

## Cue Sheets

**Your primary official navigational tool should be the cue sheets.** Please note that the color of the cue sheet closely matches the color of the markings on the road surface.

## Road Marks

**Teardrop-shaped** road marks are used for this ride. Ignore any and all other road marks.  
Other organized rides make extensive use of these same roads.

## Order Of Rides For Longer Routes

Cyclists doing rides 50 miles or longer, should do the routes in the following order. This is necessary because sag services and rest stops will be discontinued earlier on the longer, 50 mile route and start later on the other routes.

Start with the:

**( 1 ) Big Spring Meander (50) w/ or wo/ Optional South Mt. Challenge – Blue Color  
(S. Mt. Challenge Riders! Pick up a cue sheet at rest stop (mile 27) for the second half  
of your ride- White Color)**

then do the :

**( 2 ) Opossum Lake Loop (29) – Orange Color**

and finish up with:

**( 3 ) Yellow Breeches Ramble (25) – Yellow Color**

**Medical Emergency Number 911 (then call the number below \*\*)  
Any Other Problems \*\* 717-745-6351**

If any other problems \*\* occur during the ride, the telephone number displayed above can be used to summon any help that may be required. The easiest way of telling the emergency or sag personnel where you are located is to refer them to the milage of the cue you last passed or the milage of the cue where you are now.

## How To Signal A SAG Wagon To Stop

How do you signal a SAG wagon to stop and assist you with a difficulty? A **“THUMB DOWN”** signal will be used to indicate to the SAG driver you need help. If everything is OK, the “THUMB UP” can be used to indicate that. The signals can be used at all times; either while cycling or when taking a break off the bike.

## Safety – Please

- **Helmets are required at all times while riding**
- Pass only on the left
- Announce that you are passing **“On your left”** to the other riders
- Stop at all stop signs, obey all traffic laws
- If you stop for any reason, **please move completely off to the side of the road**
- Follow the directions of any course marshals or officials
- Signal your turns and stops, use voice commands to reinforce the visual signals
- Ride no more than two abreast
- **Pace lines are strongly discouraged**
- Ride single file when cars approach from the rear
- Slow for all railroad crossings and cross perpendicular to the rails
- Share the road with walkers, joggers and other vehicle drivers
- **This is not a race – enjoy the ride**



**Read the other side for other important information**



Dear Three Creek Century Participant,

## Welcome to the 2018 Harrisburg Bicycle Club Three Creek Century!

All segments of the ride are made up of color-coded routes (see below). All start and return to the Penn Township Fire Co.

The 100 mile bike ride is made up of 3 routes. These routes are sag and rest-stop supported at specific times - thus it is important to follow the loops in the order listed below.

<u>Loop</u>	<u>Color</u>	<u>Latest Departure</u>	<u>Name</u>
50 miles	Blue or Blue Then White	<b>8:00 a.m.</b>	Big Spring Meander or optional Big Spring Meander w/South Mt. Challenge
29 miles	Orange	<b>1:00 p.m.</b>	Opossum Lake Loop
25 miles	Yellow	<b>2:00 p.m.</b>	Yellow Breeches Ramble
21 miles	On Trail	<b>11:30 a.m.</b>	Cumberland Valley Rail Trail Ride

Below are the start times for the various routes. Leave early enough to allow yourself time to arrive at rest stops before they close and to **finish by 5 pm.**

**→ → → ALL RIDERS MUST BE OFF THE COURSE BY 5:00 P.M. ← ← ←**

Routes	Earliest Departure	Route Colors	Approx. Mileage	Rest Stop Locations and Hours
<b>Big Spring Meander</b>	7:00 AM	<b>Blue</b>	11.0 26.9 50.9	Newville CVRT Trailhead ( <b>7:30 am – 11:30 am</b> ) Shippensburg Twp. Park ( <b>7:30 am – 2:30 pm</b> ) Penn Twp. Fire Co. ( <b>All day</b> )
<b>w/ S. Mt. Challenge</b>		<b>Blue then White</b>	26.9 50.5	Shippensburg Twp. Park ( <b>7:30 am – 2:30 pm</b> ) Penn Twp. Fire Co. ( <b>All day</b> )
<b>Opossum Lake Loop</b>	8:30: AM	<b>Orange</b>	13.8 29.0	Opossum Lake ( <b>8:30 am – 2:30 pm</b> ) Penn Twp. Fire Co. ( <b>All day</b> )
<b>Yellow Breeches Ramble</b>	8:00 AM	<b>Yellow</b>	12.0 25.3	Butler Park Mt. Holly Springs ( <b>8:30 am - 3:30) pm</b> Penn Twp. Fire Co. ( <b>All day</b> )
<b>CVRT Trail Ride</b>	8:00 AM		0.00 10.5 21.0	Newville CVRT Trailhead ( <b>7:30 am – 11:30 am</b> ) Shippensburg Twp. Park Trailhead ( <b>7:30 am-2:30 pm</b> ) Newville CVRT Trailhead ( <b>7:30 am – 11:30 am</b> ) Drive to lunch at the Penn Twp. Fire Co. 1750 Pine Rd, Newville, PA 17241

**Food and drink will be available all day at the start/finish of all three courses at the Penn Twp. Fire Co.**

An evaluation form will be sent to you by email about a week after the Century. Your comments and suggestions will make the ride that much better next year.

Sincerely Yours,  
HBC Century Committee

**→ → Read the other side for other important information ← ←**