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**First Priority Tri-States**

**Rock The Crater 2023 Ride Guide**

Welcome to Rock the Crater Ride. RTC is a fundraiser for First Priority. On behalf of our team, our Board of Directors, Bell County Tourism, The Kentucky Cycling Challenge, and all our sponsors **THANK YOU** for being a part of our event. **RTC is a ride at your own risk event**. Neither First Priority Tri-States, RTC, or our sponsors are liable should you have an injury.

We hope you enjoy riding RTC in the beautiful hills and hollows of Eastern KY.

Please read through this packet so you will know what you can expect when you arrive and what to know about your route. Also, should you have any questions please contact us through Facebook messenger or through email at [emery@fpts.org](mailto:emery@fpts.org). We look forward to ROCKING THE CRATER with you on August 5th, 2023.

**Important Ride Details**

**RTC Weekend Schedule –**

**August 4** Block Party in the City Parking Lot 4-8 pm. Live Music Food Trucks, other entertainment and Vendors

**August 4** Pre-Ride (15 mile route)- **Tennessee** (part of the “Ride the 3 States challenge”)

**August 4** Pinnacle challenge (climbing challenge 3.7 mile 1300 ft of elevation - winner gets a RTC polka dot jersey)

**August 5** Rock The Crater - **Kentucky** (part of the “Ride the 3 States challenge”)

**August 6** Post Ride (15 mile route)- **Virginia** (part of the “Ride the 3 States challenge”)

**Starting point** - The ride will begin and end at the City Parking Lot 189 North 20th Street Middlesboro KY. 40965

**Parking** – The City parking lot will be open to “limited” parking first come first serve. There are also several places to park within a couple blocks of the city parking lot. (see map for highlighted parking areas)

**Registration**– **ALL registrations must be completed online** @ <https://www.active.com/middlesboro-ky/cycling/rock-the-crater-2022> Ride day walk up’s will be allowed but still must register online morning of. Registrations completed later than July 15 will not be guaranteed a goodie bag or T-shirt.

**Packet Pick up**- Packet/Goodie bag can be picked up at the City Parking Lot Friday 3-8pm (address above) or from 6:30-7:45am the day of the ride.

Make sure you locate your **event wrist band,** carry it with you or take a picture of it. The band will have the **SAG phone number** on it.

**Block Party -** Main Street Middlesboro will be hosting a Block Party at the City parking lot from 4-8 pm. for you to enjoy. It will feature live music, food trucks and other vendors and entertainment. Please, come join us!

**Start Times-** Our goal is to have all riders on the road by 8:00am. The official start time will be 7:30 am with an escort through the traffic lights and through the part entrance.

For your safety we suggest you start with the pack at 7:30 am.

**Route and Road Notes**- Routes will be color coded as noted below. Each individual route will have signage, flagmen etc. as needed. Please follow all instructions. They are there for your safety. In addition, this is an open road ride, and we must obey all traffic laws.

NOTE: there are a couple of places where road erosion has occurred due to flooding and or road repair may be ongoing. Also, there are a couple of grooved bridges (approach all bridges carefully) I know this sound crazy to say, however, PLEASE use caution in areas marked “CAUTION”!

The Routes can be located on Ride with GPS with turn by turn and will be linked on

FB page- [www.facebook.com/rockthecrater](http://www.facebook.com/rockthecrater) and website [www.rockthecrater.com](http://www.rockthecrater.com)

**Rest Stops-** We will have rest stops strategically placed (mileage and times on each route listed below)

21 mile route- Faith Temple Mile 10.0 8:15am-5:00pm (or till last SAG clears)

40 mile route- Calvin Mile 15.1 8:00am -1:00pm (or till last SAG clears)

Faith Temple Mile 28.8 8:15am-5:00am (or till last SAG clears)

58 mile route- Calvin Mile 15.1 8:00am-1:00pm (or till last SAG clears)

Calvin Mile 36.4 8:00am-1:00pm (or till last SAG clears)

Faith Temple Mile 47.2 8:30am-5:00am

100 mile route- Calvin Mile 15.1 8:00am-1:00pm (or till last SAG clears)

Cubbage Mile 27.5 9:00am-2:00pm (or till last SAG clears)

Cawood Mile 51.2 10:00am-1:30pm (or till last SAG clears)

Cubbage Mile 75.1 9:00am-2.00pm (or till last SAG clears)

Faith Temple Mile 88.0 8:15am-5:00pm (or till last SAG clears)

At the rest stops we will have snack food and bottled drinks

Snack Foods- fruit, PBJ sandwich’s, granola bars, fruit chews, energy supplements and other snacks as available

Drinks- Bottled Water, Bottled Power Aid, Extra Ice

Restroom- The 21 mile routes will not have a restroom. The 40, 58, 100 will have restroom (Porta-John)

**Finishing the Ride**- **VERY IMPORTANT!** The final 12 miles of your ride has everyone crossing a 4-lane road with traffic. We will have emergency Management Teams assisting with crossing the road. There will also be a rest stop at that crossing. If possible, group up with some other riders and cross the highway together. This will make it safer and easier for our Emergency Management Team. Your final couple miles will be up Cumberland Avenue through 3 traffic lights and a left hand turn into the parking lot. Be aware of traffic as you change lanes and turn in. **Congratulations… YOU FINISHED!!!**

If you are participating in the **KY Cycling Challenge**, you are responsible to check in at the KCC table.

**SAG** – We will have SAG vehicles on each route should you need assistance.

SAG Vehicle will have a bike rack, pump, and first aid kit.

REMINDER- You will have an RTC event bracelet in you packet which will have an emergency SAG number of a person at the start/finish area who will serve as a dispatch for SAG needs. Should you have a medical emergency PLEASE call 911 first.

In the mountains, cell signal can be spotty. If someone needs medical attention, we ask that you abandon the ride and seek help for them. There will be an in-ride medic in the 100 mile route usually in the front half of the pack.

**Post Ride Meal**- In your registration packet you will have **a $10 meal voucher** good at several area restaurants and can be used Friday, Saturday, or Sunday depending on the business hours of the restaurants.

**Post Ride Recovery**- We will have a recovery station where you can get a bottled water, bottled power aid, or bottled chocolate milk. You may also need an ice towel from the recovery station which will be yours to keep or throw away. We will have seating, pop up tents, and garbage cans scattered around the site for your convenience.

**Merchandise Table** – We will have a merch table where we will sale extra T-Shirts and Ride Kits. We will have a few extra Jerseys, Shorts, and Bibs. If you pre-ordered, your order will be placed in your goodie bag by packet pick up time.