

# **LENEXA MIDNIGHT BIKE & HIKE**

## **2010 FREQUENTLY ASKED QUESTIONS**

### **Requirements for the Ride:**

Certified Helmets are required.  
Front head light- A secured flashlight with working batteries will be acceptable. Rear reflector or light



### **Is this bike ride for pleasure or competition?**

This event is geared towards the casual rider. Family, friends, neighbors are encouraged to participate. For the rider who wants more distance for their buck, the loop course will allow the rider to ride multiple times during the allotted time.

### **How difficult is the ride?**

This year's course has been selected to provide a route that is more suited for less-experienced riders and is more family-friendly than the 2009 route. There are some easier hills on the route, but these may still be a challenge for especially young or inexperienced riders. Riders needing to walk their bike up hills must stay to the right side of the road. We recommend reviewing the course prior to registering if you have any concerns about the difficulty of the route.

### **Why did this course get moved away from Old Town and the caves?**

Due to the population growth and safety concerns of our riders, the course had to be altered. City staff and the Optimist Club have worked diligently to bring you an alternate course in order to continue this popular tradition.

### **Tell me more about the Hike portion of the event?**

Bike Ride participants and family members may participate in the hike event prior to the start of the ride. The hike begins near the onsite event registration area at Black Hoof Park (Lake Lenexa) along the trails near the lake. Limited lighting will be in place, but hikers should plan to bring a flashlight for improved visibility. The approximate distance is 1.4 miles to the dam spillway and back (round-trip). The hike will open up at 9:00 p.m. and the course will close at 12:30 a.m. Hikers must start the hike no later than midnight. No baby strollers allowed on the trails.

We recommend that you wear appropriate walking shoes during the walking portion. Also, bring a flashlight for the trail walking event.

Riders, if you choose to participate in both events, you will need to plan accordingly to be sure you are ready to start the bike ride at midnight. The ride begins at midnight. There will be no late starts. All registered hikers receive complementary glow sticks that will be handed out at packet pick-up.

Bikes will not be allowed on the hiking trail. Bike racks will be set up near the registration area. The racks will be used to store your bikes while you take your hike. Please bring a lock if you wish. There will also be a complementary bike check (check-in, check-out) procedure in place while you enjoy your hike. The hiking event is optional. If you choose to only participate in the bike ride, you are welcome to do so.

### **What should I bring?**

For both events: bring a water bottle and wear light colored clothes or reflective clothing, and bike lock to lock your bike during walking portion.

For the bike ride: helmet, front light, rear reflector or light

For the hike: appropriate walking shoes, flashlight

\* Bring money if you choose to register onsite for any of the events.

### **Registration:**

You may register online, by mail or in person. Refer to registration information.

There will be no additional charge for a child who is riding in carrier or trailer attached to the bike. A waiver is required for each participant. Group pricing is available for groups with 5 or more riders per group. This group rate must be confirmed by calling Susan at 913-477-7105. \*(Groups cannot register online, however). Bike ride participants will automatically be eligible to participate in the hiking event. Friends and family members of the bike ride participant may participate in the hiking event only for a nominal fee of \$2 per hiker (which includes complementary glow stick). This event is not open to the general public and requires registration.

### **How do I enter the park and where do I park?**

On the night of the event, you may only enter the park from the north side of the park off of 83<sup>rd</sup> and Monticello. The park is located at 90<sup>th</sup> and Monticello Road. You may not come from the south entrance off of Prairie Star Parkway (due to road closures for the event set up). Parking is available in the upper grassy area (north of the park) off of Monticello Road. You may walk your bike through bike check area and then head to the registration area. The approximate distance is ¼ mile.

### **What time do I need to arrive?**

**Check In/Registration**-9:00 p.m. - 11:30 p.m. Plan accordingly if you plan to participate in the hiking portion of the event. Allow time for bike check and registration.

**Bike Check**-will start at 9:00 p.m. - 11:45 p.m.

**Walking event**- the trails will open up at 9:00 p.m. and close at 12:30 p.m.

**Bike Ride**- Begins at midnight. (No late starts). There may be 3-5 minute delay per group depending on number of riders.

### **Tell me more about the course.**

The start and finish area will take place at Black Hoof Park (Lake Lenexa) in Lenexa, KS. You will ride on Monticello Road across the distinctive lighted bridge to Prairie Star Parkway, along Lone Elm Road, 101st Street, past Smiley's Golf Course on frontage roads along K-10 and K-7 before looping back to Black Hoof Park. The route is a 6 mile loop, but those who want more mileage, can choose to ride part of the loop again (about 4 miles). You must start your last loop by 1:00 a.m.

### **What is the minimum age?**

While, there is no minimum age, all bike riders must be able to ride 6 miles. Hikers should be able to walk several miles on a paved path without assistance. Parents must stay with children under the age of 18 years old throughout the event. If parents leave children unattended, they will be removed from the route for their safety.

**What type of bike is allowed?**

Racing, road, trail bike, recumbent, tandem (bicycle built for two), and 3 wheel bicycles, child trailers are permissible. Because there are hills on the route, it is advisable to have gear-shifting mechanisms on your bike. NO MOTORIZED BIKES OR SCOOTERS ARE ALLOWED.

**Can I attach a baby carrier onto bike and can my infant, child, or pet participate in the ride in this manner?**

Although there are risks involved, it is allowed. You will want to check out the course prior to the event to be sure you are comfortable and know the route, as there are hills and dark spots along the route.

**What if I am tired and need to walk?**

You may walk your bike but stay to the extreme right side. If you are tired or have equipment issues and are unable to complete the ride, a support vehicle will return you to the registration point.

**Can I just walk the biking route?**

No, this course is set up as a bike-riding event so there will be no pedestrians, rollerblades, skateboards or motorized type vehicles on the course with the exception of motorized vehicles officially supporting the event. Refer to hiking event information for hiking the trails.

**What if I have a flat or need assistance while out on the route?**

There will be volunteers with radio communications along the route and they may contact a support vehicle, which will pick you and your bike up and bring you back to the registration point.

**What if I fall off my bike or need medical assistance?**

The course will be monitored with volunteers and staff. They will radio in for medical assistance.

**Will there be restrooms along the route?**

Yes, there will be restrooms at the registration point and port-a potties located at the mid-point along the route.

**Will there be water along the route?**

Yes, there will be some water available at registration point and along the route, however it is suggested to bring your own water bottle and attach it to your bike.

**Will there be a pancake feed again this year?**

Yes. All you can eat Chris Cakes pancakes, sausage and orange juice will be offered again this year for an additional fee. You may register ahead of time or pay the night of the event. The feed will start approximately when the first rider completes the course and conclude shortly after the last rider comes in.

**Contact Information**

Lenexa Parks and Recreation Department- 913-477-7100 or 913-477-7124

*Lenexa Midnight Bike Ride proceeds benefit the local community through Optimist-sponsored projects, Optimist International programs and much more.*