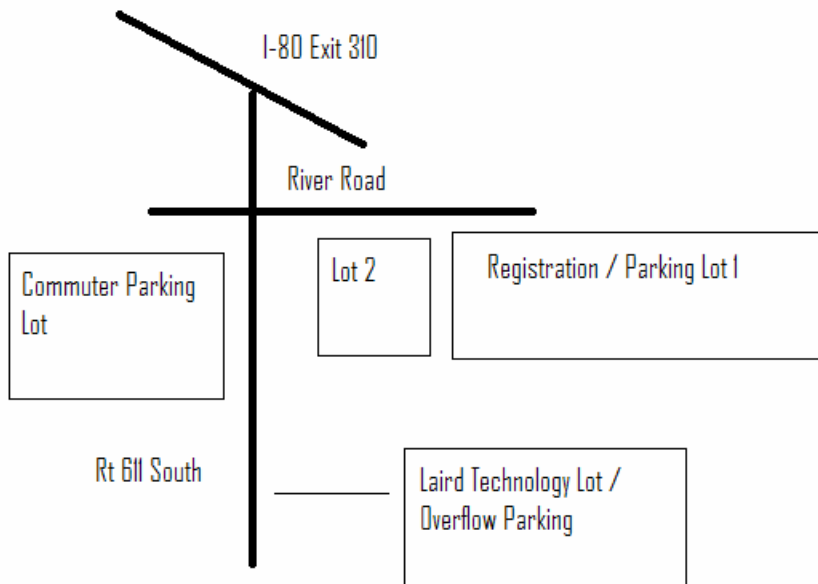


## Black Bear Century Information October 15 2011

**Start Location:** Minisink Sports Fields, River Road, Minisink Hills, PA (near Delaware Water Gap).

**Getting to the start:** From I-80 East or West take exit 310/Delaware Water Gap (in PA). Take River Road past the PA information center. The soccer fields will be on the right just after the RR tracks.

**Parking:** There are two parking lots (designated Lot 1 and Lot 2) at the Minisink Fields. . If the parking lots at the Minisink fields are full, you should park in the commuter parking lot (free) across from the tourist info center. **DO NOT park at the tourist information center, you will be towed or ticketed.** In the even both of these areas are full, we have permission to use the parking lots at Laird Technologies about 1/2 mile from the start. Follow Rt 611 from the commuter lots (toward Delaware Water Gap). Laird Technologies is on the left just past the Pocono Inn. Please use the parking lots and do not park along the road. Here is a diagram of the parking for the Black Bear Century



**Registration:** Registration will open at 6:30 am. You should plan to start no earlier than 7:00 am. It is not uncommon to experience river fog in the morning. This usually burns off quickly. It is likely to be chilly when you start, so plan your clothing choices with this in mind. There will be a clothing drop at the first and second rest stop.

The East Stroudsburg Youth Assoc. will have a concession stand open at the park where you can purchase light breakfast fare. There will also be a bicycle mechanic at the start.

**Route Markings:** The route will be marked with bright pink signs posted at the turns. Points where the various ride distances diverge will be clearly marked with green signs showing the route distances and direction. Informational signs will be either blue or yellow. The e-mail to which this document was attached has a second attachment titled *Route Maps Profiles and info*. Please open the attachment. **You should print the portions of it that apply to route you intend to do, and bring the copies with you to the ride.**

At some point on all the routes you will be crossing the Delaware River on the pedestrian walkway of the I-80 toll bridge. Regulations require bicycles to be walked, please observe this.

All the routes will also use Old Mine Road. At the south end of Old Mine Road there is a traffic light that controls one way traffic on a short section. The light is 3 minutes long. **It is VERY IMPORTANT that you wait for the green light as the road is truly one lane. There is NOT room for cars and bicycles to pass safely on this short section.** Please help us keep the National Park Service on our side by obeying this light.

**Safety:** The route is mostly on rural roads with very light traffic. For your safety please obey all traffic regulations. Remember, bicycles are considered vehicles and as such have all the rights and all the responsibilities of cars. Ride no more than 2 abreast and keep to the right as much as possible. Be considerate of cars and move to the right when it is safe for them to pass.

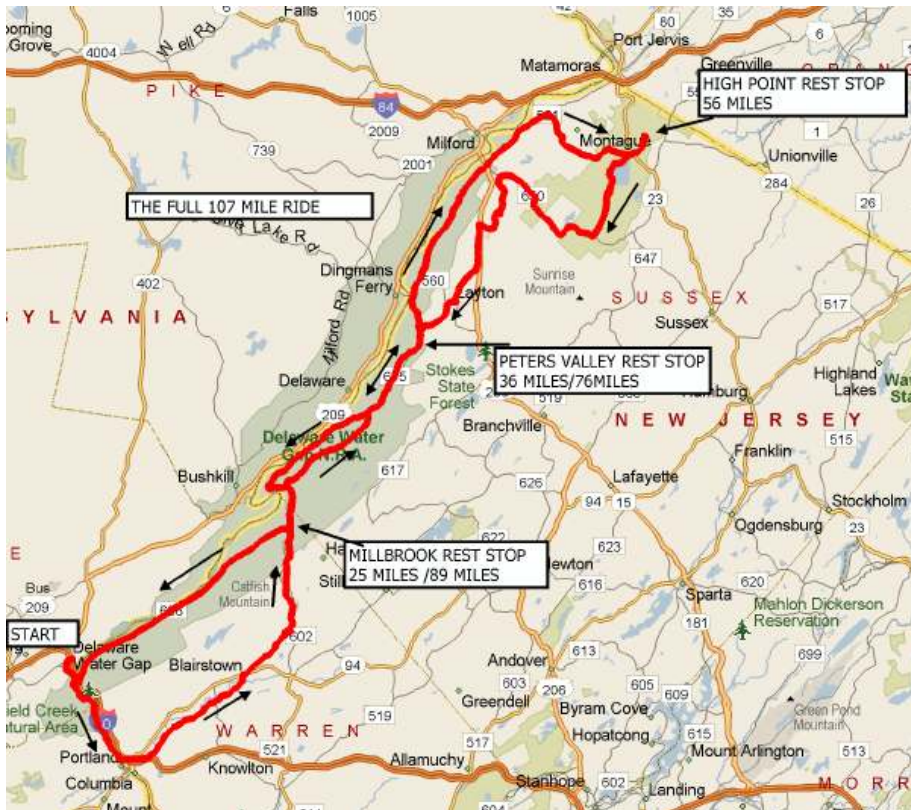
Scamp 'n' Rascal Cycling Adventures has a good relationship with the National Park Service, from whom we need permission to hold the event. Please help us maintain this good relationship by riding responsibly. The park service has denied permission to other events because participants were not acting responsibly. Please don't litter anywhere along the route.

**Going to High Point State Park:** If you are doing the 95 or 107 mile route, you will be going into High Point State Park. There is no fee to ride a bike into the park. The route will take you on Old Mishipacong Road. There is a sign at the beginning of Old Mishipacong saying "No Outlet". This applies only to cars. Bicycles can pass the barricade at the end of Old Mishipacong Road. When you reach the barricade, lift your bikes over the guard rail and go left on Park Ridge Road. Although Park Ridge Road is paved, it is a bit rough in places (think of it as our version of cobblestones). The rough section is less than a mile in length and should be no problem.

The rest stop at High Point is in a pavilion on the right shortly after the entrance. You may want to continue the climb to the monument at the top for the fantastic view then come back to the rest stop. Of course, you can certainly stop twice.

Most Important: HAVE FUN!

## The 107 Mile Route



### Rest Stop Hours

Millbrook: 8:30 – 4:30

Peters Valley: 9:30 – 3:30

High Point: 11:00 – 1:30

Post Ride Meal: 12:00 – 5:00

### Scamp 'n' Rascal Cycling Adventures Contact Information

Start: 610-653-9611

Roving Sag: 570-460-2523

Sag vehicles have two way radio contact with the start.

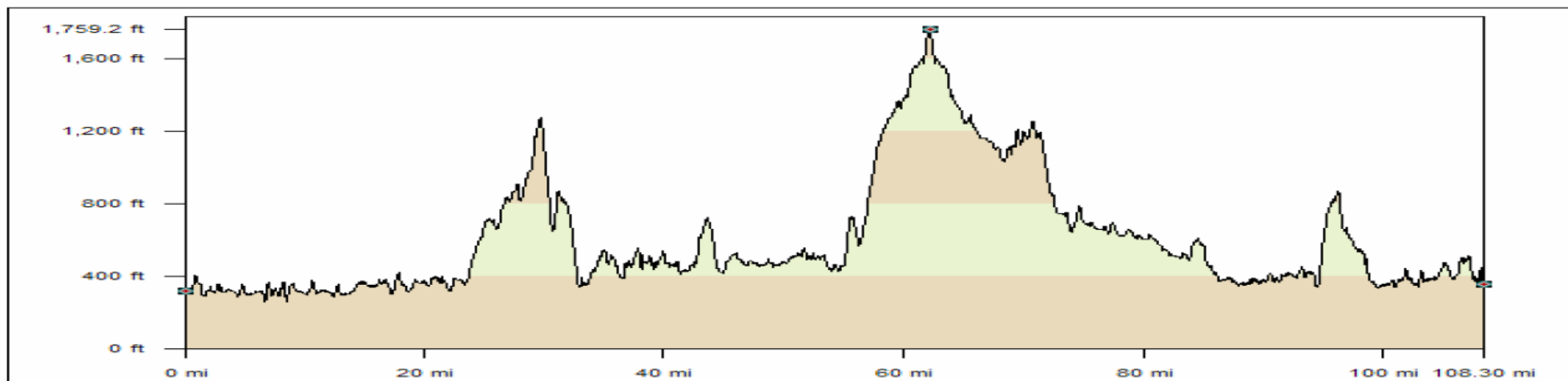
**EMERGENCY DIAL 911.**

**Suggested Start Time: 7:15 – 7:45**

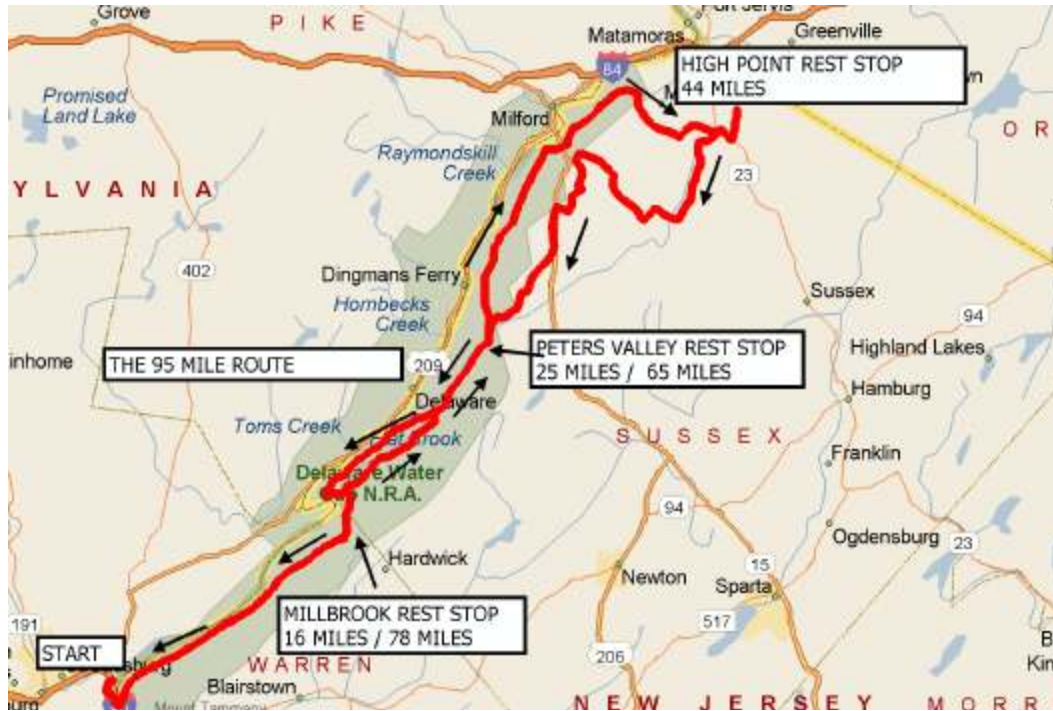
**Total Climbing: Approximately 9800 feet.**

**Total Climbing Distance: Approximately 53 miles**

### Route Profile



## The 98 Mile Route



### Rest Stop Hours

Millbrook: 8:30 – 4:30

Peters Valley: 9:30 – 3:30

High Point: 11:00 – 1:30

Post Ride Meal: 12:00 – 5:00

### Scamp 'n' Rascal Cycling Adventures Contact Information

Start: 610-653-9611

Roving Sag: 570-460-2523

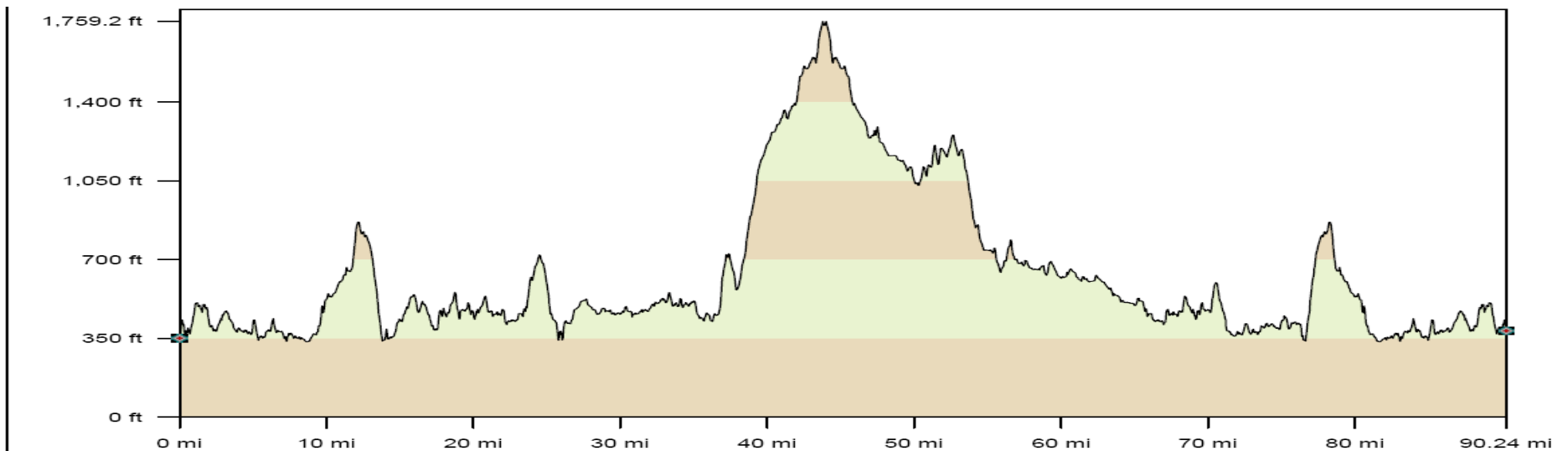
Sag vehicles have two way radio contact with the start.

**EMERGENCY DIAL 911.**

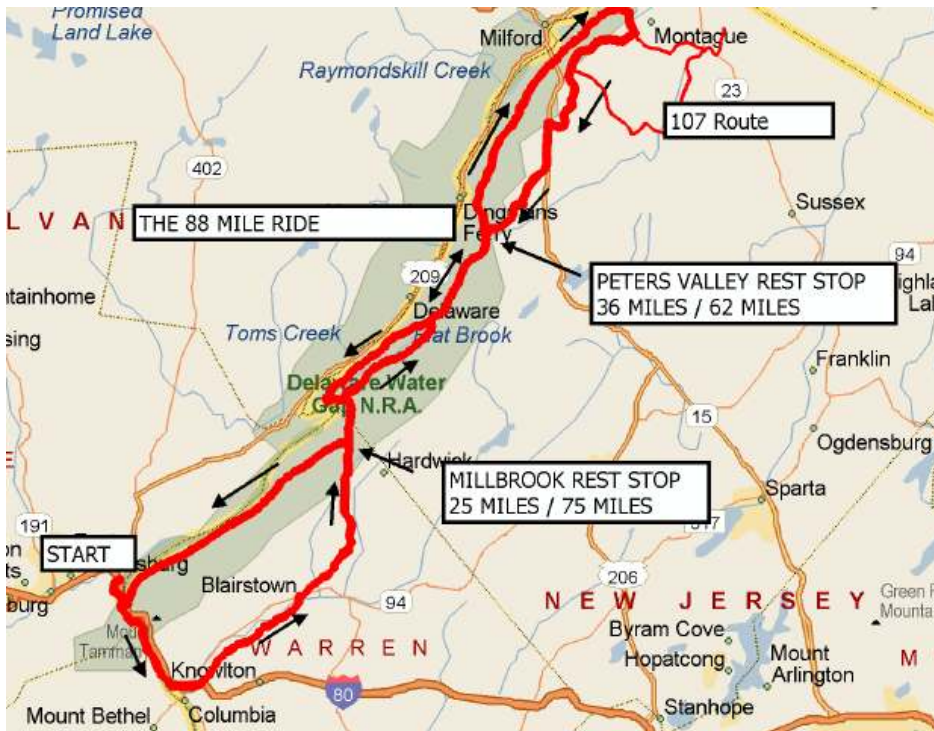
**Suggested Start Time: 7:15 – 7:45**

**Total Climbing: Approximately 8400 feet.**

**Total Climbing Distance: Approximately 44 miles**



## The 88 Mile Route



### Rest Stop Hours

Millbrook: 8:30 – 4:30

Peters Valley: 9:30 – 3:30

Post Ride Meal: 12:00 – 5:00

### Scamp 'n' Rascal Cycling Adventures Contact Information

Start: 610-653-9611

Roving Sag: 570-460-2523

Sag vehicles have two way radio contact with the start.

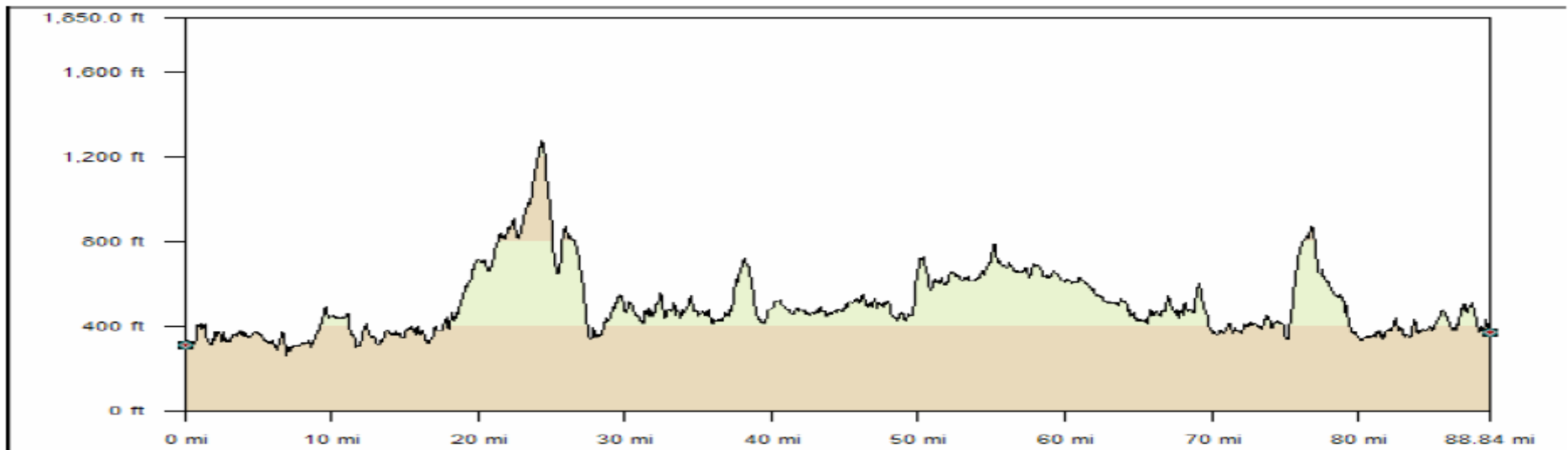
**EMERGENCY DIAL 911.**

**Suggested Start Time: 7:15 – 8:15**

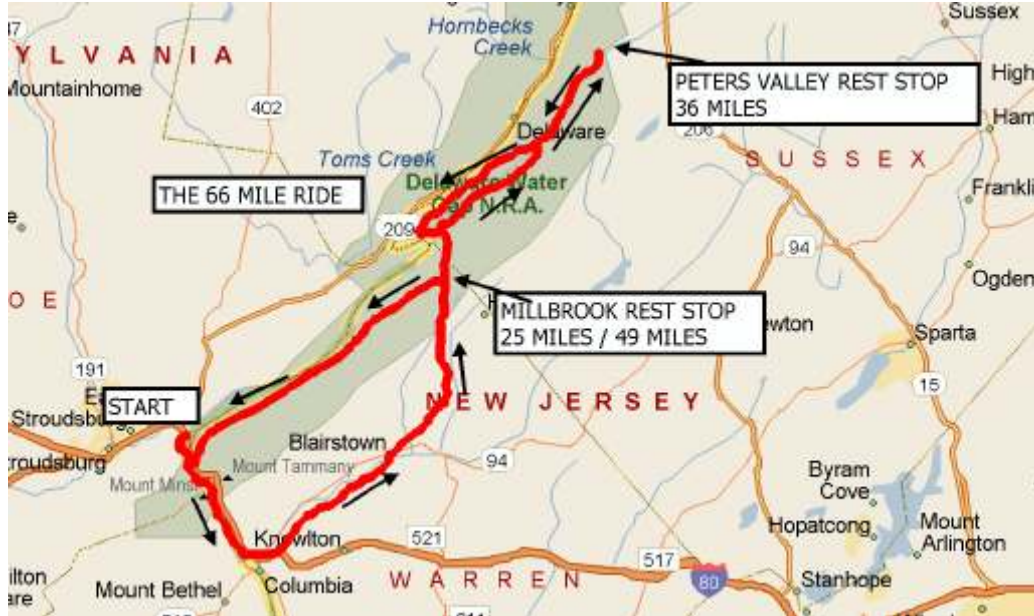
**Total Climbing: Approximately 8800 feet**

**Total Climbing Distance: Approximately 44 miles**

### Route Profile



## The 66 Mile Route



### Rest Stop Hours

Millbrook: 8:30 – 4:30

Peters Valley: 9:30 – 3:30

Post Ride Meal: 12:00 – 5:00

### Scamp 'n' Rascal Cycling Adventures Contact Information

Start: 610-653-9611

Roving Sag: 570-460-2523

Sag vehicles have two way radio contact with the start.

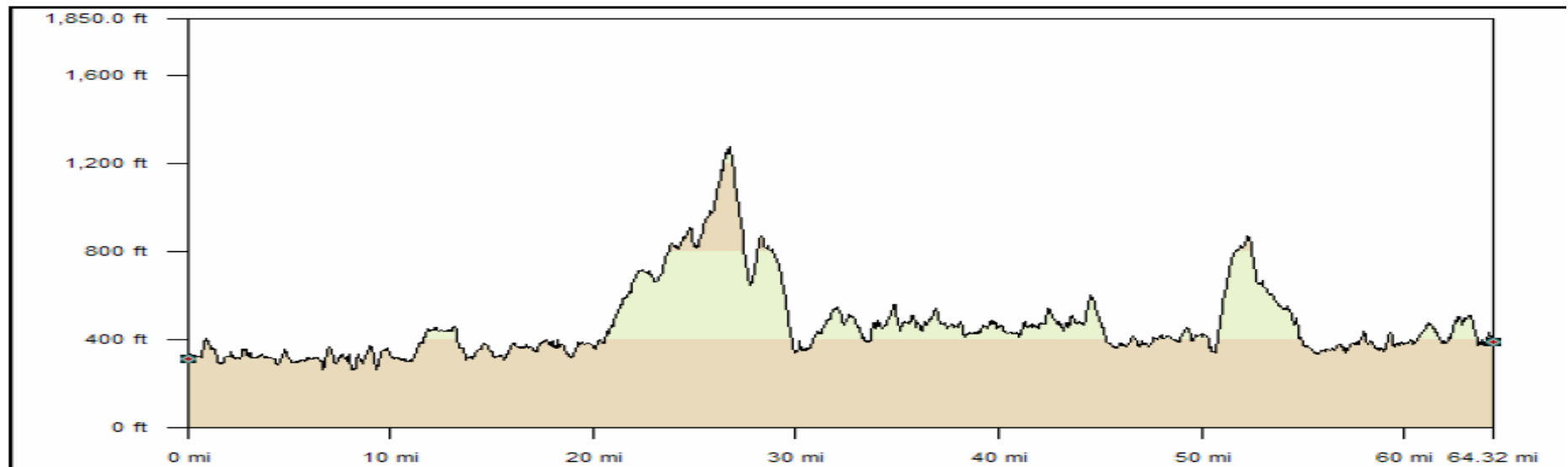
**EMERGENCY DIAL 911.**

**Suggested Start Time: 8:00 – 9:00**

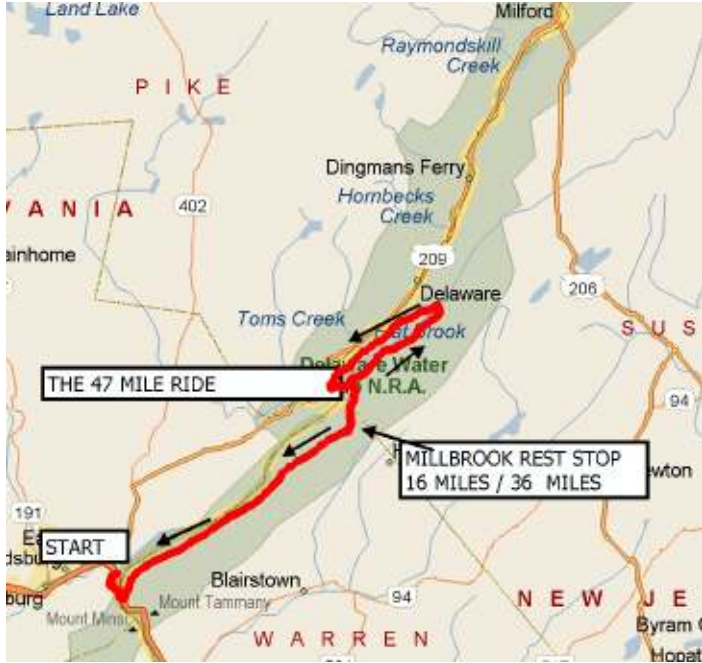
**Total Climbing: Approximately 6100 feet**

**Total Climbing Distance: Approximately 32 miles**

### Route Profile



## The 47 Mile Route



### Rest Stop Hours

Millbrook: 8:30 – 4:30

Post Ride Meal: 12:00 – 5:00

### Scamp ‘n’ Rascal Cycling Adventures Contact Information

Start: 610-653-9611

Roving Sag: 570-460-2523

Sag vehicles have two way radio contact with the start.

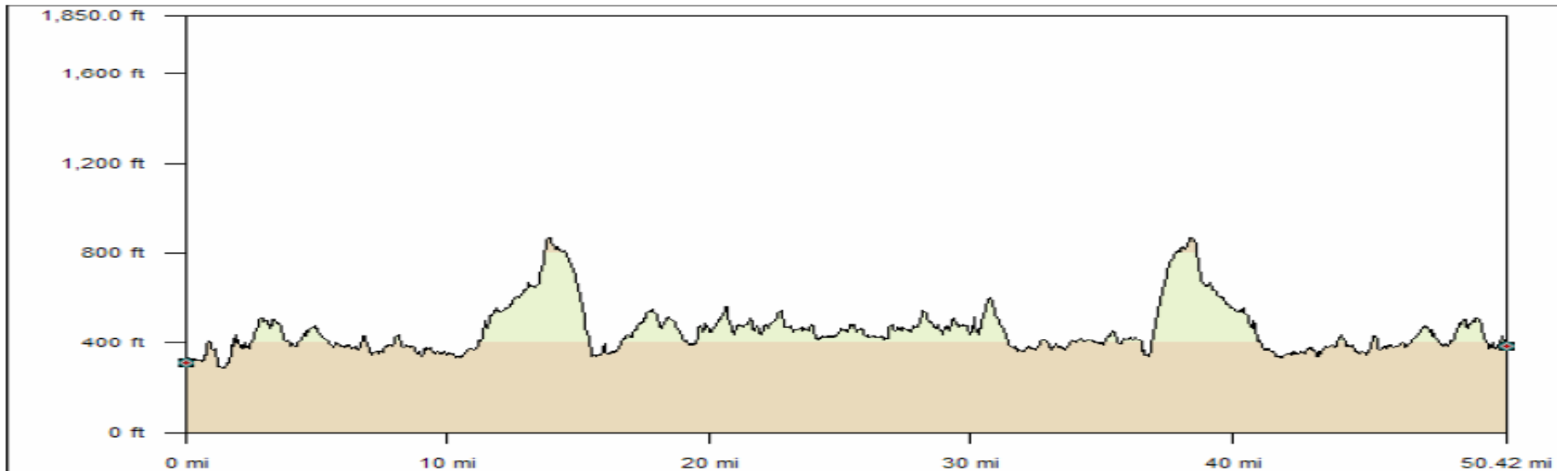
**EMERGENCY DIAL 911.**

**Suggested Start Time: 8:00 – 10:00**

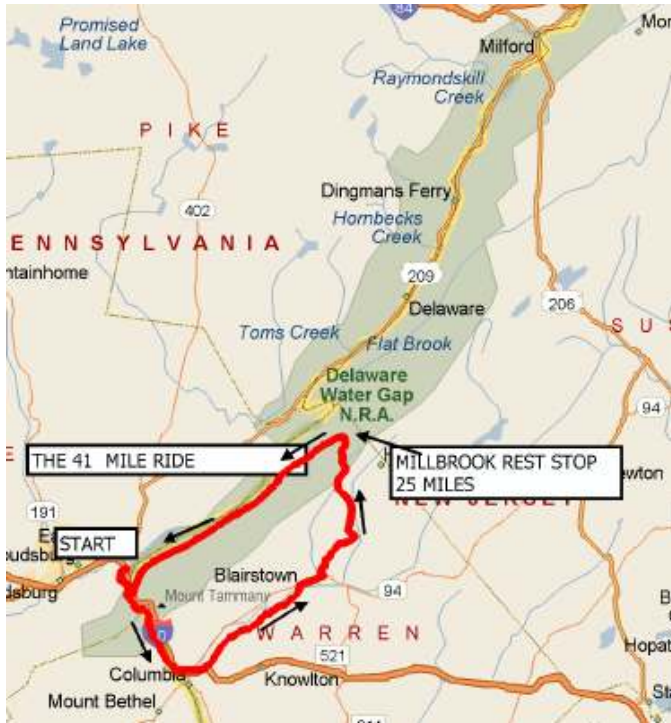
**Total Climbing: Approximately 5000 feet.**

**Total Climbing Distance: Approximately 25 miles.**

### Route Profile



## The 41 Mile Route



### Rest Stop Hours

Millbrook: 8:30 – 4:30

Post Ride Meal: 12:00 – 5:00

### Scamp 'n' Rascal Cycling Adventures Contact Information

Start: 610-653-9611

Roving Sag: 570-460-2523

Sag vehicles have two way radio contact with the start.

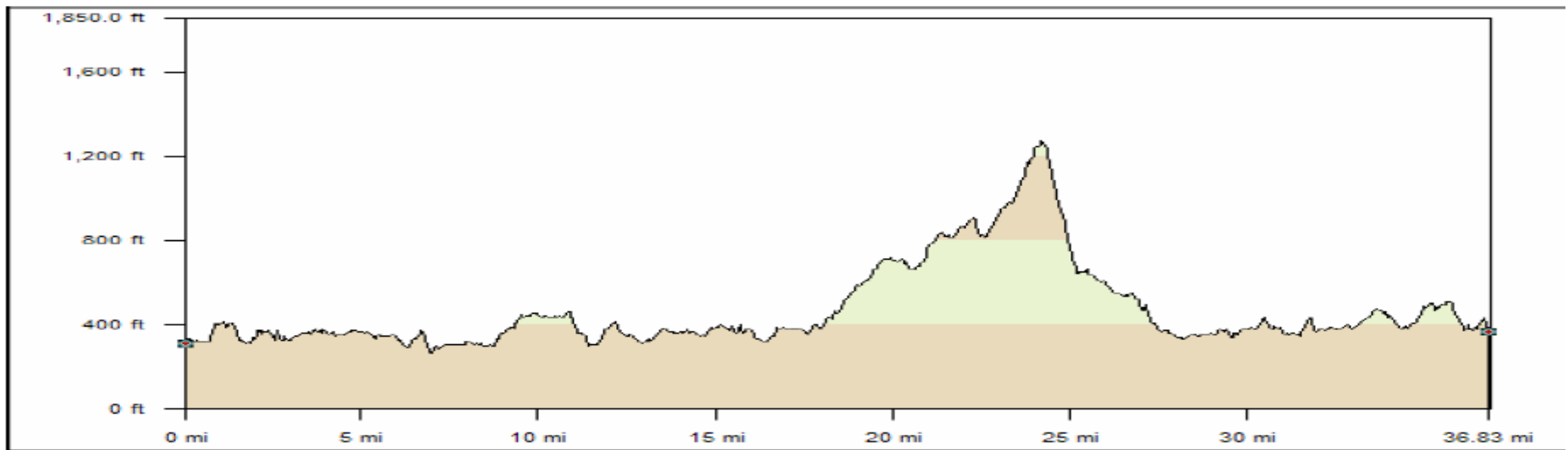
**EMERGENCY DIAL 911.**

**Suggested Start Time: 8:00 – 10:00**

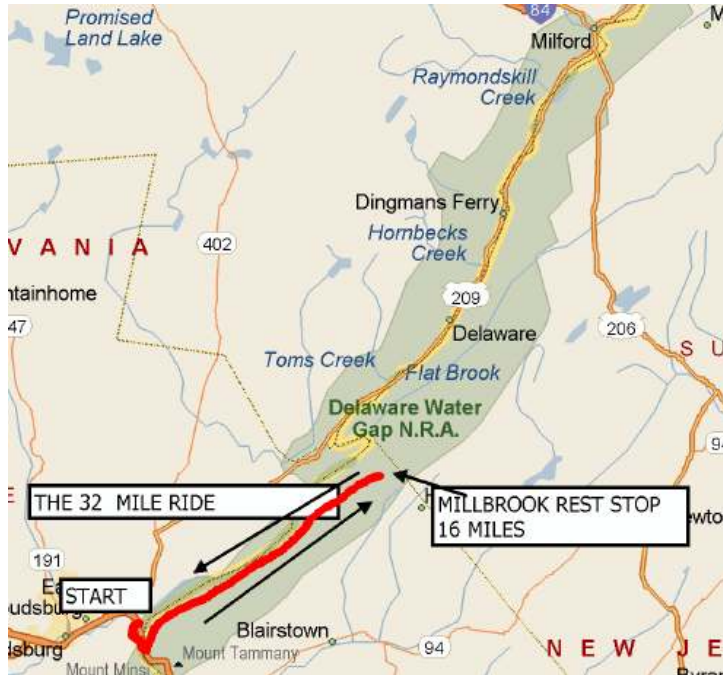
**Total Climbing: Approximately 3400 feet.**

**Total Climbing Distance: Approximately 18 miles**

### Route Profile



## The 32 Mile Route



### Rest Stop Hours

Millbrook: 8:30 – 4:30

Post Ride Meal: 12:00 – 5:00

### Scamp 'n' Rascal Cycling Adventures Contact Information

Start: 610-653-9611

Roving Sag: 570-460-2523

Sag vehicles have two way radio contact with the start.

**EMERGENCY DIAL 911.**

**Suggested Start Time: 8:00 – 10:00**

**Total Climbing: Approximately 2400 feet.**

**Total Climbing Distance: Approximately 13 miles**

## Route Profile

