you would prefer to leave your bike outside, you will need to bring your own lock.

Gear Checklist

- Cycling Gear
 - CPSC approved helmet. **THIS IS MANDATORY.** If you do not have one on Saturday morning, you will not be allowed to ride.
 - Tuned bicycle with pump
 - Repair kit. There will be support vehicles, but being self-sufficient will save time. You should have the tools and knowledge to change a tire.
 - Inner tube for tires
 - Extra Water Bottle
- Cycling Apparel
 - Shoes
 - Shorts – I pair for each day
 - Lycra tights (although in July it is very hot – leg or arm warmers can be a great compromise for a chilly morning start)
 - Jersey – I for each day
 - Socks – at least I pair for each day
 - Gloves
 - Windbreaker and/or Raingear – a lightweight rain jacket with underarm ventilation can take the place of a windbreaker
 - Fanny Pack – to carry additional clothing while riding

- Personal Items
 - Sunglasses
 - Sunscreen
 - Lip balm
 - You may want to bring a cream that prevents chafing
 - Linens and towels will be supplied for those staying at UNE.
 - Prescribed Medications – please carry with you while cycling. **DO NOT** pack them in your luggage.
 - Casual Clothes – bring a fleece or some other comfy clothes for Saturday night and to change into on Sunday. UNE is on the water and can get windy and chilly after the sun goes down – even in July. People often get chilled after a long day of exercise.
 - Shoes or sandals – some people like flip-flops for showering.
 - Towels – linens are provided at UNE but there is also a shower at the school on Saturday at finish line.
 - Toiletry kit – please be careful how you pack items that can spill
 - Plastic Trash Bag(s) – to protect dry clothing in case of rain and to pack wet clothing and towels.
 - Camera – you will want to capture some of those memories and beautiful views as you make your way up the coast.
 - Identification, money, credit card...how else are you going to buy raffle tickets and bid on our wonderful Silent Auction items?

Accommodations in the Newbury Area

NOTE: The Cystic Fibrosis Foundation provides this list to help you in finding accommodations in the Newbury area. The CFF does not recommend any particular hotel or campground, nor does this list necessarily include all accommodations available in the area.

HOTELS/MOTELS

Comfort Suites*	Haverhill	(978) 374-7755
Best Western Merrimack Valley	Haverhill	(978) 373-1511
Essex St. Inn	Newburyport	(978) 465-3148
Beachway Motel	Salisbury	(978) 465-0336
Casino Oceanfront Motel	Salisbury	(978) 462-2228
Knotty Pine Motel	Salisbury	(978) 462-4525
Salisbury Inn Motel	Salisbury	(978) 465-5584

*Mention you're cycling for Seacoast Safari and you get a \$99 rate

CAMPGROUNDS

Black Bear Campground	Salisbury	(978) 462-3183
Rusnick Campground	Salisbury	(978) 462-9551