

Welcome to MOOSA June 26-July 2, 2010! *Maine's Original Outstanding Super Adventure*

Dear Moosites,

Here is general information. If you need additional information please call or e-mail.

Your ride director for the week will be Gary Burghdurf, a retired 6th grade science teacher who thinks cyclists of all ages are a breeze compared to 25 middle-schoolers.

Please note the optional breakfast at "The Balsams". Although it is pricey (\$24), riders have never complained once they see it! If you do not opt into the meal, you must ride to breakfast down the road, approx. 8 miles.

See you at Registration Saturday, June 26 in Bethel, Maine from 3-5 p.m.!

In Motion Events

PS-Once again we are having the infamous T-Shirt Swap-bring a clean one lotsa fun!



Start & Finish Info & Directions:

The Start/Finish is in Bethel, Maine at the Bethel Outdoor & Adventure Campground

Parking is provided there all week-no charge

Registration Sat., June 26 3-5 pm

Group Meeting at 5 pm

Camping is provided Saturday Night, June 26 at Bethel Outdoor & Adventure Campground (Start/Finish)

Camping for Friday Night (the finish night) has a fee-call Outdoor & Adventure at 207-824-4224

or 1-800-533-3607 for reservations.

Directions to Bethel, Maine Campground: *Heading North on the Maine Turnpike (I-95) take Exit 63 at Gray onto Rt. 26 North. Route 26 takes you into Bethel. Take First Right onto Parkway before entering village. Turn right onto Rt. 2. Bethel Outdoor Adventure and Campground is ¼ mile on right.*

Identification:

You must have a Passport to cross the border.

Emergency Phone Contact-Additional numbers provided at registration:

On route emergency number will be given at registration or contact In Motion Events 607-423-2769

Note:-bottom half of Identification Sheet has Regional Contact Numbers for police.

Bike Shipping/Bike Rental/Hotel Options/Airport Shuttle: This information is available online at www.inmotionevents.net, click on MOOSA and then click on the information you would like. *Or contact us.*

Meals: Four meals are provided with your fee all other meals are at nearby eateries with information provided for you each evening upon arrival at camp.

Tour Information MOOSA 2010

BICYCLES

Any brand or kind is fine as long as it's in good condition and tuned up. It doesn't make any sense to spend the time and money to go on a tour only to have it cut short because of major mechanical problems. We will have a mechanic available, but it is impossible to stock all the parts a bike shop does-have that bike checked out. We're often asked if mountain bikes are okay. Sure, as long as they are prepared for road riding. Slick road tires, rather than knobbies are preferred.

MEALS:

Meals are on your own at nearby eateries. (Except for the 4 we provide.)

WEATHER: In June weather can vary, please pack light jacket/pants for inclement weather.

Visit www.weather.mainetoday.com/ click on the Adroscoggin Region for weather forecast.

BAGGAGE

Riders are responsible for loading their own baggage. Please remember this when deciding what you want to bring. The rider must carry personal items needed during the day's ride, as they are not accessible enroute. Be sure to have your luggage tagged and easily identifiable. It is highly recommended that you line your duffel with a plastic bag or use a waterproof duffel to ensure none of your gear gets wet.

SAG VANS

SAG vans will constantly patrol to provide assistance to riders who have mechanical or physical problems. They will carry water, limited first aid supplies and tire pumps. Riders who are "sagged" must be aware that the drivers have obligations to the route and cannot always take them directly to the overnight.

T-SHIRT SWAP

Bring a t-shirt or other fun item to swap with another cyclist. Shirt does not have to be cycle related, just unique enough to swap for the one you are dying to have. The shirt does not need to be new just clean! MOOSA Swap will be Wednesday following dinner in Notre Dame de Bois. Bring something and see what you can get. Swaps are optional!

TOWEL SERVICE/CHAIR SERVICE/COFFEE SERVICE

Visit www.comfycampers.info for details

Comfy Campers will offer towel service for the week of MOOSA. For a fee of \$24 dollars you will receive 1 clean towel daily. Service starts on Saturday, June 26 through the last afternoon of the ride Friday, July 2. Sign up at registration or online at comfy campers.

INSECTS-Please bring insect repellent with you; we camp in rural campgrounds several nights.

Tour Checklist

Ideas Only - - Plan ahead- - Pack light

PERSONAL GEAR

Personal ID (carry at all times)
Insurance card (policy number)
Monday-ATM cards *are an easy way to get Canadian money*
First aid kit, medicine
Sunglasses
Sunblock
Towel, washcloth
Camera & film
Toiletries with bag

CAMPING GEAR

Tent
Sleeping Bag
Ground cloth (for under tent)
Pad for under sleeping bag
Flashlight with fresh batteries
Insect repellent

CLOTHES

Cycling shoes, off bike shoes
Cycling gloves
Cycling pants, shorts
Off bike shorts, shirts
Cycling jersey / t-shirts
Sweatshirt
Socks for riding and off bike
Windbreaker
Shower sandals
Rain gear

BICYCLE GEAR/TOOLS & SUPPLIES

Bicycle (well tuned)-check it out before you come
Tire pump (bike mounted) *Floor pumps are available for your use in camp & on vans*
Handlebar or seat bag
Lock & Cable
Water bottles (2)
Helmet-mandatory
Cycling computer
Spare tubes
Patch kit
Tire irons
Small crescent wrench
Small screwdriver
Pliers

DON'T BRING

Hardcase Luggage / wheeled tubs
Flammable fuels or stoves
Cares and worries

**Gear Guidelines: Please use soft luggage (duffel bags, etc.)
Do not pack in big Tupperware type plastic/hard style boxes/etc.
Please do not lash gear to the outside of your bag.
If you line your bags with plastic you will be assured of dry gear.**

**Be kind to yourself, pack light-remember you have to
carry to and from the baggage truck!**

Thanks!

IDENTIFICATION & EMERGENCY CONTACT SHEET FOR MOOSA 2006

EMERGENCY TELEPHONE NUMBERS

For emergency only:

The easiest and quickest way for family members to contact a rider is to call the cell phone given at registration for the Ride Director-this is on at all times and the messages will be posted on the message board as soon as possible. The following numbers are also provided and are primarily police numbers in the towns. Use these numbers if you are unable to contact the above number. PLEASE note that cell phone service in some areas of Maine and Quebec is non-existent.

MOOSA TOUR 2010

<u>Date</u>	<u>Destination</u>	<u>Number</u>	<u>Overnight Location</u>
6/24	Bethel, Maine	207-824-3437	Bethel Outdoor Adventure
6/25	Dixville Notch, NH	1-877-225-7267	The Balsams Resort
6/26	Coaticook, Quebec	819-849-2331	Le Parc de la Gorge de Coaticook
6/27	Notre Dame de Bois	819-888-2805	Town Hockey Facility (Notre Dame de Bois, Quebec)
6/28	Kingfield, Maine	207-778-2680	Kingfield Elementary School
6/29	Rangeley, Maine	207-864-3311	Rangeley Lakes Regional School (Mendolia Road)
6/30	Bethel	207-824-3437	Bethel Outdoor Adventure (Finish location, not a overnight)