

Welcome and Thank You All!

Welcome back to those who have supported Harbor to the Bay before, and welcome to our new participants! **The Harbor to the Bay Ride is an event that changes lives; you are now part of an all-volunteer, grass-roots effort to raise funds to care for people living with HIV and AIDS.** This Ride is possible because of you! We appreciate your hard work, courage, and commitment to the fight against HIV/AIDS.

Please read through this guide now, as it contains the **essential information** you need to ensure the event weekend is as smooth as coasting downhill! The following pages have been updated for 2009, and will help you prepare for the Ride, and finish with a smile!

In 2007, H2B welcomed our fourth beneficiary, **AIDS Action Committee of Massachusetts!** **They join our stellar beneficiaries;** Fenway, AIDS Support Group of Cape Cod, and CRI. With the addition of AAC, H2B furthers our mission to improve community awareness of HIV-care and services, to prevent infection, and to engage people impacted by HIV & AIDS.

100% of the funds you raise will go directly to our beneficiaries, who provide much-needed services, research, training and prevention efforts. The Ride is about doing together what no one agency could do alone – raising awareness statewide *and* creating a memorable and life changing experience!

The Harbor to the Bay Ride is *not* a race, and is more than a bike ride! We are creating a caring community where a diverse group of women and men come together in support of our family, friends, and neighbors who are affected by HIV and AIDS.

Why ride? Simply put, "*Because it is not over*". In Massachusetts, roughly 1,000 new cases of HIV are reported each year. As complacency about the disease continues to grow, the need for education and prevention becomes imperative. **Putting your heart and voice behind the H2B Ride will remind people that we have a lot of work to do to stop the spread of HIV/AIDS!**

Again, thank you for taking on this exciting challenge and joining hundreds of people from around the state and beyond. Our future rides on increasing awareness about HIV/AIDS, and embracing our community members who are already impacted.

Thank you for committing to make a difference!

Jim Morgrage
President, Harbor to the Bay, Inc.

What's New or Different for the 2010 H2B Ride?

This year, we want to highlight the extraordinary effort of the *Positive Pedalers*, a group of individuals living with HIV and AIDS, committed to eliminating the stigma of disease through public example. An orange flag, special T-shirt or hat identifies these brave individuals as they ride, volunteer, and crew for The Ride!

This Ride Guide can be accessed on our website.

Log on to www.HarborToTheBay.org for more great info! You'll find the most updated information about:

- ***Lodging and Hotel Partners:*** Check out P-Town sponsors who will give discounts to H2B participants!
- ***Bike Shop Sponsors:*** H2B participants will get great discounts with our Ride Sponsors, on everything from helmets, gear, and even new bikes!
- ***Contact Information:*** How and who to ask when you've got a question.
- ***Our Sponsors:*** These are the people that keep us pedaling! H2B happens because of the generosity of our sponsors, so please let them know how much you appreciate their donations!

Please remember to thank our sponsors for their support, and to mention them to your friends!

About Harbor to the Bay

2010 Harbor to the Bay Information

Harbor to the Bay was founded in 2003, in honor of the late Michael Tye, and it is his spirit that still inspires us to this day. Michael's dream has been realized in H2B, and we are proud of our accomplishments: **100% of over \$1,750,000 in pledges raised from 2003 to 2009 have been donated to charity.** For 2010, through your training, fundraising, and personal efforts, you will push yourself beyond your limitations, to make Michael's dream live on!

Harbor to the Bay is a one day bike ride from Boston to Provincetown that improves community awareness and care for people living with HIV and AIDS. Our mission is to give 100% of what we raise to our beneficiaries! No politics, no elaborate production -- just a dedicated group of individuals who want to ride and make a difference in our community. This is a grass roots initiative, and we are solely run by volunteers!

H2B is not a race! We welcome participants of all abilities to join us, whether as a crewmember or a rider. However you contribute, all we ask is that you commit to making a difference.

Riders: You have agreed to raise at least \$500 for our beneficiaries, and to ride either 68 or 125 miles in one day, Saturday, September 25, 2010. Your registration fee of \$50 will cover the costs of your ride shirt and mailings.

Crew: You have agreed to volunteer your efforts and services for the day of Saturday, September 25, 2010. You have no fundraising minimum to meet, but we strongly encourage you to raise as much money as possible. Your registration fee of \$25 will cover the costs of your ride shirt and mailings.

For more information, check out our website, or give us a call at the numbers listed below! We'll be happy to help, because we need you to make this Ride a success!

H2B Ride Info:

www.HarborToTheBay.org

877-H2B-BIKE (877-422-2453)

For ride updates, to leave staff a message, for any cancellations, or weather related information. The Ride line will be checked and updated regularly.

Where the Money Goes

2010 Harbor to the Bay Beneficiaries

100% of the dollars you raise for the 2009 H2B Ride will help fund the work of Massachusetts' four leading AIDS organizations. These beneficiaries exhibit the responsibility, accessibility, reach, and tenacity needed to have a major impact in the fight against HIV and AIDS. Each has a specific mission and focus. All are committed to making a difference. Together, they provide the full range of services for people living with HIV and AIDS.

Fenway Health
AIDS Support Group of Cape Cod
Community Research Initiative of New England (CRI)
AIDS Action Committee of Massachusetts

www.fenway.org
www.asgcc.org
www.crine.org
www.aac.org

Since 2000, as a result of severe state and federal budget reductions, our beneficiaries have been forced to make program cuts as a way to survive. But, today, our beneficiaries are fighting for their futures, and for their clients! By working together, and joining forces with the H2B Ride, they are working to raise the funding that is so desperately needed for their work! **And, with 100% of your money going directly to our beneficiaries, you can be confident that every dollar will have the maximum impact!**

As a H2B participant, you assist the efforts of these four agencies. By crewing, riding, fundraising, or doing volunteer work, you are helping to support:

- Prevention education
- Research
- Advocacy and Case management
- Medical services and Holistic health services
- Safe socializing environments
- Vocational counseling and training

One of the best parts of your participation is when you meet the fantastic people who dedicate their careers to fighting HIV and AIDS! Our beneficiaries are so powerful because of the great people who work there. They are the people for whom you are making a difference. Together, our beneficiaries, and you, the participants of H2B, will help break the vicious cycle of HIV and AIDS! **Thank you** for committing to make a difference!

Some Great Info!

2010 Harbor to the Bay Information

How do I get to the start?

- You will need to arrange your own transportation.
- Free parking will be coordinated with Northeastern University for the weekend of The Ride. Details will follow as we approach September.

How do I get my luggage to Provincetown?

We will provide free transportation for your luggage from Boston to P-Town.

You will be responsible for transporting your bike and luggage back from P-Town



- **Contact Quad Cycles or Back Bay Bikes, or your local bike shop for assistance in making sure your bike is ready for training and the Ride!**
- **Log on to our website for a list of supporting Bike Shops!**

Do I need to bring food?

We will provide breakfast, lunch, dinner, and snacks (we will do our best to provide vegetarian/vegan options for all meals). If you have a special snack that you like to eat while you ride, we suggest you bring that with you.



Are there stops along the route?

There will be a pit stop, with portable restrooms, roughly every **15 to 18 miles**. Each pit stop will have water, sports drinks, fruit, energy bars, etc. Crew members, volunteers, First Aid, and Bike Tech Crew will staff each pit stop along the route.

We ask that you stop at each pit stop and check in so that we can keep track of every rider on the route.

How do I get home from the Closing Ceremonies?

- You will need to arrange your own transportation.
- **Parking** will be available at Northeastern University. For driving directions please visit the NEU website, www.neu.edu

Recommended Packing List

You may bring one bag that **cannot** weigh more than 30 pounds. We recommend that your bag have wheels because you will move it around during check-in and from the Cape Inn to your hotel.

All Riders Must Have:

- Bicycle helmet with “CPSC” or “Snell” sticker
- Identification, money, credit card
- Insurance card
- Sunglasses
- Items necessary to change a flat tire.
 - Tire Irons
 - Spare Inner Tube
 - Bike Pump or CO2 Cartridges

We Also Strongly Recommend:

- Light rain or wind jacket
- Sun block
- Lip balm (with SPF sun block)
- Bug repellent
- Favorite energy food (Power Bars, etc)
- Ziplock for any money, phone, etc (to keep them dry)

Other Items to Consider:

- Disposable camera
- Notebook and pens
- Leg warmers and arm warmers (in case of unseasonable cold weather)
- Two (2) water bottles
- A fanny pack or small bike bag
- Cycling gloves
- Seat bag (for your technical supplies)
- Frame pump

Note: Log on to www.HarborToTheBay.org to find links to our Bike Shop Sponsors, where you can get this great stuff at a discount!

Essential Ride Prep

Get a Good Working Bike and Necessary Gear



- If you are new to riding, or if this is your first major bike ride, you may need to get a bike. Do that right away, so that you will have time to train and work out on the same bike that you will use for the Ride.
- Also check out our **Bike Shop Sponsors for rental ideas!**



- **Novice riders who own Mountain Bikes** are strongly encouraged to rent a road bike for the Day of the Ride! They're much easier to pedal, and won't wear you out just 10 miles outside of town. Trust us, it's worth the money! If you do not want to rent a bike at least change your mountain bike tires to street slicks to help increase the speed.
- As you begin, you only really need two basic things:
 - a good helmet
 - a pair of padded bike shorts
 - Don't let the equipment stop you. Our Bike Shop sponsors will work with you and help you get what you need so that you enjoy your ride!
- In addition to getting stocked up on equipment and gear, you should read up on bike safety—before you start training.
 - “Bicycling Street Smarts”
<http://www.bikexpert.com/streetsmarts/usa/index.htm>
 - Pointers for Group Riding
www.massbike.org/info/groupride.htm
- **Have an extra bike?** Be a bike buddy! Some of our Riders are looking to borrow bikes to train and ride on. If you have, or know, of an extra bike that might be available for loan, please let us know! A fellow rider will be very grateful!

Make a Fundraising Plan and Start Raising Money



- **How much money do I need to raise?**

The **minimum** fundraising requirement for Riders is \$500
Crewmembers have no minimum fundraising requirement, but are encouraged to raise as much as possible!

Note: If you are registered on a **team**, each rider should try to meet their fundraising minimum. But, if the team as a whole meets their team minimum, then each individual is covered.

- **Set a goal that is a challenge, but feels doable.**

- **Consider how you will achieve your goal**

- **Use the Web to raise funds via www.HarborToTheBay.org and your personal web page.**

- **Write a letter from your heart.**

- Please feel free to use the information we provide in this guide and on our website in your letter.
- Refer to sample letters available on our website. (located in “My Ride Center”)

- **Develop a mailing list.**

- Mail or email your letter to everyone and anyone you can think of.

- **Thank your donors and stay in touch**

- **Submit the donations you receive to the Ride office every few weeks.**

- **Share your ride experience**

- After the ride, be sure to thank your donors and share your experience with them.



Create a Training Plan and Start Riding



- If you are relatively new to cycling, please start slowly and work your way up to greater distances.
- Riding in a group is different than riding alone. It is good to have that experience early on so find a group to ride with.
- **You can join group Training Rides!** Many group training times and locations are listed on the Ride website, or check with a local bike shop.
- You need to decide how you will train in a way that fits into your life and schedule.

Please: Before you get on a bike, talk to your doctor about the Ride and your training plans. Make sure that you are physically fit enough to take on this challenge.



Training Plans and Schedules: YOU CAN DO IT!

- Lots of people find that having a schedule with recommended mileage is very helpful.
- For more training info go to the Harbor To The Bay website or: <http://www.ultracycling.com/training/training.html>



Nutrition and Hydration Tips

Nutrition is Key

- Eat *before* you get hungry!
- The every day food choices you make help boost or crash your energy. Good eating becomes more important when you train for an event like the Ride.

Hydration

- Drink *before* you get thirsty.
- Remember to drink both water and sports drinks (e.g. O Infused or PowerAde). This helps with electrolyte replacement due to the loss from your biking activity.
- As you train, keep an eye on how much you drink on hot days versus mild days.
- By Ride time, you will know how much liquid to drink at Pit Stops and on the Route.

Contact Us

Harbor to the Bay AIDS Ride

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