

FREQUENTLY ASKED QUESTIONS (FAQs) 2019

When does registration begin for the 2019 Tour of Minnesota?

At 12:01 a.m. on Feb. 1, 2019, at www.tourofminnesota.com .

How is registration determined?

On a first-come, first-served basis.

What is the maximum number of riders?

200. (We will also have 12 to 15 staff members, some of whom will ride.)

How long does it take for the ride to fill up?

In 2018 we reached the full ride capacity of 200 riders in 36 hours.

What is the cost of the tour?

\$499.00.

Why have some people already registered before February 1st?

We have the Tour of Minnesota staff members register in advance to test out the registration system.

What does registration include?

The registration cost for 2019 will be \$499.00. This includes most meals on riding days, snacks and beverages at the rest stops, maps (Tour of Minnesota print maps, downloadable Google maps, downloadable Ride with GPS maps, Minnesota state bicycle maps, and Mesabi Trail print maps), camping facilities, showers, city licenses and camping permits, gear transport to camping sites, SAG vehicle support for medical/mechanical reasons, bicycle repair service by Penn Cycle, and a commemorative T-shirt. Riders will pay for some of their own meals and snacks and a \$3 Mesabi Trail Wheel Pass.

Is there an option to pay a partial payment or installments and pay the balance later?

No. Payment in full is required at the time of your registration.

Can I pay by check?

No, we cannot accept checks for registration.

Is there a waiting list?

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Yes, email the following info to blincoln@tourofminnesota.com :

1. Your first and last name
2. Cell number
3. Email address

The date/time stamp on your email will determine your position on the waiting list.

What is the cancellation policy?

Cancellations received on or before April 15, 2019 will be refunded the full trip fee less \$75. Cancellations received between April 15 and May 15 will be refunded the full trip fee less \$100. Cancellations received after May 15, 2019 will forfeit the entire trip fee. All cancellations MUST be received by email, which determines the date of the cancellation. Please email blincoln@tourofminnesota.com . Please consider purchasing your own trip insurance through an independent travel insurance company.

Do I need to have my own medical insurance?

Riders need to be covered and provide their own insurance for the tour. Riding a bicycle can be dangerous and you assume the risks of being injured on the tour. The Tour does have insurance but it is meant as a backup only.

Does the Tour of Minnesota offer a tent/porter service?

Yes. For an additional charge of \$300 per tent (maximum two occupants per tent). You may sign up for the service through a link on the Tour of Minnesota website from Feb. 1 through April 1, 2019.

This service will:

1. Supply you with a four-person tent that will be set up and taken down for you each day.
2. Move your bag(s) inside your tent each day.
3. Your tent and gear will be available each riding day by noon.
4. Price includes one camping chair per person.
5. Sleeping pads are an additional \$50.00 per person.

Can I get my bike tuned up by the ride mechanics?

You should have your bicycle inspected and tuned up by a professionally trained mechanic before the tour. We do have mechanics on the tour but they are only there for mechanical issues that happen during the Tour. You should ride a bicycle that fits you and allow you to ride the stated daily mileage.

Will we get a jersey with our registration?

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No. However, you will receive a commemorative T-shirt that is included in the registration fee.

How do I purchase a Tour of Minnesota jersey or windbreaker?

For an additional fee, you may purchase jerseys and unisex windbreakers online from Feb. 1, 2019 through April 1, 2019 and have them shipped to your address in advance of the 2019 Tour of Minnesota. There will be a link for this in the registration process AND on the Tour of Minnesota website.

Where do we leave our vehicles?

We will leave our vehicles in Grand Rapids close to where we camp the first night. We have arranged extra police surveillance to watch our vehicles during the week.

Are helmets required?

Yes, you must wear an ANSI-approved helmet EVERY time you get on your bike, even if it is only for short distances. This also applies on our day off in Ely. Our insurance requires it, and it is just common sense. No exceptions!

Are the roads paved?

Yes, all the roads and trails are paved. There may be short distances on dirt or gravel to get to the trailhead (Itasca County Park has a dirt parking lot), or to reach a rest stop or restaurants. You can always choose to walk your bike across these sections.

Is there a fee for the Mesabi Trail?

Yes, there is a \$3 per person wheel pass. Tour of Minnesota riders will receive a discount from the Regional Railroad Authority which normally charges \$5 per person. Each rider will pay \$3 at rider check-in June 14.

What is the pace of the ride each day?

It varies. Our goal is to have the ride be a community on wheels. We eat breakfast together, then have a brief morning talk about bicycle safety, that day's conditions, sights along the way, then head down the trail to a rest stop. We regroup there for snacks, beverages, and conversation, then we ride some more to our lunch stop, etc.

What if I am a fast rider who likes to ride hard?

If you want to set out in the morning and ride far ahead of the group all day, you are missing the point of this ride, which is to ride together as a rolling

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community on wheels. You can choose to hammer ahead, but we ask that you leave with the group AFTER the morning safety meeting, not before. The Tour of Minnesota is not responsible if you miss meals or rest stops.

Is there a meal plan if I have dietary restrictions?

Yes, select one of our two meal plans during registration. We will have a "regular" meal plan and can provide an "alternate" meal plan based on need for those who prefer vegan, vegetarian, lactose-intolerant, or gluten-free meals.

What time is breakfast?

6 a.m. to 7:15 a.m. except for our day off. Be sure to take down your tent and bring your bags to the luggage truck BEFORE heading to breakfast.

What is the deal with this morning meeting?

We have a morning meeting between 7:15 a.m. and 7:20 a.m. each riding day. Please don't leave before this meeting. Not only is it a 45-year tradition on this ride, it sets the tone about our sense of community and how we stick together. Plus, you don't want to miss something important about the upcoming day!

When is lunch?

Lunch will be served roughly between 10:30 a.m. to noon except for our day off. Lunch time will vary depending on the mileage we will cover for the day and the location of towns with parks and facilities.

What time is dinner?

6 p.m. except for our day off AND the day we arrive in Ely. Supper on the evening we arrive in Ely will be on your own.

Are there meals on the day off?

No, there are no organized meals on the evening we arrive in Ely or on our day off there. There are many dining options in Ely.

Is there anything planned for the day off?

No Tour of Minnesota events are planned but there will be plenty to keep you busy in Ely: breweries, wineries, great restaurants, plenty of lakes and other sights to see. You will receive lots of information in your packet at the rider check-in on Friday. And you are on the edge of the Boundary Waters Canoe Area (BWCA) which is worth a visit. Lake One is only 20 miles away.

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Will there be showers?

Yes, each day near our camping area from noon to 8 p.m. Showers will also be open on the day off in Ely, and will also be available in Grand Rapids upon our return from 10 a.m. to 1 p.m.

What is the weight limit for the gear bags?

You may bring one bag or two smaller bags. These bags may total no more than 50 pounds. There cannot be anything affixed or strapped to the outside of your bags such as camp chairs, tents, cots, etc.

When will our gear bags be available each day after we are done riding?

Gear bags should be offloaded from the truck and available by NOON each day, and NOT before. If you arrive at our destination before that, you might need to wait until the truck arrives and your gear is unloaded. Feel free to chip in and help our baggage handlers unload the truck.

Can we bring our own coolers?

No. We do not have the necessary space on the gear truck.

Is there indoor camping each night?

No. Your only options are to sleep in a tent at our designated campsite or stay at a hotel at your expense.

Will the Tour of Minnesota arrange our hotels for us?

No. You will book the hotels yourself, using a list of recommended hotels that will be posted on the Tour of Minnesota website. These are the only locations where our crew will drop off and pick up your gear.

How much does it cost if I want my gear bags shuttled to and from my hotels?

It costs \$5 per day, or \$25 for the week. Please indicate your interest at registration. You will get instructions in May on how to pay for and arrange shuttles for the tour. Payment in advance is required. Sorry, but we can only take bags - no bikes.

Will SAG (Support and Gear) rides be available?

The Tour of Minnesota will provide you with a SAG support ride to that day's destination ONLY for medical reasons. Being hot or tired is not a medical

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condition. Once you accept a SAG support ride for a medical reason, you are done riding your bike for the remainder of that day. No exceptions!

NOTE: Getting a SAG support ride does NOT mean you will be delivered immediately to that day's destination; you must stay with the SAG support driver while they perform their daily duties.

Can I get a SAG ride to the next town because my friends are there?

No. See above. If you take a SAG ride, you are done riding for the day.

What if I witness a fellow rider have an incident (i.e., crash) or get injured?

If the rider requires immediate medical assistance and no help is available,

DIAL 911 IMMEDIATELY!!!

to report the emergency. Then call Bob Lincoln at (952) 215-5056.

If you come upon an injured rider who is already receiving medical attention from an emergency responder, we ask that you carefully keep riding past in order to keep the scene clear. It will be more helpful to us if you keep the area clear. Please refrain from making a medical diagnosis if you are not a medical doctor. If you are a doctor, please only discuss with staff.

What kind of bike do I need?

You should ride whatever bike you are most comfortable with that will allow you to complete the required mileage each day.

Can I use a bike that has electric assist?

If you choose to bring such a bicycle, be aware that you should be able to complete the route for each day even if your battery is depleted. A low battery is NOT a reason to ask for a ride from a SAG support vehicle. A SAG ride is for medical emergencies only.

Can I bring my own personal driver and vehicle?

No. We are a fully supported ride with camping arrangements, showers, logistics, meals, snacks, beverages, bike repair service, gear transports, and SAG support for medical reasons, so there shouldn't be a need for you to bring a driver.

What are my options for shipping my bike or renting a road bike for the Tour of Minnesota?

Please contact Penn Cycle to make arrangements.

Penn Cycle Woodbury

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6415 Lake Road
Woodbury, MN 55125
(651) 731-9458
<https://www.penncycle.com/about/woodbury-pg1939.htm>

Are there elevation maps for each route?

Yes, on Ride with GPS: www.ridewithgps.com

<https://ridewithgps.com/events/71422-2019-tour-of-minnesota-route-rough-12-30>

Is the route hilly?

Visit link above; each day displays elevation gains/losses.

If you want GPX files, visit the link above.

You can download files in almost any format.

Can you design a training plan for me?

No. It is your responsibility to attain good riding fitness.

Please try to get out and ride at least 3-4 days per week in the months leading up to the start of the Tour. You should be able to ride up to 60-70 miles in one day by the time June rolls around, and you will appreciate having the appropriate fitness.

Can you plan a week-long bike trip for me the week before/after the Tour of Minnesota?

No. We work hard year-round on the Tour of Minnesota to provide you with the best possible experience on this ride. A Google search will give you some great ideas for places to ride on your own.

Can you plan a weekend ride after the Tour of Minnesota to see the sights in Minneapolis?

No. We work hard year-round on the Tour of Minnesota to provide you with the best possible experience on this ride.

A Google search (such as "Twin Cities bicycle riding") will give you some great ideas for places to ride on your own.

Can we camp at a Tour of Minnesota campsite a day or two early? Or stay a day late?

No. Camping in these locations is allowed ONLY for the days the Tour of Minnesota is in progress, because we have contracts with specific

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requirements in each town. We have arranged specific camping dates with each city/town we will be visiting, and they have not invited us to arrive early or stay late.

Can you arrange transport to/from the Tour of Minnesota from MSP International Airport?

No. It is each rider's responsibility to get to the start of the Tour of Minnesota on their own. Check with the Bob's Bikers group on Facebook to see if anyone can give you a ride. It worked for a few people last year.

Where I can reach you if I have other questions?

Email us at blincoln@tourofminnesota.com