

Cape May Beacon

Fall Tour 2017

Welcome to this 2017 edition of the Harrisburg Bicycle Club's Fall Tour newsletter. This will be the **43rd Anniversary** for this event. Questions about the tour may be directed to the members of the Fall Tour Committee. They are shown on page 2.

However, questions regarding any registration details should be addressed to **Dave LeRoy (418-9665c)**.

The initial registration deadline is **July 31**, and any registrations received after **August 15** must include the \$15 late fee and will be accepted on a space available basis. The final payments are due **August 22**. If you are not paid in full by then, a

member of the tour committee will be contacting you very soon with a courtesy reminder. Thank you to those people who have already completed their payments.

One last disclaimer - most tour plans are set and others are being finalized as you read this. A few items are still tentative, like the exact details (leaders), for some of the rides to Cape May and some activities in Cape May. Where this is the case, more information will follow at the six-pack meetings and/or in the information available at the Hospitality Suite at the Grand Hotel in Cape May. Now, on to what we really want to hear about...



Final Edition

The Fall Tour has long been a highlight, and in many ways the traditional climax, of HBC's riding season. This again will be the case in **2017**, as we return to the tour's original and most popular destination - Cape May, NJ. **for the 43rd year**. Cape May is the quintessential seashore resort, offering secluded beaches and bustling boardwalks, historic charm and modern amenities.

Tour headquarters will be the ocean front Grand Hotel:

<http://www.grandhotelcapemay.com/>. Many rooms have a refrigerator and some have a small efficiency kitchen. Use the web site for more information. You may want to bring along some snacks or things that you are accustomed to having. Be sure to bring your bathing suit to try out the indoor or outdoor pools. The tour will once again include a Hospitality Suite for socializing upon arrival and unwinding after the weekend rides.

HBC'ers and guests will be traveling to Cape May by both bicycle and car. The remaining sections of this newsletter are divided accordingly. Whether taking part in the ride down, the weekend in Cape May, or both, it is our expectation and sincere wish that the Fall Tour will be an immensely enjoyable experience for you. So read on, call if you have any questions, and **ENJOY THE TOUR!**

Directions to Cape May

These directions below are provided as a suggestion for those who are driving or have friends or relatives driving to Cape May. They are not necessarily the best or only way to get there, and they are not a substitute for a good map, a Google Maps search, and/or GPS. Although old-fashioned, state maps of Pennsylvania, Delaware, and New Jersey, and a city map of Wilmington (DE) can be helpful if you are the least bit unsure of your route to Cape May. City maps for Newark and Dover Delaware could also prove useful if you have the need to drive to those locations.

From the greater Harrisburg/Lancaster area:

Take I-283 south /PA-283 east to US-30. Take US-30 east to Gap. Turn right on PA-41 south and it becomes DE-41. Take DE-141 south to I-95 north to I-295, to US-40 east across the Delaware Memorial Bridge. Pick up NJ-55 and then NJ-47 to southern New Jersey. Pick up NJ-347 which will then return to NJ-47 which will become NJ-657. Near Cape May Courthouse you will take Court House / South Dennis Rd. This will be the Garden State Parkway a few miles north of Cape May. Continue south until the Parkway becomes Lafayette Street. Turn left on Madison Avenue, and head for the ocean. Turn left on Beach Drive (a.k.a. Ocean Front). In the middle of the next block is the Grand Hotel at 1045 Beach Avenue.

2017 Fall Tour Committee

Responsibility	Name	Email/Phones (A/C 717 assumed)
Chair, Budget, Hotel Liaison, New Rider Orientation	Bill Pickering	billpick55@comcast.net 232-1326, 514-4634c
Cape May Beacon, Warm-Up Rides Coordinator	John Donoughe	jdonough.pa@netzero.net 774-5073
Assistant Chair/Secretary, Cape May Activities, Welcome Packet	Phyllis Zitzer	pjzitzer@verizon.net 379-3054
Road Master, Six-Pack Coordinator	Mike McMullen	Mcmullen@acm.org 730-6073, 215-7066c
Assistant Road Master, Restaurant Arrangements	TBD	
Cape May Hospitality	Cindy/Tim Hoehn	cahhoehn@gmail.com wtimHoehn@gmail.com 422-3557c
Registration, HBC Ops Committee Liaison	Dave LeRoy	dhlbbh@pa.net 418-9665c
Publicity	Dale Bluman	dalebluman@embarqmail.com 249-1141, 580-3108c
Ride down points-of-interest Coordinator	Joe Mushalko	jmushalko@msn.com 732-5897, 460-6984c
Baggage Transportation	Ginny Reynolds	bob.reynolds.7610@gmail.com 545-3590, 645-1730c
Cape May Rides Coordinator	Cindy Hoehn	cahhoehn@gmail.com 422-3557c
New Rider Orientation	Bill Pickering	billpick55@comcast.net 232-1326

The Weekend in Cape May

Friday, upon check-in at the Grand Hotel, you will receive your room key and an information packet. **Bikes are now allowed in the rooms. Please bring along a portable bike stand. The stand will allow you to store your bike independent of any walls or furniture.** (Please use care in storing your bike to avoid damage to the facility, and **please don't use the hotel linen supplies to clean bikes.**) A lock and cable are recommended to secure your bike for those times when it is out of your room for any reason.

After settling into your room, you'll probably want to find the Hospitality Suite (# 127, 1st floor) or, if adventurous, take a dip in the ocean! Light refreshments and beverages will be provided in the Suite. Look for the signs to the Hospitality Suite.

This year we will have a Friday welcome dinner at 7:00 pm. An Italian Buffet with a cash bar should exceed the demands of most participants. This dinner is included in all the tour package options. This is the one time during the weekend when everyone will be together for discussing experiences of this year's ride down and any other areas open for conversation.

Some information about Cape May attractions will be provided when you register at the hotel. Additional information about Cape May attractions will be available in the Hospitality Suite. The suite will also have information for the Saturday and Sunday activities. This is where the other club members congregate and socialize.

Please remember that all meals except the Friday welcome dinner and the Saturday continental breakfast are

"on your own" at Cape May. Information about restaurants is available at <http://www.capemaytimes.com/Restaurants/cape-may.htm> (for advance planning), in the Hospitality Suite or at the front desk to help you plan and perhaps get a group together, too.

Saturday From 7:00-8:30, a continental breakfast including oatmeal, bagels, with peanut butter and jelly, coffee (decaf & regular), milk, water, and possibly tea will be available in the Hospitality Suite (# 127, 1st floor). **At (8:30 am)**, a group photo will be taken on the roof-top deck directly above Hemmingway's Restaurant. Please wear your HBC or Fall Tour jersey if possible. Let's get everyone in the picture!

The rest of the day should be used to check out the local sights by bike or on foot. Several group rides will be offered, and maps will be available for doing your own thing. All group rides will likely either include or end with a lunch stop. Cape May attractions include: the beach, the boardwalk, shops, restaurants, Victorian area with walking and trolley tours, and Cape May Point which features a light-house, museum, and nature area which is a haven for migratory birds. Kite flying is another popular beach activity.

Saturday evening dinner is on your own. It is strongly suggested that dinner reservations are made either Friday or early Saturday for this evening. Then after dining, enjoy the nightlife of Cape May, or do anything else that tickles your fancy.

Sunday will see many of us doing a little light riding or finding that last souvenir prior to checking out. Please keep in mind that **check out time is 11:00 am**, and plan accordingly. The bathroom in room #127 (Hospitality Suite, 1st floor) will be available for showers and changing for those people who would like to go for one last bike ride or enjoy the beach later into the day. **But, bring along the towels from your room. No extra linens will be provided, but leave them there when you depart.**

EXTENDING YOUR STAY

If you are interested in extending your stay in Cape May a few days by arriving early or staying afterward, the Grand Hotel is offering HBC members a discounted room rate (no meals) of \$89 plus tax [subject to change], single or double occupancy, available for Thursday and/or Sunday nights. These arrangements must be made in advance directly with the hotel by calling (800) 257-8550 and letting them know you are an HBC member. These fees will not be a part of the HBC group weekend registration cost and must be paid individually to the hotel. Ask the hotel if additional nights are possible based upon availability.

We hope you enjoyed the Fall Tour. Please have a safe trip home!

Emergency Contact Phone Numbers

For the convenience of all the participants of this year's Fall Tour, a separate sheet of **Emergency Contact Telephone Numbers** has been provided at the end of the Cape May Beacon. Each section of the sheet has the same contact information. Just cut one of the sections off and give it to anyone who may need to use this information to contact you while you are participating in the event.

Fall Tour Schedule of Events

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Event</u>
Aug. 19	Sat.	8:00 am	Ride #1, details TBD - See HBC August <i>Special Rides on the HBC site</i>
Sept. 9	Sat.	8:00 am	Gettysburg FT Warm-Up Ride #2 , 69 Miles - See September <i>Special Rides on the HBC site</i>
Sept. 17	Sun.	7:00 am	HBC Century Ride -varying mileages - See Century <i>on the HBC site</i>
Sept. 19	Tue.	see →	4-Day Fall Tour Ride Down begins – From Harrisburg (10:00 am) to Ronks, PA. Your six-pack leader will have additional details.
Sept. 20	Wed.	7:00 am	3-Day Fall Tour Ride Down begins – Hershey to Newark, DE
		9:00 am	4-Day Ride Down continues – Ronks to Newark, DE
Sept. 21	Thur.	7-8:00 am	Ride down continues – Newark to Dover, DE
Sept. 22	Fri.	7-8:00 am	Ride down continues & finishes – Dover DE to Cape May, NJ
		>3:00 pm	Arrival, check-in at Grand Hotel
		3-6:00 pm	Hospitality Suite is open at Grand Hotel (Room # 127, 1 st floor).
		7:00 pm	Group Welcome Dinner Buffet at the Grand Hotel
Sept. 23	Sat.	7-8:30 am	CONTINENTAL BREAKFAST (Room # 127, 1 st floor)
		9:00 am	12 mile "D" ride , historical ride around Cape May, Sunset Beach, & Cape May Point including the lighthouse.
			20-25 mile "C" ride , Cold Springs Village and the bay, lunch back in Cape May.
			41 mile "C" & "C+" ride , destination Stone Harbor.
		10:30 am	20-25 mile "D+/C" ride , 'Kay's Kaper', a gentle ride with Lunch at Harpoon Harry's
			Note: Cue sheets for additional rides will be available. These are on your own – no leaders will be provided.
		All day	Kite flying and relaxing on the beach. Doing tourist activities.
		3-6:00 pm	Hospitality Suite is open at Grand Hotel (Room # 127, 1 st floor).
		6-???? pm	Dinner and evening are activities (on-your-own). It is important to make dinner reservations early in the day or better yet Friday evening.
Sept. 24	Sun.	7:00 am	Sunday Morning Social at Cape May, pre-breakfast ride at Grand Hotel
		11:00 am	Room check-out time from Grand Hotel.

Cape May is a charming town filled with gaslights, gingerbread and gables, and is often called America's oldest seaside resort. The entire town is a National Historic Landmark filled with dozens of restored Victorian buildings, many of which are open to the public for tours.

The following activities will take place during our visit to Cape May. This information is FYI only, and is not intended as an endorsement. More information is available from Phyllis Zitzer (379-3054) pjzitzer@verizon.net. Additional information will also be available in the packet you will receive at registration or in the Hospitality Suite in Cape May. If something sparks some interest, you'd be wise to phone ahead for more information or access their Web page. Please call Phyllis with any questions.

Cape May Co. Dept. of Tourism, (800) 227-2297, www.thejerseycapemay.com, → **Check these two** ←
 Cape May County COC, (609) 884-5508, www.capemaychamber.com → **sources first!** ←

<u>Date</u>	<u>Time</u>	<u>Event</u>
Sept. 23-24		Cape May:
		<u>Cape May Whale Watcher</u> , (800) 786-5445, http://www.capemaywhalewatcher.com
		<u>Mid-Atlantic Center for the Arts</u> , (800) 275-4278, www.capemaymac.org
		Additional information and tickets for the activities below may be obtained at the Information Booth at 1048 Washington Street:
		<u>Cape May Walking Tours</u> (1.5 hr.)
		<u>Cape May Trolley Tours</u> , (800-275-4278), [http://www.capemaymac.org/ search for Trolley tours.
		<u>Climb Cape May Lighthouse</u>
		<u>Emlen Physick Estate Tour</u>
		<u>WW II Fire Control Tower No. 23</u>
		Bay Springs Farm Alpacas, 609-884-0563, [http://www.bayspringosalpacas.com/], 542 New England Rd. (on the road to the Higbee Beach Wildlife Management Area). Visit the alpacas and the farm store with alpaca clothing, fleece and yarn. Open Saturdays and Sundays, 10a.m. - 4 p.m.
		<u>Cape May Brewing Company</u> , 609-849-9933, [http://www.capemaybrewery.com/], 1288 Hornet Road, Rio Grande, NJ - located near the airport. It that offers tours and tastings on Saturdays and Sundays (Noon-8 p.m.)
		<u>Cape May Hawk Watch platform in Cape May Point State Park</u> . - Peak flights in late September and early October - more than 2,000 or 3,000 birds in a single day
	10:00-5:00 pm	<u>Cape May County Park & Zoo</u> , US Rt. 9, (609) 465-5271, http://www.capemaycountygov.net/ See park/zoo icon at top left.
		Cold Spring Brewery, 609-854-3077, 733 Seashore Rd. Cold Spring Village, CM, http://www.coldspringbrewery.org/ . Open Noon-8 pm
		<u>Historic Cold Spring Village</u> , 720 Rt. 9, Cold Spring, (609) 898-2300, www.hcsv.org
		<u>Cape May County Historical Museum</u> , (609) 465-3535, closed Sunday, www.cmcmuseum.org
		<u>Wetlands Institute</u> , (609) 368-1211, www.wetlandsinstitute.org , Fall Migration Festival Sept. 23
Stone Harbor:		
Wildwood:		Wildwood Irish Fall Festival and Fall Boardwalk Classic Car Show, http://www.cmcaoh.com/pdf/iff/2017/schedule.pdf

LUGGAGE TRANSPORTATION OPTIONS

We will once again offer a luggage service to transport ride-down baggage to each of the ride-down hotels and to the Grand Hotel in Cape May. Please bear in mind that the luggage shuttle will not be available while riding, so please make sure that you have any supplies that you may need for the day with you. (This includes things like repair equipment, inclement weather gear, etc.). Also, if you are not staying at the Grand Hotel in Cape May, you will need to consider how you will pick up your luggage and transport it to your lodging choice.

People can bring their bags to Ginny Reynolds at 7610 Morningstar Ave, Harrisburg (north of Hershey) at these times:

Sunday and Monday, 4:00 – 8:00 PM. Call first at **717-545-3590** to be sure Ginny will be home.

Another option is to bring your bags to the HBC Century and they will be forwarded to Ginny Reynolds.

People can also bring their bags for the trip down to the HBC Century Ride. Mike McMullen's car will have a sign, "Fall Tour Bags".

People can also drop their bags for the trip down at Mike McMullen's house, 210 N 17th Street, Camp Hill from 8:00 am until 5:00 pm

Sunday, September 17. 717-730-6073, 717-215-7066c

WHAT TO CARRY WHEN, NOT IF

It is best if you carry a small selection of items to meet your needs during the ride, especially if you chose to have the majority of your gear in the baggage transport. Here is a starter list put together from the editor's experience. He often carries more, but to each his own!

- Spare inner tube that fits your bike
- Tire tools
- Pump or tire inflator of your choosing.
- Patch kit for tubes
- Sunscreen
- Sunglasses
- Raingear
- Clothing to meet changes of weather
- Toilet paper
- First Aid items – adhesive bandages, analgesic tablets, alcohol wipes, medications
- Emergency Contact & Medical Information
- Bike Cable and Lock
- Assorted Food items
- Spare Money (Ice Cream is an emergency sometimes).

PRE-TOUR BICYCLE MAINTENANCE

Preventative maintenance on your bicycle goes a long way toward reducing the number of problems you have when you tour by bicycle. It is good advice to make sure tires and tubes are in excellent condition; the brakes have serviceable pads and are well adjusted; and the drive train of the bike is properly lubricated and working well. It is also a good idea to make sure every fastener on the bike is tight.

It is best to perform the pre-tour maintenance several weeks before the tour. This will give you enough time to adjust

something that may not be working properly. After everything is working OK and nothing unexpected happens, don't mess with anything except tire inflation and chain lubrication. **If it "ain't" broke, don't fix it.** Too often, last minute repairs cause headaches while on tour. If you're capable of doing your own maintenance, great! If you're not able to do that, use the services of your favorite bicycle shop and let them do the work for you.

CLOTHING CONSIDERATIONS FOR THE TOUR

A wide variety of weather conditions can be experienced on the Fall Tour. Temperature conditions can range from the low 40's into the 90's. Compounding this situation is the fact that it sometimes rains on the tour. Your choice of biking attire should address these concerns. It is often advantageous to mix and match clothing combinations in order to maintain a comfortable condition for your body. For example, a long-sleeve jersey can be worn over a short-sleeve one in cool conditions. Just wearing glove liners under your biking gloves will add comfort to your hands. Leg warmers bridge the gap between bare legs and full-tights conditions. Your

windbreaker can do double duty as a rain jacket or it can keep your body warmer.

With the possibility that it could be wet and cold at the same time, you want to provide for ways of staying warm while possibly being wet. It is best to have available items made of synthetic fibers like polypropylene or natural fibers like wool that retain their ability to retain heat when wet. Items made of cotton are your enemy in this effort. Cotton when wet insulates as well as a sheet of aluminum. Not good! Save your cotton tee shirts for the evening at the hotel. Call members of the Fall Tour Committee if you have any questions.

PROTECTING GEAR FROM WEATHER

The question in your mind should be, "**When it rains, ...**" not "If it rains, ...". If you don't adequately protect your gear on a tour, something will get wet. Usually, it's something you can't do without because you only brought along those things you absolutely had to carry (or wanted to). From the suggestions of Owen Moore and the editor's own experiences, here is how to make your gear more water resistant, because there's no guarantee of waterproofness.

By definition, packed panniers are bags within bags within another bag. At the individual item level, place all your gear in freezer-weight, zip-lock style bags. Use lots of them. An

example would be placing two pairs of socks in a sandwich-sized bag. After expelling as much air as possible from the individual bags and sealing them, pack these bags into a heavy plastic bag that fits inside the pannier itself. The heavy plastic bag protects the individual bags from undue damage. I know what you're thinking! Panniers are advertised to be resistant to rain, but water has the nasty tendency of collecting in their bottoms and not allowing it to escape. Therefore, take the caveat and protect your gear. It's also suggested that you carry a few spare zip lock bags to replace damaged ones or to protect souvenirs you may purchase.

CONDITION TRAINING FOR A TOUR

Another question that is asked about bicycle touring is how one gets in condition to do a tour. **Realistically, for the 3-day riders, you must be able to cycle the whole day Thursday (the longest at ~ 70 miles) with your gear and maintain an 11-MPH average speed. The other longest day is 50 miles. A ride meeting the criteria above should be successfully undertaken during the month leading up to the tour. This will ensure that you can actually do well during the ride-down portion of the Fall Tour. 4-day riders should be able to go the 70.**

If you are cycling to Cape May, one way to do this is to get on your bike and get a fair amount of riding miles under your belt. This mileage should go over a wide variety of terrains, especially those containing hills. The mileage should also include long rides to increase your stamina. The editor's own way of conditioning and preparing for a tour involves carrying loaded bags (panniers) on regular club rides

for a few weeks before a tour. Load the bags with actual gear that will go with you on the tour. This has several good points to mention. First, you will get used to carrying the bags on the bike. Second, you will be able to fine tune what you actually keep in the bags, because the bags can get heavy, and it forces you to really keep only those things you will actually need. Lastly, with the bags packed ahead of time, you won't have to rush around the night before the tour to get your stuff together.

The warm-up rides displayed on page 6 along with the HBC Century ride, provide great opportunities to condition and test both your body and your bike before the tour itself.

If this your first, long-distance touring experience, please call Bill Pickering @ 232-1326.

“Weather” or not to bring bikes if driving to Cape May

Too often people drive down to Cape May for the weekend and leave their bikes at home because of the forecast of inclement weather. Far too often, these same people wish they would have brought their bikes because the weather will change to allow some biking, even after a big coastal storm. Caveat emptor!

SUGGESTIONS FOR FIRST-TIME TOUR RIDERS

If this is your first experience with long-distance, tour-type riding, welcome! You probably have a few questions regarding how you get ready for such a ride. It is suggested that you talk to a few of the veteran tour riders in the club and learn from their expertise. They will be able to offer their advice and counsel to make your first tour trouble free and more enjoyable. But, don't do this at the last moment. Contact one of them as soon as possible. Bill Pickering (514-4634) has offered to help with ‘newbie’ orientation. Bill prefers talking live on the phone, but you can also contact him at billpick55@comcast.net. Bill will contact each first-time Fall Tour Participant just to touch base.

Also, take advantage of the warm-up rides shown below and other long-distance club rides to improve your road training for the tour. There is just no substitute for a good mileage base and plenty of saddle time.

FALL TOUR WARM-UP RIDES

West Shore Fall Tour Warm-up Ride #1

Saturday, August 19, 2017 – 8:00 a.m.

Wegmans, 6416 Carlisle Pike, Mechanicsburg

48.8 miles Tour Pace(s) **

Ride Coordinator: Marilyn Chastek (717-798-4537)

This ride is a micro-version of the Fall Tour with several good climbs in the beginning and flatter riding in the second half of the ride. Most of the route is on quiet back roads. There are several options for rest rooms, food and water along the way. This ride will go rain or shine, unless weather conditions are hazardous. Some cue sheets will be provided but you might want to print your own. Riders will break into small groups based on average speed, so come prepared to read cue sheets.

Park near the Market Café, at the east end of the building. Park as far away from the building as possible to the east as a courtesy to shoppers.

** Tour pace(s) – A minimum of 11 mph should be maintained all day during the ride. Some groups go faster. Whatever works!

Gettysburg Fall Tour Warm-Up Ride # 2

Saturday, September 9, 2017 – 8:00 am

Warrington Township Municipal Building, Rossville,

69 Miles, Tour Pace(s) **

Ride Coordinator: John Donoughe (H: 774-5073 W: 787-6136)

Join John on one of the favorite rides of the HBC. The ‘Ride To Gettysburg Square’ will get us to the Pub and Restaurant or the Lincoln Diner in time for lunch. The terrain will include rolling hills. Maps and cue sheets will be provided.

Directions To Start: From the Lewisberry exit, #35 of I-83 take PA 177 west toward Pinchot State Park. Travel 8.7 miles. After you cross over the bridge spanning the extreme west-end of Pinchot Lake, pass the community park. The municipal building will be next on the right.. From PA 74 at Rossville, take PA 177 east for 1/4 mile. The township municipal building will be on your left. Park neatly next to the building.

** Tour pace(s) – A minimum of 11 mph should be maintained all day during the ride. Some groups go faster. Whatever works!

EXTRA THREE CREEK CENTURY EXTRA
Sunday September 18, 2017
Rides of 18, 25, 50, 75, and 100 miles with varying difficulty.
Penn Township Fire Department Complex
1730 Pine Road in Newville.

This is not a race but rather a leisurely ride through the scenic Cumberland Valley of central Pennsylvania. Ride on lightly-travelled roads along and over the Conodoguinet, Yellow Breeches and Big Spring creeks which feed the Susquehanna river. Cue sheets, sag wagons and rest stops are provided for all routes as well as markings on the road to guide the riders on the routes. This event is well known for its homemade cookies, soup and other great food.

Most of the routes offer gentle terrain with enough small hills to keep the ride interesting. On-road routes of 100, 75, 50, and 25-mile lengths are available plus the 18-mile route on the Cumberland Valley Rail Trail. Also for 2017: *The 50-mile South Mountain Challenge! This is an optional alternate ending to the 50-mile route that adds some additional climbing up to Big Flat for those riders looking for more of a challenge.*

The 2017 Three Creek Century will be held at the Penn Township Fire Department complex at 1750 Pine Road in Newville. This location offers plenty of restrooms, parking and picnic facilities, and great access to the quiet rural roads that wind through beautiful western Cumberland County. The revised routes retain the favorite parts of the courses from previous Three Creek Centuries while adding new scenery that showcases some of the best riding to be found in the region.

The Cumberland Valley Rail Trail Route: A ride along the beautiful Cumberland Valley Rail Trail is being offered as an option for riders looking for a quiet no-traffic ride. The trail is a crushed limestone surface suitable for most types of bikes. Ride from Newville to Shippensburg Township Park and back for a total of 18 miles. Start at the Newville trailhead at 23 McFarland Street.

“SIX-PACK” ORGANIZATION & ASSIGNMENTS
>>>> Important Information For Participants Bicycling to Cape May <<<<

Everyone biking to Cape May is assigned to a “Six-Pack”. A tour-experienced leader heads up each group. The idea is to make several small manageable groups from one big monster group. The Road Master keeps track of all riders through those leaders. The pack uses the ‘musketeers’ motto, “All for one, and one for all”. During the ride each day, they stay together and do things by consensus.

Why? The small groups work better when riding on the roads. Other vehicles can more easily pass a small group of cyclists and motorists give more respect to the six-packs. Safety is promoted because single members have the help of the other pack members should they need it. You don’t have to carry everything because the grouping allows for sharing of tools and

experience to make the ride easier. Being able to socialize and talk to your friends makes the ride more enjoyable too.

Six-pack assignments were accomplished in two ways. Some groups of people just wanted to ride together. The other way was to place people in packs for compatibility in regards to riding ability.

The leader of your assigned six-pack will contact you shortly to handle some administrative details and determine the what, where, when’s, etc. for the six-pack’s bike ride to Cape May. They will also confirm your arrangements for getting home from Cape May (IMPORTANT: see Getting Home Again, page 9).

On the way to Cape May The Ride Down

Tuesday And They're Off ... Sort Of!

Day One Synopsis:

6:54	7:04
4-day Ride Group:	
<u>Ride:</u> 50 miles, rolling hills	
<u>Meet:</u> East-end Walnut Street Bridge in Harrisburg, time TBD by six packs.	
<u>Dest:</u> La Quinta Inn & Suites, Ronks, PA	
Phone: 717-392-8100	

The riders doing the four-day option start today. The end point for those starting today are shown above. A later start time is planned because there are fewer travel miles to ride today. The group will enjoy riding through Dauphin and Lancaster counties.

Wednesday ... And They're All Off!

Day Two Synopsis:

6:52	7:01
3-Day Ride Group	
<u>Ride:</u> 92.7 miles, rolling hills	
<u>Meet:</u> 7:00 am, location to be determined by the six-pack leader	
<u>Lunch:</u> Hershey Farms in Strasburg Phone: (687-8635)	
<u>Dest:</u> Red Roof Inn And Suits, Newark, DE	
Phone: (302) 368-8521	

For the riders doing the three-day option, barring any hurricanes as we get closer to the shore, Wednesday will be the toughest day of any ride to Cape May. We'll enjoy some of south-central PA's finest farmland as we roll southeast through Dauphin, Lancaster, and Chester counties en-route to Newark, Delaware. Pleasure stops will be at a minimum, as this 90-mile day will consume most of the available daylight. The starting point will be determined by the six-pack leader. Be there and ready to ride at the time decided by your six-pack and earlier if you plan to have breakfast. Lunch will be at the Hershey Farms Restaurant on PA 896 just north of Strasburg. The lunch stop is a traditional "jumping on" point for those wishing to do a shorter ride today (44.1 miles). If you take this option, make sure that:

- you arrive in time to join the group for lunch or at least early enough that you don't delay your six-pack.
- you park on the outer fringe of the lot
- your ride home is willing to detour to Strasburg to drop you off
- your six-pack leader is fully aware of your plans

4-day Ride Group

Ride: 46 miles, rolling hills
Dest: Red Roof Inn And Suites, Newark, DE
 Phone: (302) 368-8521

For the riders doing the four-day option, a later start in the morning is again planned as well. This group will get to the Red Roof Inn And Suites in Newark in plenty of time to organize the welcome celebration for the arrival of the three-day riders.

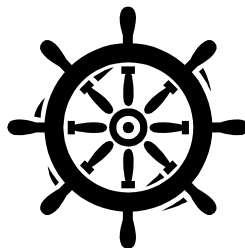


Thursday ... Bring on the Flats (Uh? Terrain that is!)

Day Three Synopsis:

6:51	6:58
<u>Ride:</u> Approx. 70 miles, relatively flat	
<u>Lunch:</u> TBD, the Six pack leaders will distribute the information to riders.	
<u>Dest:</u> Home2 Suites by Hilton, Dover, DE	
Phone: (302) 674-3300	

Dover is the end point for today's ride. Times for breakfast and the ride start time will be set by consensus at the motel Wednesday evening, but generally expect to be on the road not much later than 8:00 am. We will take advantage of the historic significance of Dover itself. For the second time, we will utilize the Historic Dover Capitol as our tour highlight for Thursday. The arrangements to view and learn in this area will be set up for the last part of the day just before we finally head into the hotel for the evening. We will be staying in an almost brand new hotel in Dover!



Friday.... Bikes on Boats

Day Four Synopsis:

6:51	6:54
<u>Ride:</u> 62.4 miles (52.4 to ferry), relatively flat (windy????)	
<u>Lunch:</u> Six pack leaders will distribute information.	
<u>Ferry:</u> 1-800-64-FERRY, Lewes Terminal (302) 664-6030	
http://capemaylewesferry.com/	
<u>Dest:</u> Grand Hotel, Cape May, NJ, Phone: (609) 884-5611, (800) 257-8550	

Friday's ride from Dover can turn into a "run for the ferry". Avoid this temptation if you can. The Lewes Ferry (pronounced "Lewis", not "loose"), is on the Delaware Bay across from Cape May.

Lewes is also the home of Cape Henlopen State Park, the Lewes Historic complex, and a charming downtown. If time allows in Lewes, take a few moments to see the sites and then catch the ferry. The Grand Hotel isn't going anywhere and Check-in at the Grand Hotel does not begin until 3:00. Lunch items can be obtained in town or on the ferry itself. You should plan on making the **12:15, 1:45, or 2:45** ferry so that you can possibly enjoy the beach a little upon arriving in Cape May. The crossing by ferry takes 70 minutes. The fares and the current departure times are shown below for your convenience. Sometimes, additional departures are added.

Fares:

Car (< 20') - \$39.00

Vehicle (20' - 25') - \$44.00

Motor vehicle rates may be different

Bike/w rider \$10.00

Passenger: Car/Bike \$10.00

(Tandem = \$20.00)

Senior 62+ \$8.00 applies above

Departure Times (from Lewes):

am: 8:45, 10:15, 11:15

pm: 12:15, 1:45, 2:45, 4:15, 6:15, 7:45

IMPORTANT:

Bicycle riders purchase tickets at the terminal building right before boarding the ferry, not at the parking entrance. Time should be allowed for this activity.

A photo ID is now required for all drivers and foot passengers to board the ferry.

Also, bring along a bungee cord or short rope to help secure your bike on the ferry.

Advance Reservations for cars is a must - the ferry usually sells out. Popular ferry activities include: enjoying the crossing, naps, and snacking, writing postcards, sending Emails, and feeding the gulls. Flying kites is a no-no.

Once on the New Jersey side, it's a short bike ride to the Grand Hotel, where the Hospitality Suite will be open for business (3:00 - 6:00 pm). Refreshments, ride information, and tourist information will be available there. Everyone will gather there to socialize.

Important -- Advanced Reservations For Cars On The Ferry -- Important

Advanced ferry reservations for any motor vehicles traveling with the Fall Tour must be made. Very often, the Cape May Lewis Ferry is booked solid for cars for several departure times on Friday afternoon. It is best to figure out the most likely departure time that your bicycle riders will use, and then make your reservation for that same time. Otherwise, you most likely will have to wait for a later ferry departure time to Cape May. Advanced planning is a wise course of action.

Shuttling Cars To Cape May

The possibility exists that some of the participants may want to shuttle their vehicle to Cape May. One person could transport back 3-4 others that leave their vehicles in Cape May. This could take place the weekend before the actual fall tour. If anyone would like to do this, call Bill Pickering (232-1326). He will coordinate the logistical details.

Getting Home Again

Please keep in mind that those people cycling to Cape May are individually and personally responsible to arrange transportation home from Cape May for yourself and your bike.

The regular email updates from the tour registrar (Dave LeRoy) will give you the latest information for those participating in the 2017 Tour, and those people needing or offering transportation home from Cape May. The earlier you start, the easier it will be to make any arrangements. Remember, that operating a motor vehicle is expensive, so please be fair and generous in sharing the cost of your trip home.

Restaurants in Cape May – Recent Discoveries:

- Panico's Bistro, 609-884-7170, 422 Broadway (5th and Broadway), in an old church, where they set up long tables to accommodate any size group, with good Italian food and reasonable prices. BYOB. Open for dinner starting at 5 p.m. <http://www.panicosbistro.com/>
- George's Place, 609-884-6088, 301 Beach Drive for breakfast, lunch or dinner (cash only) (limited seating, so go early) <http://www.kararestaurantgroup.com/>
- [Cucina Rosa](#), 609-898-9800, 301 Washington St. (Washington Street Mall), a highly rated classic Italian restaurant, where everything's homemade from the seafood specialties to the meatballs. Dinner reservations recommended.

Additional Recommended Restaurants in Cape May:

- 410 Bank Street, Cape May, NJ (609) 884-2127, island atmosphere - highly acclaimed yet casually elegant.
- A Ca Mia 524 Washington Street - Northern Italian cuisine, Washington Street Mall. (609) 884-6661 <http://www.acamiacapemay.com/>
- Blue Pig Tavern (at Congress Inn), Congress Place and Perry St. (609) 884-8421
- Carneys, 401 Beach Avenue (609) 884-4424 <http://www.carneyscapemaynj.com/>
- Godmother's, 413 S. Broadway (Broadway and Perry) – Southern Italian cuisine (609) 884-4543 <http://www.godmothersrestaurant.com/>
- Lobster House, Fisherman's Wharf, Rt. 109 <http://thelobsterhouse.com/>
- Louie's Pizza, Guerne and Beach Avenue
- Mad Batter Restaurant, 19 Jackson Street (609) 884-5970 <http://www.madbatter.com/>
- The Cove Restaurant, end of S. Beach Avenue across from Sunset Pavilion (great for breakfast)
- Ugly Mug Bar and Restaurant, 426 Washington Street <http://uglymug.bar/>
- Uncle Bill's Pancake House, Beach Avenue and Perry
- The Black Duck on Sunset Restaurant (BYOB), 1 Sunset Blvd (Broadway & Sunset), West Cape May (609) 898-1900 [cattycorner to Godmother's] <http://www.blackduckonsunset.com/>

Here's a great idea?

Please, take this copy of the *Cape May Beacon* along with you for either the bike ride to the shore and/or for the weekend itself. There is a lot of information in this newsletter that can be useful for many event activities.



The Harrisburg Bicycle Club
Fall Tour c/o Dave LeRoy
1254 Mountain View Road
Shermans Dale PA 17090

FALL TOUR EMERGENCY CONTACT PHONE NUMBERS

Tue. Sept. 19	East-end Walnut Street Bridge in Harrisburg, PA – 4-Day <u>A</u> Group, ride-down start point.....	
	La Quinta Inn & Suites, Ronks, PA – Tuesday’s destination 4-Day Group.....	717-392-8100
Wed. Sept. 20	La Quinta Inn & Suites, Ronks, PA – 4-Day Group Wednesday start point.....	717-392-8100
	Hershey, PA – 3-Day Group, ride-down starting point (until 8:00 am)	
	Hershey Farms Restaurant, Strasburg, PA - 3-Day Group lunch	(717) 687-8635
	Red Roof Inn and Suites, Newark, DE – Wednesday’s destination	(302) 368-8521
Thur. Sept. 21	Red Roof Inn and Suites, Newark, DE – Thursday start point (until 7:30 am)	(302) 368-8521
	Home2 Suites by Hilton, Dover, DE – Thursday’s destination.....	(302) 674-3300
Fri. Sept. 22	Home2 Suites by Hilton, Dover, DE – Friday start point (until 7:30 am).....	(302) 674-3300
	Cape May Ferry, Lewes, DE 1(800) 64-FERRY / Lewes Terminal	(302) 644-6030
	Grand Hotel, Cape May, NJ - Friday’s destination and Fall Tour HQ.....	(609) 884-5611
Sat. Sept. 23	Grand Hotel, Cape May, NJ - Fall Tour Headquarters.....	(609) 884-5611
Sun. Sept. 24	Grand Hotel, Cape May, NJ - Fall Tour Headquarters (until 2 pm).....	(609) 884-5611

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