



Frequently Asked Questions for the Ride for Rose Haven¹

WHAT IS THE COST OF REGISTRATION FOR THE RIDE FOR ROSE HAVEN (RFRH)?

Registration is \$90 until April 15, 2018 AT 5 PM; \$100 on April 15th after 5 PM; online registration closes May 15.

The cost to register for the Ride for Rose Haven is \$90 and includes a short-sleeve t-shirt, course support, food and beverage at all rest stops. The \$90 applies to each of the rides. Registration prices will increase to \$100 starting April 1, 2018 at 5 PM. Registration will be \$100 until May 15 AT CLOSE OF BUSINESS (5 PM Eastern Standard Time). There is no day of registration, but you can register IN PERSON at Festival Park on Friday June 1st until 6 PM. There is no guarantee for June 1st registration that there will be tee-shirts available.

All registration materials and rider packets must be picked up at the registration/information table in Festival Park starting at noon until 6 PM on Friday, June 1.

WHAT IF I HAVE REGISTERED AND HAVE BECOME INJURED OR I AM UNABLE TO ATTEND THE RACE?

There will be no refunds or transfers to another year. The value of the registration can be rolled over into a gift/donation to Pamlico Rose Institute for Sustainable Communities. We will provide receipt to be used for 2018 taxes.

WHAT DOES MY PACKET INCLUDE?

Your registration packet will include your:

- Tee-shirt
- bib number*
- wrist band*
- safety pins

*These MUST be worn on event day in order to have access to medical services and rest stops.

¹ Version 2_1/4/2018

WHAT DOES MY REGISTRATION INCLUDE?

- The official RFRH rider short-sleeve shirt
- Rider Number & Route map and cue turn by turn sheets
- On-site tech and first aid
- SAG service during the ride
- Refreshments at rest stops
- Saturday post-ride refreshments

IS THERE DAY OF REGISTRATION?

There is no day of registration.

However, registration will be open Friday before RFRH from noon till 6 PM at Ride Central in Festival Park.

HOW DO I KNOW I HAVE REGISTERED?

You will receive a confirmation email stating you are registered for RFRH.

Day DO I HAVE TO CHECK IN?

Yes, to get your registration packet.

*You must wear your rider number and wrist band on day of ride.

CAN I SWITCH THE ROUTE I WANT TO DO?

Yes, you can switch the route you would like to ride the day of. We ask if you know ahead of time to contact us at info@rosehavenride.org. If you decide to change day of please make sure you have the appropriate map for your ride.

WHAT DO I NEED ON RFRH DAY IN ORDER TO PARTICIPATE?

To participate all cyclist must wear their assigned rider bib.

Make sure you have your choice of route map that has turn by turn directions.

Make sure the SAG number is in your cell phone. That number will be given out when you pick up your packet.

ARE CAMPING FACILITIES FREE OF CHARGE?

Camping at Festival Park is open to only riders and support groups and free of charge. Festival Park will be open for riders starting at 12 Noon on Friday and closed at 8 PM on Saturday evening.

WHERE CAN I PARK?

There are parking maps available online at www.pamlicorose.org/bike. Please make sure to park in areas designated for SGC parking. There will be volunteers to assist you with parking.

WHAT TIME DOES THE EVENT START?

RFRH starts with the opening ceremony at 715 AM and the start is at 730 AM for all rides. This is not a timed event.

DO I NEED TO COMPLETE THE COURSE BY A SPECIFIC TIME?

Due to safety reasons we ask all riders finish by 6 pm.

ARE THERE PLACES TO SHOWER AFTER?

There will be portable showers and portable toilet facilities available from Friday through Saturday evening in Festival Park.

IS DINNER FRIDAY PART OF REGISTRATION COST?

Friday dinner is optional and can be purchased for \$12 a plate when registering. Dinner will be served from 4:30 to 6 PM in designated area at Festival Park. If you don't check a meal on your registration form, and you decide later you want a meal (or meals), just email info email RideforRoseHaven@pamlicorose.org and we will include you in the tally. You will be able to pay the day of the dinner.

Dinner Menu courtesy of Carryout by Chrislyn

Chicken Caprese - Grilled Chicken breast topped with fresh tomato, mozzarella, basil and Balsamic glaze. Gluten free/low fat

Pasta Primavera - Farfalle pasta tossed with a light lemon butter sauce with fresh vegetables

Greek Orzo salad - Feta, kalamata olives, cucumbers, tomatoes, garbanzo beans with orzo in a light Greek vinaigrette

Grilled Vegetables - Portobello, broccoli, zucchini, yellow squash, brussel sprouts

Salad bar - Mixed greens with toppings (tomatoes, cucumbers, grated carrots, red onion, banana peppers, dried cranberries, nuts, grated cheese) with an assortment of homemade dressings.
Assortment of mini pastries