



# **TOUR <sup>THE</sup> RACCOON 2010**

# **Rider Handbook**

Revised 04.28.10



## **Welcome**

The DMCC board of directors, ride volunteers and sponsors welcome you to the 2010 Tour the Raccoon, a bike tour from the Des Moines Metro, overnighing in Jefferson Iowa then returning to Des Moines.

## **How the Ride Works**

First, please register online at [www.dmcycleclub.com](http://www.dmcycleclub.com), it's very important to pre-register if at all possible so ride officials towns and support staff have a feel of how many riders to prepare for.

Pre-registration closes at midnight, Tuesday June 1st, 2010. You may also register the day of the ride from 8 AM to 10 AM at EASON Elementary School at 605 Boone Drive, Waukee IA. Pre-registration costs \$50, same day registration is \$60. Credit card accepted online and CASH or CHECK day of the ride.

For those who pre-register, overnight bags may be dropped off during starting on Saturday June 5th at the new Des Moines BikeWorld West location during regular business hours. Bags must be dropped off by noon Friday the 11th of June. The bike shop will have registration packets when you drop-off your bags. If you pre-registered and would like to start from Waukee Cycling the morning of the ride, that's fine. Saturday morning, park your vehicle and pickup your registration packet at Eason Elementary, put your bag in the BikeWorld truck and start your ride. We'll have your bags at the campground.

For those who want to register the morning of the ride. Register at Eason Elementary, Waukee between 8 AM and 10 AM. Park your vehicle in overnight parking. Put your bags in the BikeWorld truck and ride. The baggage truck will leave Waukee as soon as the last bag is loaded.

We highly recommend that you drop your bags off during the week, that way you can start the ride from your house and not have to worry about your bags, driving to Waukee and parking your vehicle overnight.

When you drop off your bags, or when you register the day of the ride, you'll receive your rider's packet with wrist band, baggage tags, rider maps, comemorative bandanna (while supplies last for same day registrations) and other swag from our sponsors and area businesses.

The tour starts on Saturday the 12th of June from Des Moines. There is no official start time or place, you can start the ride right from your house or anywhere in the metro area, but you must drop off your bag to be transported to Jefferson earlier in the week or at Eason Elementary the day of the ride. Ample parking will be available the day of the ride around Eason Elementary. All riders are encouraged to take advantage of the extensive trail system in the Des Moines area and ride to the trailhead of the Raccoon River Valley Trail in Waukee Iowa just west of Des Moines. From there you will ride on the trail all the way to Jefferson, approximately 54 miles.

Ride will be held regardless of weather, all registrations are final and non-refundable. Helmets are required for all riders.

## **Ride Information**

The Tour the Raccoon is designed for the entire family to enjoy. Ideal for both the experienced rider wanting to add training miles and for those just getting into cycling. Depending on your start location, the daily mileage will be around 60 miles. The entire ride can be ridden entirely on almost flat, paved multi-purpose trails. There will be plenty of opportunities to take a break and that's where the real fun is.

## **Have the Best Time You've Ever Had on a Bike Ride**

The Raccoon River Valley Trail offers riders a great view of what Central Iowa is all about. Most of the ride goes past vast Iowa farm fields and through some of the most scenic river valleys Iowa has to offer. For more information visit the trail website at <http://www.raccoonriver-valleytrail.org/>

We've patterned this ride after another famous ride in Iowa. But the Tour the Raccoon is a little shorter, a lot flatter, only two days, and is totally on bike trails. If you can't get away a full week to ride Ragbrai or were concerned about riding that many miles or you don't feel safe riding on the street, then this is the ideal way to give a bike tour a try.

The Tour the Raccoon has 9 great Iowa small towns packed into our 60 daily miles. Clive, Waukee, Adel, Redfield, Linden, Panora, Yale, Herndon and Cooper are directly along the trail most with available water, food and many areas to rest.

After your challenging and fun day on the bike you'll be greeted by the town of Jefferson, a progressive town of about 4,500 with all the amenities that you'll need for a good night's stay.

For those who like to have a little more excitement, and even those who like a lot of excitement, Jefferson is also hosting their annual Bell Tower Festival the same weekend. The Jefferson Bell Tower Festival begins on Friday the 11th and ends on Sunday the 13th. The Bell Tower Festival features activities for the entire family with amusement rides, kids Olympics, booth vendors that line the square. And for those over 21 the evening includes live performances on the Plaza Stage and bands and disc jockeys at the Bistro on both Friday and Saturday night. For more information go to [www.belltowerfestival.com/](http://www.belltowerfestival.com/).

## Get a Good Night's Sleep

Overnight in Jefferson will include a designated campground just for Tour the Raccoon riders. ***Due to the use of the area for parade staging, we ask that you not arrive at the campground before noon on Saturday.*** FREE showers will be available for riders both Saturday evening and Sunday morning “bring a towel”. Showers close at 8 PM!

All camping gear is the responsibility of participants, be sure to put everything you need in your luggage including tent, sleeping bags, extra clothes and toiletries. Jefferson has many stores available in case you forget something, but to be safe, “bring what you need”. This is just a one night ride so everyone is limited to two bags not to exceed 50 lbs.

## Sunday Morning We Do It All Over Again

After the fun of Saturday and Saturday night, Sunday morning you'll get up, take a shower if you wish. Pack up your bags and put them on the return truck. You'll take the same route back to Des Moines through the same pass through towns.

Once you arrive home you'll be able to pickup your luggage the same day ***AT THE SAME LOCATION YOU DROPPED THEM OFF.*** If you dropped your bag at BikeWorld West you can wait as late as noon on Wednesday the 16th to get your bags. If you left your bags at Eason Elementary then you **MUST** get your bags no later than Sunday evening the 13th by 4 PM. Any bags left after 4 PM will be taken to BikeWorld West for you to pickup the next day.

Feel Good in Knowing That You Had a Great Ride and Supported Area Trails and Your Bike Club.

Thank You for Riding...this booklet will be updated often as needed, please check back often.

Contacts

**All “day of the ride” emergencies call 911**

Questions or comments about the ride please email: [cyclekruz@mchsi.com](mailto:cyclekruz@mchsi.com)