# **A Day on PALM**



Good morning, adventurers! You attended yesterday's meeting, camped at this host site overnight, and are ready to begin the leisurely ride to the next host site.

Remember: quiet hours are 10 p.m. to 6:30 a.m.

# Get dressed and pack your waterproof clothing bag.

Coffee is on at 6 a.m. for early risers.

#### Take down your tent and pack.

Quietly please, especially if before 6:30 a.m.

### Put your bags on a truck – and note which truck!

Trucks open at 7 a.m. and close promptly at 9 a.m.

### Breakfast on your own – or enjoy the PALM meal.\*

Cafeteria meal plan hours are 6:30-8:30 a.m.

Get your bike ready, if you didn't the night before.

### Stretch, fill your water bottle, and hit the road!

Please depart from host site by 9 a.m.

### Visit our SAG stops as needed for water and rest.

Mobile SAG service is for emergencies.

# Lunch on your own – whenever you like.

You went to the meeting for options on the route, right?

#### **VISIT THE WATERMELON STOP!**

It's around midway.

#### Enjoy the ride to your destination.

Take your time – no access to next host site until noon.

# SAG SERVICE ENDS AT 5 P.M. EXCEPT FRIDAY.

# Find your bags, and set up your campsite.

Watch for "no camping" and "CPAP only" areas.

Trucks might not be unloaded before you arrive.

# Shower and rinse bike shorts if needed.

Kids may wish to join the children's activities.

### Dinner on your own – or enjoy the PALM meal.\*

Cafeteria meal plan hours are 5-7 p.m.

# Attend the evening meeting for important route news.

Prep your bike and other gear for tomorrow's ride.

#### Relax and get some sleep!

Quiet hours are 10 p.m. to 6:30 a.m.

Repeat through Friday, when instead of a watermelon stop, a box lunch will be provided by PALM at the end of the tour!

#### Our low cost includes:

SAG (support and gear) service, overnight facility use for tent camping with showers and bathrooms, transport of luggage between sites, road markings and GPS cues for routes, daily watermelon stop, bicycle education, and children's activities!

\*Optional add-ons include: transportation (for yourself and your bike) from the last site to the first site on Saturday or Friday, cafeteria meal plans, and a third-party tent set-up service.