

2011 Lenexa Midnight Bike & Hike FAQs

Note new day and start/finish location!

Ride starts on Friday, July 15, 2011. Start/finish location is Church of Jesus Christ of LDS, 21515 W. 101 St.

Requirements

Certified helmets. Front head light. (A secured flashlight with working batteries is acceptable.) Rear reflector or light.

Bike check

The purpose of the bike check is to ensure riders have proper front headlight, rear reflector and helmet. It is the rider's responsibility to ensure your bike's equipment is in good working order and the bike is in good condition.

Is this bike ride for pleasure or competition?

This event is geared toward the casual rider. Family, friends and neighbors are encouraged to participate. For the rider who wants a more challenging experience, the loop course will allow the rider to ride multiple times during the allotted time.

How difficult is the ride?

This course was selected to provide a route that is more suited for less experienced riders and is more family friendly. There are some easier hills on the route, but these may be a challenge for young or inexperienced riders. Riders who need 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 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 course.

Due to construction in Black Hoof Park the ride route starts and ends this year at Church of Jesus Christ of LDS, 21515 W. 101 St. The route travels along Lone Elm Road, Prairie Star Parkway, across Monticello Road's distinctive lighted bridge to Black Hoof Park, on the frontage roads along Highways K-7 and K-10, returning to Lone Elm Road. This route is a 6-mile ride, but those who want more mileage can repeat a 4-mile section of the route. The duration of the ride is the only limit; final loop must be started by 1 a.m. The route provides a safe, closed course for riders. Route maps are available at the Lenexa Community Center or online at www.midnightbikeride.org



Tell me more about the hike portion of the event.

Cyclists can take a break during the ride and enjoy an optional moonlight walk along the trail to the award-winning Lake Lenexa dam spillway. The round-trip walk is 1.5 miles. Cyclists must complete the hike and start remainder of the ride no later than 1:30 a.m. Bike racks will be available at the hike location. Due to logistics, hike is open only to registered cyclists. Limited lighting is available, so hikers should bring a flashlight for improved visibility. The hiking event is optional.

Parking and directions

Ride start/finish and parking is located at 21515 W. 101 St. at the Church of Jesus Christ LDS. Enter from the east off Prairie Star Parkway, south on Lone Elm. Follow signs to designated parking area.

What should I bring?

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

For the bike ride, bring a helmet, front light, rear reflector or light.

For the hike, wear appropriate walking shoes and bring a flashlight.

Bring money if you choose to register on site for any of the events.

Registration

You may register online, by mail or in person. Early registration by June 30: \$15 per person; registration July 1 through July 15: \$20 per person.

Packet Pick-Up and Late Registration:

July 14: 3 – 7 p.m. and July 15: 10 – 2 p.m. at Lenexa Community Center, 13420 Oak Street, Lenexa KS.

July 15: 10 – 11:30 p.m. at the starting point — 21515 W. 101 St.

There will be no additional charge for a child who is riding in a carrier or trailer attached to the bike. A signed waiver is required for each participant.

Group pricing is available for groups with five or more riders per group. Groups cannot register online; please confirm your group rate by calling Susan at 913.477.7105. Bike ride participants will automatically be eligible to participate in the hiking event.

What time do I need to arrive?

Check In and Registration begin at 10 45 p.m..

Bike Check is 10 – 11:45 p.m.

Bike and Hike Event: midnight – 2:30 a.m.

Bike Ride starts at midnight. Riders release in groups; no late starts after last departure.

Hike is midway through ride. Riders must complete the hike portion of the event no later than 1:30 a.m.

Pancake Feed: All-you-can-eat Chris Cakes pancakes, sausage and orange juice will be offered again this year in the church parking lot following the ride for an additional fee. Pancake Feed begins immediately after first riders complete route and ends at 2:30 a.m.

What is the minimum age?

While there is no minimum age, all bike riders must be able to ride six 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), three-wheel bicycles and 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 my 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 official vehicles supporting the event.

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

There will be volunteers with radio communications along the route who will contact a support vehicle, which will transport you and your bike back to the registration area.

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

The course will be monitored with volunteers and staff who 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.