



PEDAL

Hilton Head Island

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EVENTS



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2024 Event Guide

Welcome Cyclists!

Welcome to Pedal Hilton Head Island 2024! We are excited that you will be joining us on Sunday, May 5 to experience an amazing event for all levels of riders, with proceeds benefiting the Boys & Girls Club of Hilton Head Island. During your ride you will experience the beauty of Hilton Head Island and as a participant you will be supporting programs at our Club which focus on academic success, healthy lifestyles and being productive citizens.

Thanks to the Kiwanis Club of HHI and The Black Marlin Bayside Grill, we invite you to “Grill & Chill” on Saturday, May 4 from 4:00pm - 7:00pm. The FREE cookout and Open House at the Boys & Club of Hilton Head Island located at 151 Gumtree Rd. is for all participants, sponsors, and volunteers. Tour our beautiful facilities and understand how your participation in Pedal HHI is making a difference in the lives of kids who need us the most.

We wish to thank our sponsors, especially the Presenting Sponsor **Nix Construction**, generous individual donors, community partners and volunteers who make Pedal the special event that it is.

We hope the information contained in this Event Guide will help you in having a safe and fun Pedal HHI experience. Thank you for your wonderful support and participation.

Enjoy the ride!

Russ Whiteford & Andrea Arbore
Event Co-Chairs
Pedal Hilton Head Island

Congratulations to General Brown, our 2024 Pedal Hilton Head Island Honoree!





You're invited

To our

Grill and Chill!

*Pre-Party Event
for Pedal Hilton Head Island*

**Saturday, May 4th, 2024
4-7pm**

**The Boys & Girls Club of
Hilton Head Island
151 Gumtree Rd
Hilton Head Island, SC 29926**

Plus: Ride Packet Pick Up, Complimentary

Food & Drink, and Club Tours!

CONTACT INFORMATION

Event Organizer: ride@pedalhhi.org

Event Weekend Phone Number: 843-631-2391

Websites

Pedal Website	http://pedalhhi.org/
Registration Website:	https://raceroster.com/events/2024/82964/pedal-hilton-head-island
Route Maps: <ul style="list-style-type: none">• RideWithGPS• PDF Maps and Cues	https://ridewithgps.com/collections/2330876 https://www.pedalhhi.org/pdf-maps-cue-sheets
Facebook Page:	https://www.facebook.com/PedalHiltonHeadIsland
Instagram Page:	https://www.instagram.com/pedalhiltonheadisland/

Event Schedule

Saturday, May 4th - Boys & Girls Club of Hilton Head Island

4:00 – 7:00pm

- Late packet pick-up for riders not receiving packet by mail
- Complimentary cookout sponsored by Kiwanis of Hilton Head Island and Black Marlin Bayside Grill
- Tour the Club facilities & purchase Pedal merchandise

Sunday, May 5st – Lowcountry Celebration Park

- **6:30 am** – Information table opens for late packet pick-up (not required if received by mail) and merchandise sales.
- **7:30 - 10:00 am** - Ride starts staggered by route. **Please line-up for rider staging & pre-ride announcements 15 minutes prior to your start time!**
 - **7:30am – 62A** (20-22 mph average pace) & **62B** (17-19 mph average pace)
 - **8:15am – 40** (14-16 mph average pace)
 - **8:45am – 30** (12-14 mph average pace)
 - **9:15am – 20** (10-12 mph average pace)
 - **9:30am – 10** (8-10 mph average pace)
 - **10:00am – Family Fun**
- **10:30 am - 1:00 pm** – Post-ride recovery! Complimentary lunch and post-ride refreshments for participants. **(Please wear your wristband to indicate you are a rider!)**

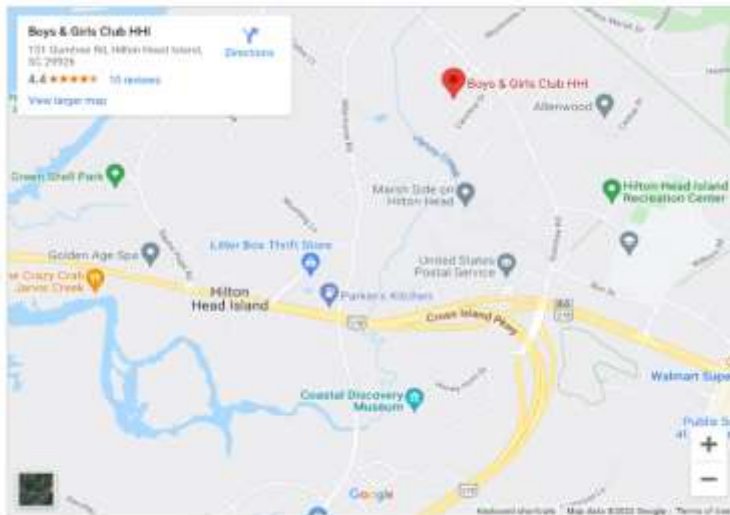
VENUE INFORMATION

Saturday, May 4, 4:00 – 7:00pm

Boys & Girls Club of Hilton Head Island

151 Gumtree Rd, Hilton Head Island, SC 29926

Google Maps link: <https://goo.gl/maps/P9DnFucjH33RUDQC8>

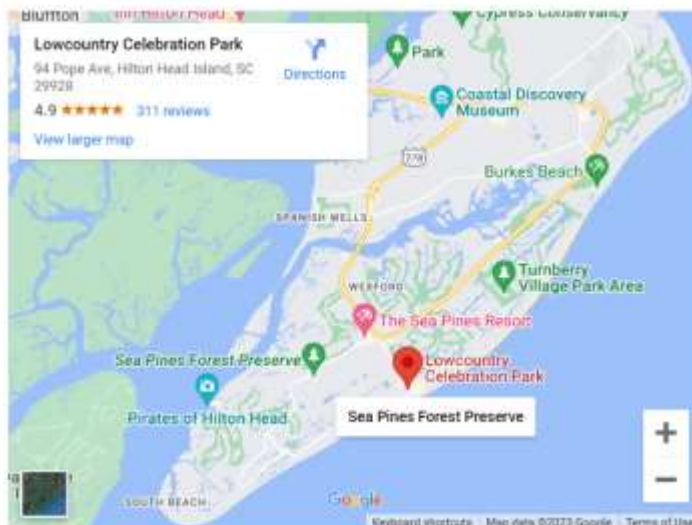


Sunday, May 5 6:30am – 1:00pm

Staging Area/Start/Finish - Lowcountry Celebration Park

94 Pope Ave., Hilton Head Island, SC 29926

Google Maps link: <https://goo.gl/maps/G8prwt8MsfkxK6Vz9>



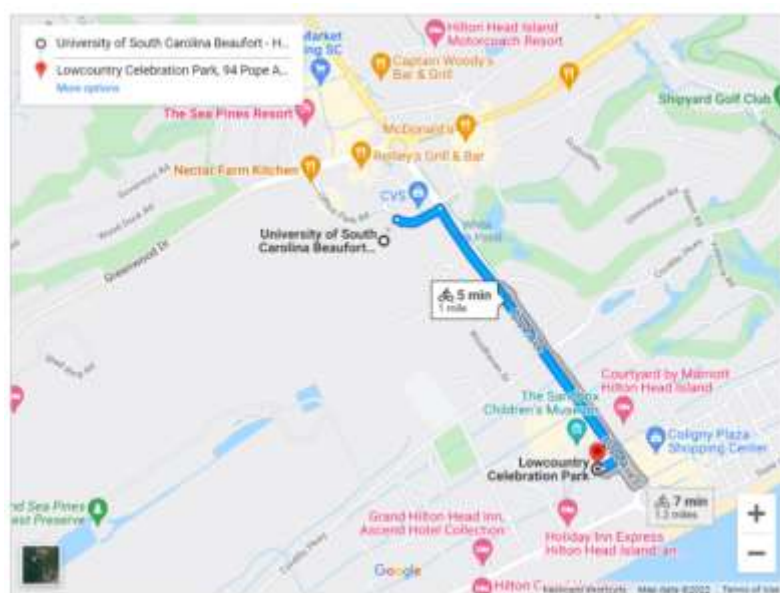
Parking

All participants are encouraged to ride their bikes to the Pedal starting area at Lowcountry Celebration Park. Should it be necessary to drive please park at USCB Hilton Head campus.

University of South Carolina-Beaufort, Hilton Head Island campus 1 Sand Shark Dr., Hilton Head Island, SC 29928

Google Maps Link: <https://goo.gl/maps/uoZ8GsVbPcJGNy5p9>

Parking is a 1-mile pathway ride/walk to the start/finish at Lowcountry Celebration Park.



Packet Pick-Up

If you received your event packet by mail or pick-up at the Grill & Chill on Saturday, May 4th, skip the lines on Sunday morning and go directly to the staging area, ready to ride.

If you registered late and didn't receive your event packet by mail, check-in before the event in one of two ways:

- Stop by the Saturday evening (4:00 PM – 7:00PM) cookout at the Boys & Girls Club to obtain your packet. Grab a bite to eat, have a cold beverage, see the wonderful facilities, and purchase Pedal merchandise.
- Check-in at Lowcountry Celebration Park. Info table opens at 6:30am.

Staging/line-up is 15 minutes before each start time for announcements. Please plan accordingly.

IMPORTANT INFORMATION

The **Beaufort County Sheriff Office** will provide motorcycle escort for the **62-** and **40-mile** routes until the first rest stop. Riders are to maintain pace and stay with fellow participants during the escorted portion of these routes. Do not ride in front of the motorcycle escort or lag behind the peloton. After the first rest stop you may go at your own pace. **Note:** for the **62-mile route, B group riders** (17-19 MPH average pace) who are unable to keep pace with the peloton will be redirected to the first rest stop prior to the segment going over the bridges to the mainland and back. This is to ensure rider safety.

FAQ's

- **Can riders switch courses?**
Yes, riders may switch to a longer or shorter course. No permission is required.
- **Are roads open to traffic? What about pathway usage?**
Yes, the roads are open to traffic. Pathways are open to other cyclists and pedestrians.
- **Are there cutoff times?** All participants are encouraged to end their ride no later than 12:30 PM.
- **Are Pedal-Assist bikes allowed?**
The Town of Hilton Head Island allows the use of lower-speed, class 1 and class 2 electric bicycles on pathways. If e-bikes are used, it is asked that the pedal assist be disengaged and/or the rider maintain a safe speed within the group/peloton. The safety of fellow riders and other pathway and road users is imperative with so many participants.
- **Are the route stops stocked?**
Yes, the 20-, 30-, 40- and 62-mile routes have rest stops stocked with hydration and nutrition items to fuel your ride. Please ride with your water bottle!
- **Bathrooms at the start? At rest stops?**
Restroom facilities are available at Lowcountry Celebration Park start/finish, Barker Field, Mitchelville Freedom Park and the Port Royal rest stops. Porta johns are available at the Honey Horn rest stop.
- **What's the post-ride meal?**
Sub sandwiches, chips, fruit, snacks, and beverages.
What time will lunch start?
Lunch will begin at 10:30 am and go until 1:00 pm.

Bike Rentals

		
https://bikedoctorhhi.com/	https://hiltonheadbicycle.com/	https://www.rentwheelz.com/
843-681-7531	843-686-6888	843-842-4445

SAFETY RULES AND GUIDELINES

Helmets are mandatory for all riders.

Roads are OPEN to traffic. Pathways are OPEN to other cyclists and pedestrians.

Group Riding Rules

- No earbuds or headphones.
- No aerobars.
- Keep two hands on the handlebars.
- Stay to the right.
- Keep the pace steady.
- No phone use while riding (including calls, texting, picture taking).
- Be predictable and communicate.
- Don't cross/overlap wheels with the bike in front of you.
- No abrupt stopping unless absolutely necessary.
- Warn of obstacles and road hazards and on-coming cyclists or pedestrians (on pathways).
- Call out or signal when passing, stopping or pulling off.

Road and Pathway Rules

- Obey all traffic laws, regulations, signs, signals and law enforcement personnel.
- **In South Carolina, stop/yield at all road crossings/crosswalks before proceeding. Do not assume vehicles will stop for you!**
- Do not cross white or yellow lines.
- Only pass on the left. Call out "On your left" when passing.
- Maximum two abreast on the road when conditions allow.
- Do not pass on blind corners.

Self-Rules

- Ensure your bike is safe and works properly. Charge electronic componentry, inspect tires and inflate to recommended PSI, and check that brakes are fully operational.
- Move completely off the road when stopped or for mechanical issues.
- **Know how to change a flat and be prepared to do so.**
- There will be support vehicles on the course for more serious mechanical issues to transport back to the start/finish.
- Wear your number bib and wristband at all times for identification purposes.
- Carry ID and relevant medical information.
- Be courteous to your fellow riders and others using roadways and pathways.

Gear to Have During the Ride

- Helmet
- Tubes and tools for changing a flat and fixing small mechanical issues
- Hydration bottle(s)
- Sunscreen
- Sunglasses
- ID, Medical alert info
- Cue Sheet, Map or Electronic directional assistance (e.g. RideWithGPS)

ROUTE INFORMATION

Route/Bib/Wristband Color and Number Series by Route

	Route	Bib & Wristband Color	Number Series	Rest Stops
	62 - Miles	Orange	Starting with "6"	2 @ Miles 28.6, 45.3
	40 - Miles	Purple	Starting with "4"	1 @ Mile 24.2
	30 - Miles	Green	Starting with "3"	1 @ Mile 20.9
	20 - Miles	Blue	Starting with "2"	1 @ Mile 10.7
	10 - Miles	White	Starting with "1"	None

Pedal Hilton Head Island routes will be facilitated with a combination of:

- assistance by "ride ambassadors"
- safety marshals at key points and intersections
- above-ground signs

Ride Ambassadors

Ride ambassadors are riders wearing bright orange Pedal-logo pinnies and will lead and provide general assistance for each ride/route.

Route Marshals

Route marshals will be placed at key locations along each route to provide directional assistance. Beaufort County Sheriff's Officers and South Carolina State Troopers will direct traffic at key intersections.

Above-Ground Signs

- Above-ground signs will indicate key turns and continuations. **Please be familiar with your route prior to starting the ride and have your route's cue sheet or digital navigation with you.**
- With above-ground signs, there is always a chance that someone will remove a sign which would/could alter the direction of event participants and take them off-course. Know your route.

Road Imperfections

Keep on the lookout for asphalt patches, ruts, holes, gravel/sand, and other road/pathway hazards. Many, but not all, hazards are marked with green paint. Call out and warn the riders behind you of any hazards.

BICYCLE MAINTENANCE & ROUTE SUPPORT

On-Course Support Phone Number: **843-631-2391**

The Bike Doctor of Hilton Head will have a maintenance tent at the start/finish at Lowcountry Celebration Park.

If you experience a mechanical issue, move completely off the road to a safe area.

- **If you have a mechanical issue that you cannot repair, call or text your name and location to 843-631-2391.** Please be aware that there may be a long delay responding due to the location of the mobile support vehicle and/or if they are assisting other cyclists.
- Bring tools and spare tubes to be able to quickly fix your bike issue and continue with the event.
- Please fully inspect your bike prior to the event to ensure its safety and integrity.

Uncertain how to change a tube or tire? Here are two videos to watch from Park Tool on YouTube:

<https://youtu.be/eqR6nIZNeU8>

<https://www.youtube.com/watch?v=58STtUM-Wow>

In an Emergency, Call 911

If you witness a serious crash that requires an emergency medical call, stop and call 911.

REFUND POLICY

This is a Rain or Shine event. No refunds.

The safety of our participants and volunteers is our most important concern and if any of the threatening weather conditions are present the day of the event, the event may be delayed or canceled.

When weather conditions or other physical conditions present a danger to participants, such conditions fall under the label “acts of mother nature,” it will not result in refunding of any event entry fees or future event credits, since funds were already spent in preparation for your event day.

SOCIAL MEDIA

Share your pictures on your social media pages and the Pedal Hilton Head Island 2022 Facebook and Instagram pages:

Facebook

<https://www.facebook.com/PedalHiltonHeadIsland>

Instagram

@[pedalhiltonheadisland](https://www.instagram.com/pedalhiltonheadisland)

MERCHANDISE

To round out your complimentary Pedal Hilton Head Island t-shirt, purchase additional logo gear at the Saturday evening cookout or at the Sunday ride. Jerseys are available to order with delivery in mid-June. Other items are available at the event while supplies last.

Jerseys: Men's & Women's: \$75



Caps: White or Navy: Unisex \$20



Visors: White: Unisex: \$20



Thank you Sponsors!



Thank you Community Partners!

