

## Faq'S for the 2009 Tour de Carroll

### **What is the Tour?**

The Tour de Carroll is a one day Spring Classic Cycling Event held in Westminster, MD. This will be the 5<sup>th</sup> year for the event and it is rapidly becoming one of the most popular rides in Maryland.

### **Is this a Race?**

No, the Tour is not a race. It is a great start to your cycling season and may be a test of your winter training. We want riders of all skill levels to have fun and enjoy the event and the day. We have been working hard over the past several years to make the Tour the premier early Spring cycling event for the east coast. The rides and the event have improved each year.

### **Where do the rides start?**

All rides start and finish at Dutterer Family Park in Westminster Maryland. The Park does not have an actual address but if you can use 114 Pennsylvania Ave, Westminster MD 21157 (Dutterer Florist), because the Park is directly behind this address.

### **How is the parking?**

The Tour de Carroll has over 1000 parking spaces available for the event. We will have at least six individuals supporting the parking during the morning of the event. We can accommodate large RV's and buses (NO HOOK-UPS / NO OVERNIGHT PARKING).

### **Are maps of the cycling routes provided?**

Maps of the cycling routes are provided on the day of the event. In addition to the route map, detailed cue sheets are also printed on the back of each route map.

### **What are the ride distances for the 2009 Tour de Carroll?**

8 mile Family Fun  
20/25 mile Recreational  
36 mile Spring Classic  
63 mile High Tech Metric Century

### **What is the terrain for each ride?**

We start off easy and end up tough.

The 8 mile ride is a new route and is designed to encourage the occasional rider to get out and enjoy the day. The ride was set up to avoid hills and there is one water stop. Spin class riders will find the chance to ride on real roads a bit of a challenge.

The 25 mile Recreational ride was designed to encourage the recreational rider to enjoy a challenging ride that avoids as many climbs as possible. The ride is essentially flat so that you get the distance without as much pain.

The Spring Classic and High Tech Metric are designed for the serious rider. These rides will keep several of our more infamous short climbs ( throw-up hill, the little nasty) in the High Tech Metric. Both of these rides will test your winter training!

**Is there an age limit for riders?**

There is no age limit set, but the rides may not be suitable for children under 10. All of the routes utilize public roads and the traffic is not controlled. Parents should consider the safety factors before entering children in the event.

**What do I get for my \$30.00 registration fee?**

In addition to a great ride, the fee includes: lunch, homemade brownies and ice cream, a Tour de Carroll T shirt, a free 30 day pass to a local gym complex, entry in drawing for door prizes. In addition all the rides are fully supported with maps, cue sheets, marked roads and radio sag and sweep.

**Where is Westminster Maryland?**

Westminster Maryland is in the heart of rural Carroll County and is easily accessible to everyone. The county seat for Carroll County, Westminster is approximately 30 miles West of Baltimore, 20 miles south of Gettysburg and 45 miles north of Washington DC.

**What are the average temperatures in late April for the Tour?**

The normal low's are in the upper 40's with normal high's in the mid 60's.

**What does the Tour de Carroll support?**

The Tour de Carroll is the fund raiser for West End Place Adult Services. West End provides for in-home aid, day care, and residential apartments for low income seniors. It is part of Family and Children Services of Central Maryland, a private non-profit charity. 100% of the proceeds go to West End Place. For more information on the charity, you can go to [www.fcsmd.org](http://www.fcsmd.org).

**What kind of door prizes will be given away?**

Door prizes are cycling related. You must be present to collect your door prize. Winners will be drawn starting at 11:30 am the day of the event and will be posted at 12 noon.

**What about the 2009 Raffle?**

The Tour de Carroll is sponsoring a 50/50 cash raffle. The tickets are \$1 each or 6 for \$5. You Do Not have to be present to win. The winning ticket number will be posted on our web site on Monday April 27, 2009. If you are the lucky winner, you just need to contact us and have your winning raffle ticket stub. Last years winner won over \$400!!!!

**Is there emergency aid available?**

SAG and Sweep will be provided during the ride. The phone number for the SAG/Sweep Coordinator will be on your cue sheet for emergency contact. It is a good idea to carry your cell phone with you. During the event, if you have a breakdown during the event, you can contact the Ride Coordinator and we will gladly transport you and your bike back to the start. You should contact 911 if you have a medical emergency or are involved in vehicle accident.

**Contact information:**

Event Director: Noelle Floreen  
410-848-8381  
63 E Main St, 6A  
Westminster, MD 21157  
[hightech@mindspring.com](mailto:hightech@mindspring.com)

Ride Director: Dave Yonkoski  
dfyonko@hughes.net

**3 ways to Register:**

1. on line at: [www.active.com](http://www.active.com) or [www.tourdecarroll.com](http://www.tourdecarroll.com)
2. mail, down load a registration form from the Tour de Carroll web site
3. on the day of the event.