



**Atlantic Cape Ramble Route  
INSTRUCTIONS & NOTES  
Friday October 3, 2025**

Dear Tour de Pines Participant,

Thank you for participating in the in the 2025 Atlantic Cape Ramble Ride, presented by the [Pinelands Preservation Alliance](#). This document includes information and details to help make your ride safe and enjoyable. Please read it carefully.

Founded in 1989, the [Pinelands Preservation Alliance](#) (PPA) is a private, nonprofit organization dedicated to saving the Pinelands of New Jersey. We protect the land, water, plants, wildlife, and historic resources of New Jersey's Pinelands National Reserve. The PPA engages thousands of people each year in actions to protect the wildest place in New Jersey.

**PRIOR TO THE RIDE:**

DRESS APROPRIATELY. Be prepared for all types of weather, including rain

FILL YOUR BOTTLES. Fill your bottles at home, and save time by being prepared to ride. We will not have supplies at the start. There aren't any official aid stations on the course, so please have sufficient food and liquids with you to make it to the stores on course

CHECK YOUR BIKE. Please make sure your bike is in working order, that you have your own spare tubes, pump, and tools.

ARRIVAL TIME. You must arrive no later than 8:15 in order to ensure you have time to pick up your package and are ready for the 9:00 ride start. We encourage you to arrive earlier; see below for package pickup times.

PARKING. Free parking is available at:

[Estell Manor Park](#)  
109 NJ-50  
Mays Landing, NJ 08330

You will park in the unpaved parking lot next to the ball fields.

Please follow the directions of the parking crew. Please park your vehicles closely together so we can ensure we can fit all vehicles in the parking lot.

RESTROOMS. Restrooms are located next to Pavilion A not far from the ball field parking area.

PACKET PICK-UP. Each registrant must check-in in-person on the morning of the ride between 7:45 – 8:45AM. Package pickup will take place by in the Ball Field Parking Area. If you electronically signed a waiver during registration on BikeReg, you don't need to sign a physical waiver. If you didn't, you will need to sign paper waivers.

If you were among the first 200 registered individuals, you will receive a complimentary Tour de Pines Cycling Cap at your first ride of the 2025 tour. All caps must be picked up in person.

MERCHANDISE. If you pre-ordered a T-Shirt, Beanie, Arm Warmers, wine tote, or an in-stock jersey, we have it packaged and ready for you. You can pick it up either pre-or post-ride. If you ordered a Tour de Pines "Acorn" Jersey, these are special order, and it will be mailed to you approximately 6 weeks after the event.

We will have a limited number of items for sale On-Site, preferred payment is by cash, but we can accept checks, PayPal/Venmo/Zelle, and credit cards (if we have sufficient cell or WiFi service to process them).

RIDER NUMBERS. Affix the handlebar number to the front of your handlebars with the included twist ties. Please place the dashboard number on your vehicle's dashboard, so that it is clearly visible from the outside. If there are multiple riders in a vehicle, please place all of the numbers on the dashboard, so they are each visible.

## **RIDING THE EVENT:**

REMINDER. This is a RIDE and NOT A RACE. The roads are completely open to traffic. Ride in a manner that is safe for yourself, obeys traffic rules, and is courteous to your fellow riders and other road users.

START LOCATION. Ball Field Parking Area.

COURSES. We have 2 Official Courses. See below for links to the maps and files.

START TIME. All rides start at 9:00 sharp. Riders should stage earlier for the pre-ride announcements.

WRISTBAND. Wristbands allow access to post ride food/drink.

AID STATIONS. There aren't any.

STORES ON COURSE. There are some stores indicated on the official cue sheets and in the GPS Files. Please note that there are not any stores on the short route. Due to the early ride start, some of the stores & restaurants may not be open when you reach their locations. Stuff your pockets and don't pass up opportunities to resupply!

MECHANICAL SUPPORT. Prior to the ride, [Tuckahoe Bike Shop](#) of Woodbine, NJ will be on-site should you need mechanical assistance.

SAG SUPPORT. There is none. You are responsible for your own transportation back to the Start/Finish area. In case of emergency, please call the event hotlines at 267-894-0840. Please be advised that cell service can be spotty in the Pinelands, both on the courses and at the start/finish venues.

RULES OF THE ROAD. Please remember that you are on open roads during the entire ride. All cyclists must obey all traffic laws; this includes – but is not limited to – traffic lights and stop signs. Violators may

be ticketed by local law enforcement and/or disqualified and removed from the event. All riders are personally responsible for knowing New Jersey's traffic laws. NJDOT guidelines suggest cyclists ride single file.

IN CASE OF EMERGENCY. If you have-or witness—a serious crash or medical emergency, immediately call 911, and then call the event hotlines at 267-894-0840. Secure the area to the best of your ability, but do not put yourself or others in danger while you wait for emergency personnel.

FINISH TIME. The course officially closes at 3:00PM; all riders must finish by this time.

## **NAVIGATION:**

ROUTE MARKING. There is none! You must use the provided GPS Data & Official Cue Sheets! Please note that pot holes and other road defects will not be marked.

KEY COURSE POINTS: Please see the cue sheets for course notes.

CUE SHEETS. Official Cue Sheets are posted to the [Atlantic Cape Ramble Download Page](#). Use the official cue sheet. The Cue Sheets have relevant Course Notes

ROUTE MAPS & GPS Data. Maps of the courses and GPS data may be obtained from the following links

Short Course	22 Miles	<a href="https://ridewithgps.com/routes/52377757">https://ridewithgps.com/routes/52377757</a>
Long Course	47 Miles	<a href="https://ridewithgps.com/routes/52377403">https://ridewithgps.com/routes/52377403</a>

TCX & FIT files with turn warnings are posted to the [Atlantic Cape Ramble Download Page](#). GPX & KML Files may be obtained from Ride With GPS (links above).

FREE GPS SMART PHONE NAVIGATION. With our enhanced Ride With GPS Membership, you can use the their [Smart Phone App for Free](#) for these courses. Download the Ride With GPS App to your Smart Phone (iPhone or Android) from: <https://ridewithgps.com/app> It is also available directly from the [App Store](#) & [Google Play](#)

Your invitation for the event map/navigation is:

[https://ridewithgps.com/auto\\_approve/Event/403297/LDpfLLiM0kM13TGFLD3UXqpcmBTPuMK](https://ridewithgps.com/auto_approve/Event/403297/LDpfLLiM0kM13TGFLD3UXqpcmBTPuMK)

Please see the tutorial video on how to use Ride With GPS App here:

<https://support.ridewithgps.com/hc/en-us/articles/13542984123931-Event-Participants>

You must download the files in advance of the ride (at home or office) and set your phone to airplane mode to conserve your battery.

## **POST RIDE:**

SIGN-IN. When you finish your ride, please sign-in; this is one way we try to keep track of who is still out on course.

GET SOCIAL. Please post your thoughts, photos, videos, etc. about the event on Facebook, Twitter & Instagram.

To Stay Up to Date about the Tour de Pines, please follow us on our website and Social Media:

[www.tourdepinesnj.org](http://www.tourdepinesnj.org)

[www.facebook.com/tourdepinesnj](http://www.facebook.com/tourdepinesnj)

To Stay up to Date with the Pinelands Preservation Alliance, please follow them on their website and Social Media:

[www.pinelandsalliance.org](http://www.pinelandsalliance.org)

[www.facebook.com/pinelands](http://www.facebook.com/pinelands)

[www.twitter.com/PinesAlliance](http://www.twitter.com/PinesAlliance)

[www.instagram.com/pinelandsalliance](http://www.instagram.com/pinelandsalliance)

To Stay up to Date with Kermesse Sport's events, please follow them on Social Media and Sign up for their newsletter:

<http://www.kermessesport.com/newsletter/>

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

<https://www.instagram.com/kermessesport/>

THE BOTTOM LINE. Be Safe & Have Fun. This is what this event is all about.

We appreciate your participation in the Tour de Pines; we hope you have a great ride!

- Kermesse Sport & the Pinelands Preservation Alliance