



START LINE \* SAFETY \* MECHANICS \* REST STOPS \*

# RIDER GUIDE



# OVERVIEW

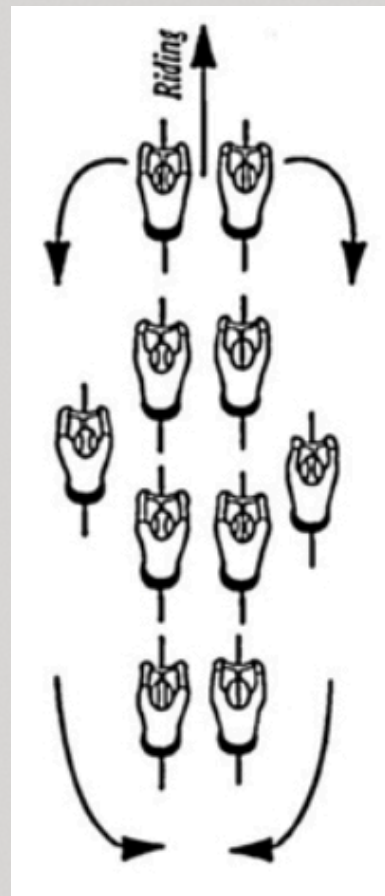
The Foster 100 and Foster Metric offer a unique experience compared to traditional cycling events. Riders participate in organized platoons, working together, supporting one another, and building camaraderie—all while advancing the mission of Team Foster. Please note: the 2025 Foster 100 jersey is the required uniform for both events.

We will spend a fair amount of time riding 2 by 2. Riding in 2 by 2 formation helps make the 100 mile ride a more social and team oriented experience.

**When riding 2 by 2, keep the following in mind:**

- Keep pace and parallel to the rider next to you
- Front riders should pull generally off to the outside Right and Left of the main rows and float to the back.
- Riders move to the front through the center
- Watch the road for both riders - if one needs to move out to avoid a pothole, the other does as well.
- If road conditions are narrow or there is debris to avoid the Platoon Leader may ask for pull offs to happen to one side or another, or ask for riders to single up.

**Make the most of your time in the platoon; connect, share stories, and get to know the incredible riders beside you. This is more than just a ride, it's a chance to build lasting memories and camaraderie while riding for a powerful mission. Let's make the Foster 100 an unforgettable experience for you and your platoon!**



- Riders within each group will have different levels of skill and strength. If you are stronger, spend more time up front, encouraging the other riders.
- If you find the ride challenging, stay toward the back of the group where there is more of a draft to make for an easier ride.
- If you are struggling, let one of the platoon leaders know. Your platoon will rally around you to help as best as they can.
- Respect the group and hold the pace. If you are at the front of the group, help the group **keep** pace, do not blow the group up. Remember, we work together to support each other!



# AT THE START

When you arrive at the starting line, the energy will be high, make sure you're on time and ready to roll! Check in, meet your awesome platoon leader(s), connect with your fellow riders, refill your water, and soak it all in. This is the start of something incredible... GET EXCITED—it's go time!

## You are also encouraged to:

- Get to know your SAG driver(s) who will accompany your platoon.
- Come with fully prepared water bottles, carry an extra snack (although rest stops will be stocked), two prepared bottles for your bike.
- As you can carry a bag in the SAG car, make sure you bring some extra materials, maybe tubes, supplies, etc. to be prepared.
- Expect the platoon to depart on time, be ready.

# SAFETY

Staying safe requires everyone in the platoon to understand and follow the rules.

## It is very important that you understand:

- Pace is safety. Respect the pace for the sake of the group.
- Hills and rises occur in the first  $\frac{1}{3}$  of the ride and may spread your platoon apart. During this time, help manage the pace to keep the platoon together.
- You need to keep yourself hydrated during the ride. Keep sipping that bottle and refill bottles at each rest stop.
- Do not cross wheels/overlap your front wheel with the wheel of the rider in front of you and always keep hold of your bars in a group.
- Keep a steady line so others behind and to the side of you can trust how you will ride and the group can ride safely together. Be predictable in your actions.
- You should still remain vigilant and keep your eyes on the road for: Potholes, glass, debris, branches, etc. Be sure to call out what you see so others are aware.

# PASSING OTHER PLATOONS

You may encounter other riders on the road. Your platoon leader(s) will help you understand when to pass the other rider(s). If that time comes:

- Move out to the left as a group
- Don't crowd the group you are passing.
- Keep an eye on traffic.



# REST STOPS

Hit those rest stops with purpose! Think of them as a quick pit stop—refuel, recharge, and roll out. The faster you're in and out, the better your body stays loose and your momentum strong. Stay sharp, stay moving, and keep crushing those miles!

## At each rest stop, you should:

- Address any mechanical issues with your bike.
- Hit the bathroom, refill your bottle(s), grab some food,
- Leave socializing for last.

# SAG AND MECHANICS

Each platoon will have a designated support vehicle the entire 100 miles. A mechanic will be stationed at the start line and every rest stop for basic fixes and repairs.

## Riders should:

- Carry the necessities! For example: one or more tubes, tire levers, air canisters or a pump, hex wrench, etc.
- If you feel like something is wrong with your bike, alert a platoon leader who will choose to stop the group or keep things moving to the next rest stop.

# FLAG EXCHANGE

One of the most powerful traditions of the Foster 100 Classic happens near the finish, your platoon will come together to appoint a flag bearer for the final stretch. 🇺🇸 It's an unforgettable moment of unity, honor, and pride as you ride together toward the finish line, led by the Stars and Stripes. Get ready for chills—it's what the Foster 100 is all about.

## The platoon should:

- Stay together
- Roll into grand fanfare at the finish line - TOGETHER AND PROUD!

# FINISH LINE

Cape May Naval Air Station is where the ride ends and is a working airport.

## Therefore:

- Bikes only belong in the designated areas.
- **Do not** ride on the runways!



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