



Gold Spike Trail Tour III Ride Guide

Saturday, May 28, 2016

Welcome to the Gold Spike Trail Tour III

Thank you for joining us today to celebrate the world class cycling opportunities we have in West Michigan. In addition to this Ride Guide, registered cyclists receive a packet containing:

Tee shirt (only guaranteed for early registrants – by 4/15/16)

Wrist band

Ride map

Musketawa Trail brochure

Other ride promotional literature

Ride Details

Registration/Start time - 8:00 to 10:00 am

Start Location – Southeast corner, Meijer parking lot, 2929 Walker Ave. NW, Grand Rapids, MI.

Trail traffic – The trails are open to the public so watch for walkers, runners, roller bladers and other cyclists who will also be out there today.

Riding speed – The Gold Spike is not a race. Cyclists must be aware of other riders and vehicles and yield as necessary to maintain safe conditions for all. Passing requires extra caution and patience. Let cyclists around you know your intentions before changing speed or direction.

Trail etiquette – Ride in single file to accommodate users coming from the opposite direction, ride on the right side of the trail unless passing, step to the shoulder after stopping to keep the trail clear for other cyclists, leave head phones in the car, and take cell phone calls only after safely stopping.

Safety – The use of helmets is preferred for all cyclists.

SAG (support and grub) stations - Stop to pick up snacks and water and converse with our wonderful volunteers. Some mechanical support is also offered.

SAG closing times - SAG stations close as noted below. Of course, the trail is still open for cyclists who may be riding later in the day. SAGs are located at the following trail parking areas:

Muskegon/Broadway SAG closes at 2:00 PM

Ravenna SAG closes at 3:00 PM

Conklin SAG closes at 4:00 PM

Marne SAG closes at 4:30 PM

Meijer/Walker SAG closes at 5:00 PM

Routes – All routes go west from the parking lot and follow the Fred Meijer Pioneer Trail.

20K route – Turn-around at Marne SAG station.

41K route – Turn-around at Conklin SAG station.

60K route – Turn-around at Ravenna SAG station.

100K route – Turn-around at Muskegon SAG station.

Restrooms – Portable toilets are located in the Meijer, Marne, Conklin, Ravenna and Muskegon parking lots.

Emergency – Call **911** as soon as possible and request assistance; also report the situation to a ride volunteer (light blue event tee shirt) or call the registration table at 616-648-6819.

Cyclist awards - Each cyclist will receive a completion certificate. This certificate has a place for your name and a place to mark the distance you completed. Please stop at the Meijer lot registration table after your ride to pick up your certificate. There are also a few door prizes that will be given away by random selection to registered cyclists. Check at the registration table before leaving the event.

Dangerous weather – In the event of threatening weather, take shelter in a safe area until the conditions are again safe.

Trail surface – Be alert to trail conditions at all times. In areas where the surface may be uneven, slow down.

Lost and Found – If you lose anything on the ride, check back at the registration table to see if it was turned in. If it was not found at the time of your inquiry, please leave your name, contact

information and details on the item lost and we will get in contact with you if it gets turned in.

Sponsors

Thanks again to our sponsors for making today's ride possible. They are:

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Meijer, Inc.

Gold level

DeWys Manufacturing
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Silver level

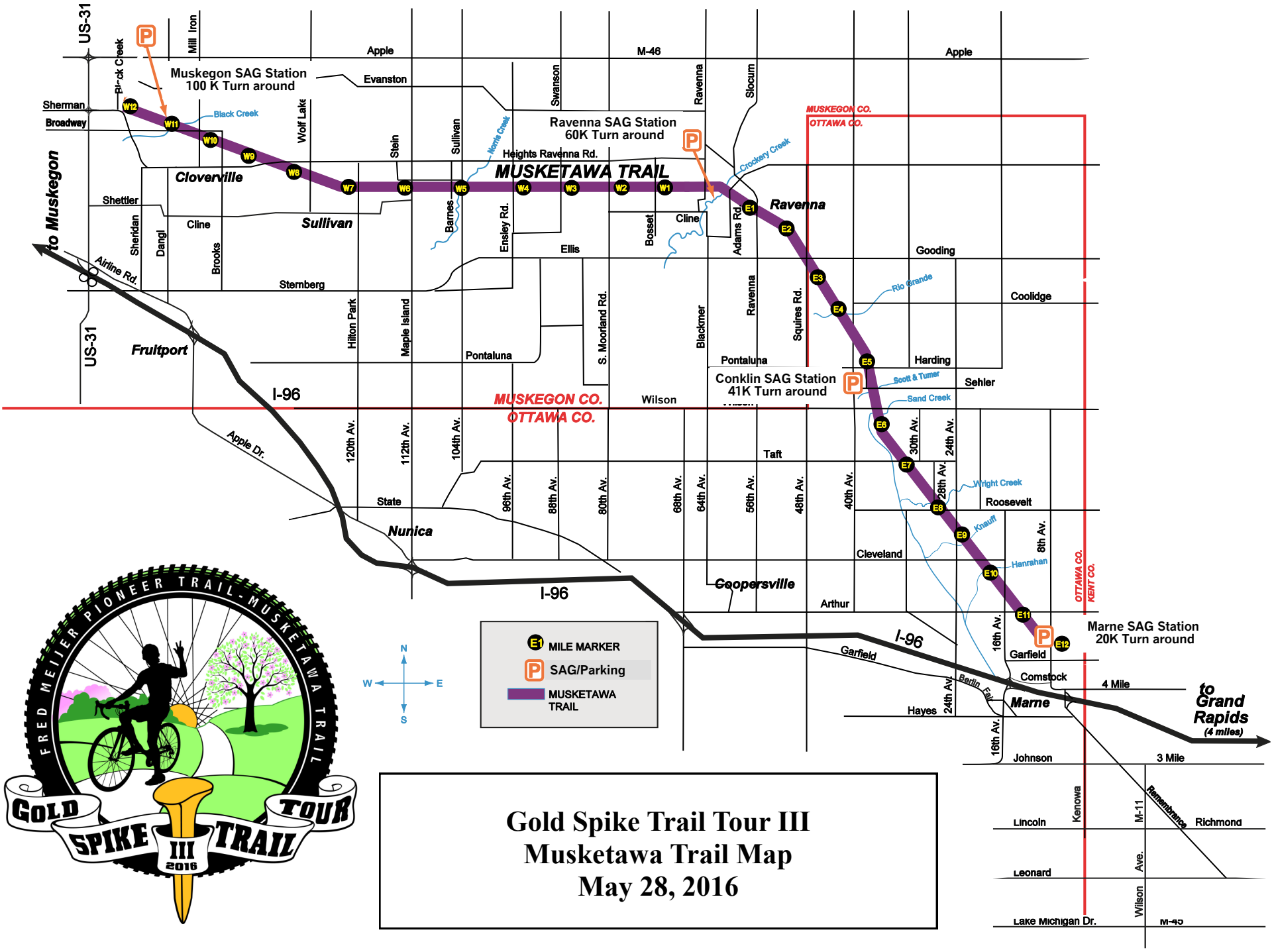
Advance Controls
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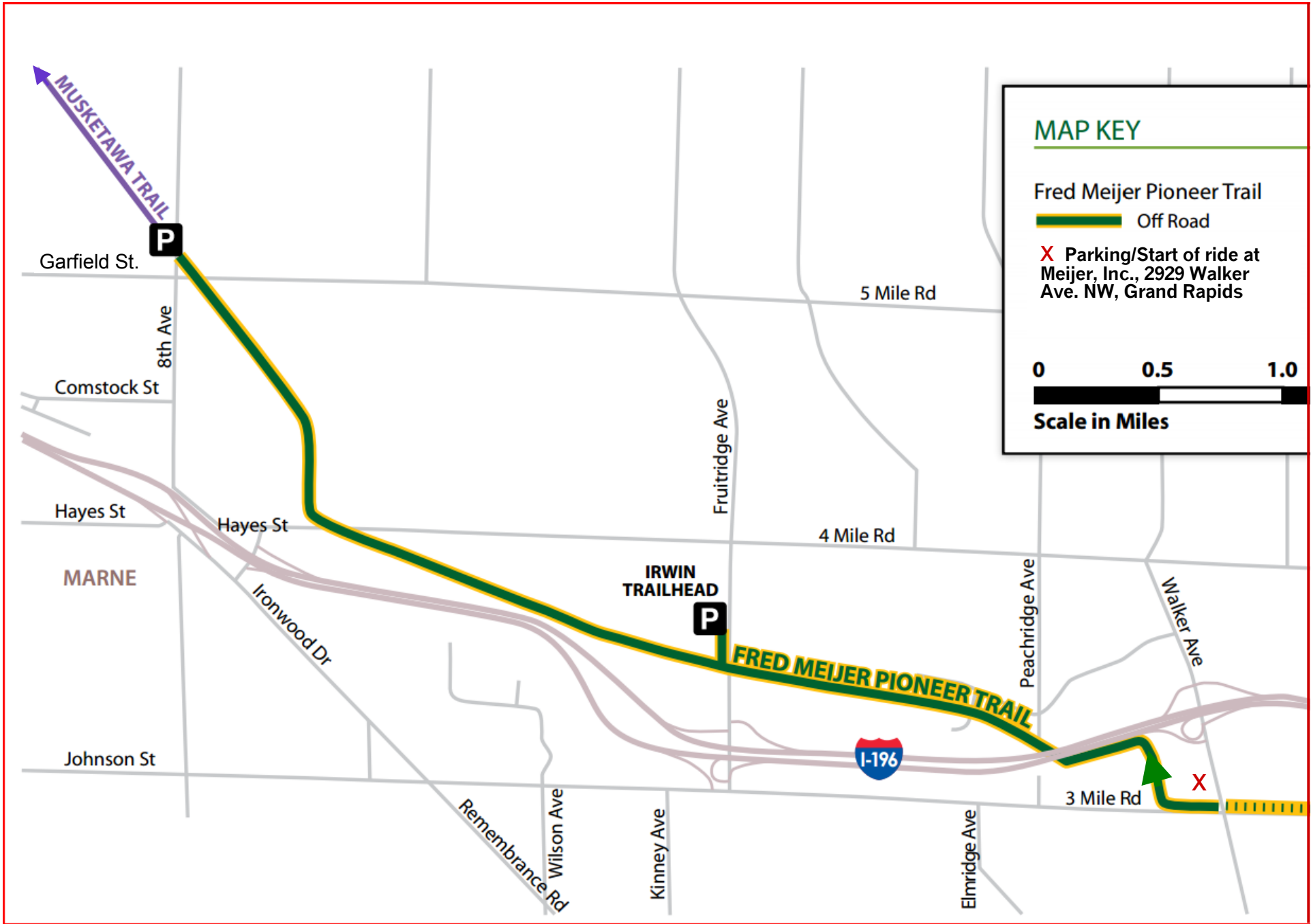
Breakaway Bicycles and Fitness
CycleSafe, Inc.
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Ride safely and enjoy our trails!

The Friends of the Musketawa Trail



**Gold Spike Trail Tour III
Musketawa Trail Map
May 28, 2016**



MAP KEY

- Fred Meijer Pioneer Trail
- Off Road
- X Parking/Start of ride at Meijer, Inc., 2929 Walker Ave. NW, Grand Rapids

0 0.5 1.0

Scale in Miles