



Day of Event Support

Route Highlights

25 to 55 miles:

Check-in opens at 8:00 a.m.

Route opens at 9:00 a.m.

85 miles:

Check-in opens at 8:00 a.m.

Route opens at 9:00 a.m.

Route Support Description

Whether you choose the 25, 55 or the 85 mile route, you will enjoy well-marked and monitored routes. **CF Cycle For Life** events provide superior SAG (Support and Gear), which are roaming vehicles on the route that can help you with any bike issues, supply you with food and/or water or take you to the next rest stop or finish line. The routes have fully stocked rest stops every 10-12 miles, professional bike mechanics, experienced medical and traffic control teams, smiling volunteers and wonderful food and drinks!

All Cyclists will leave the **Longleaf Town Center** (Map is provided) and cycle north on Starkey Blvd., ride through picturesque Starkey Park to the Suncoast Trail. At this point those who only want to ride 25 miles will turn and return to Longleaf Town Center. Others will travel north to Anderson Snow Park, which provides the 55 mile round trip route. Cyclists who wish to ride 85 miles will be directed to a route that will take them through Hernando County. Experience some hills that will add variety to your ride. Then it's back to the finish line for the celebration and lunch. You will have medical support at every rest stop along the way as well as the start/finish line. Ride marshals, police support and volunteers will be on the routes to help keep riders safe and alert. Routes are marked with directional, warning and confirmation signage every ¼ mile to ensure riders are on the correct route.

The Event Schedule

Longleaf Town Center – October 30, 2010

8:00 a.m.	Breakfast starts
8:00 a.m.	Riders' registration opens
8:00 a.m.	Bike shops available for bike maintenance
8:45 a.m.	Opening ceremonies begin
9:00 a.m.	Riders depart
2:00 p.m.	All routes close
After the Ride	Finish line lunch served, music and fun! Massage therapist on-site

START/FINISH LOCATIONS

Start Line: Longleaf Town Center is located at 3104 Town Avenue, New Port Richey, 34655.

Directions to Start Line:

North on I-75 or Suncoast Parkway to Highway 54. West to Starkey Boulevard. Turn right (north). Parking will be on your left and registration on your left. Watch for signage.



Frequently Asked Questions

This section will answer some of the most frequently asked questions. If you need additional information, please contact the Southwest Florida Chapter at 813-374-9041 or pwarbritton@cff.org.

Q? How many route lengths are there?

There are three routes from which to choose from: 24 miles to 55 miles or 85 miles

Q? Can friends and spouses participate in the festivities at the finish line?

Certainly! And if they would like to volunteer we have a place for them.

Q? Can I bring my own personal SAG?

Personal SAGs are not permitted on the route. However, if you know someone who would like to drive a SAG that would be available to all riders, please have them contact the office at 813-374-9041 or pwarbritton@cff.org.

Q? What if it rains?

We ride rain or shine! Pack rain gear just in case and don't let cloudy skies stop you from helping add tomorrows every day!

Q? When does the finish line and route close?

The routes will all close at 2:00 pm. Please ensure you can ride at a speed to finish the longer route--we want you to be back in time for the celebration! If it is taking longer for you to return, one of our SAG vehicles will bring you to the finish.

Q? How many people form a team?

We like a team to be five or more individuals, but you can have a team with two or more people. This is a fun ride, so teams are not competing for time, but rather to share in the experience and help in the fight to cure cystic fibrosis. To thank you for encouraging friends, family and co-workers to participate, we have a variety of thank you gifts and incentives for the team leader, as well as each team member.

Q? Can my child participate and ride with me?

Children under the age of 18 are not permitted to ride in **CF Ride For Life** events. However, we welcome them to volunteer! Please contact Pat Warbritton at 813-374-9041 or pwarbritton@cff.org for volunteer opportunities.