

RIDERS

MANUAL

BICYCLE RIDE ACROSS TENNESSEE

SEPTEMBER 13th - 19th, 2009

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2009

BICYCLE RIDE ACROSS TENNESSEE

Welcome to the Bicycle Ride Across Tennessee (BRAT 2009). Ride sponsors include Tennessee State Parks, , the Cumberland Trail Conference, Tennessee Park Rangers Association and Tennessee Department of Transportation. **Proceeds from** this ride go to benefit the Cumberland Trail Conference.

BRAT 09 Riders' Meeting: There will be a short riders meeting Saturday evening at 6:30pm at Paris Landing State Park. Late arrivals see the ride director for info.

OVERNIGHT STOPS

<u>DAY/DATE</u>	<u>DESTINATION</u>	<u>CAMPING LOCATION</u>
Sat., Sept 12	Paris Landing State Park	Pool Area
Sun., Sept 13	Natchez Trace State Park	Group Lodge
Mon., Sept 14	Chickasaw State Park	RV Campground
Tues., Sept 15	Ripley Park	Pool area
Wed., Sept 16	Reelfoot Lake State Park	Spillway Campground
Thurs., Sept 17	Reelfoot Lay-over Day	Spillway
Fri., Sept 18	Martin TN	UT Martin
Sat., Sept 29	return to Paris Landing State Park	

**We have one lay-over day this year. This gives you the chance to see more of what our area has to offer and a chance for a lighter ride day if needed. The lay-over loop day will have a short and a long ride option.

EMERGENCY TELEPHONE NUMBERS

If there is an emergency and someone needs to get in touch with you, call the ride director's cell phone number at **615-477-5854**. If the director does not answer, just leave a message. This number is for EMERGENCY USE! Remember: 911 is your first call if it's a major emergency. The BRAT director will be very busy and will not have time to relay non-emergency messages, but: the Director will have his phone on 24/7 during the ride. The following is a list of numbers that may be useful as well:

SAFETY RULES

1. All riders must wear an ANSI or Snell approved helmet at all times when riding their bicycles. This includes riding in camp or cruising in town.
2. Obey all traffic signs and signals.
3. Ride **single file** when traffic is present. This means automobile and bicycle traffic.
4. Do not ride more than two abreast.
5. Ride as near to the side of the road as practical.
6. Signal and call out your moves, including “slowing” and “stopping”, to other cyclists.
7. Pass only on the left. Call out “on your left” when passing.
8. Give the other riders plenty of room. Cyclists bumping into one another cause most riding accidents.

HEALTH TIPS

- Make sure that you have an adequate supply of water. Drink plenty of fluids! Empty your water bottles often.
- Use sunscreen! Use Chap Stick!
- Remember, this is not a race; it is a touring ride. Start the morning by taking it easy so you can warm up. You have plenty of time to get to camp.
- There are rest stops with snacks along the route. However, you should still pack snack foods just in case you need them before rest stops are available. We will not offer snacks to riders near a store that sells snacks. Please support the local businesses.
- Starting the week with a well-tuned bike will save you a lot of headache down the road. We will not have a traveling bike shop so bring any specialized parts. We will try to get parts for you but it may take a day. We will have tires and tubes.
- Put in some miles before the event starts! Don't come in cold! This ride is not too hilly, but be prepared!

ROUTE MARKINGS/CAUTIONS

In most instances the turn symbols are painted on the pavement close to the right shoulder of the road. The route markings in some areas may be placed on signs located on the right shoulder of the road when it is not permissible to paint the symbols on the pavement. The route markings will be yellow, white, orange, or green depending on the day, and will be marked as follows:

**RIGHT
TURN**

STRAIGHT

**LEFT
TURN**

**WRONG
WAY**

CAUTION

LOOSE GRAVEL

CURVY DOWNHILL

STRAIGHT DOWNHILL

Some driveways and side roads are not paved and the loose gravel is knocked onto the road. Please exercise extreme caution when passing those areas. Road conditions can change rapidly due to traffic conditions and/or the weather. Ride wisely because it is impossible to notify you of all the hazardous conditions that you may encounter.

A few riders insist on leaving before daylight. This is very dangerous because of poor visibility. The ride rule is to start the route no earlier than 7am. Doing otherwise places you in a dangerous situation, and route support will not be set up before 7am! If you leave before then, you are on your own!

The route will be marked on the road in the following manner:

1. Place the first route marker 100 feet prior to the turn.
2. The next route marker will be placed 20 feet prior to the turn.
3. The third route marker will be placed on the pavement 10 feet after the turn.
4. Some turns, like those on downgrades will have three markers prior to the turn. The spacing will be 150 feet prior to the turn, 100 feet prior to the turn, and 20 feet prior to the turn.

Some sections of the route have pavement and/or bridges that may require you to proceed with extreme caution. The narrative portion of your map may list sections of rough road and/or bridges that will require you to proceed with caution. Also, the caution warning may be painted on the road surface warning you of upcoming hazardous road/bridge conditions if deemed necessary. The hazard warning (rough road, narrow bridge, etc.) will be painted on the road surface. Even though the ride sponsors will make every attempt possible to warn participants of the aforementioned conditions, it is still the responsibility of the participants to ride with care and to watch for such hazards.

On occasion there will be a long stretch of road that does not have any marked turns. If this occurs, the worker marking the route will place a straight-ahead marker every five (5) miles to let you know that you are traveling in the right direction.

In some cases, especially when leaving or entering camp, the route markers for two different days will be on the same road. When this occurs, just keep in mind that each day is marked with different colors, so follow the properly colored symbol.

There are times when road situations will necessitate a deviation from the standard route procedure. This may occur when two turns are in close proximity to each other, when there is a Y intersection, or when the upcoming turn is downhill, etc. There may also be areas where paint markers on the street will not be allowed...we will place signs on those areas if possible. Use the cue sheets if in doubt.

To sum this all up in three words, the route will be VERY WELL MARKED!

BAGGAGE TRUCK

Riders using the baggage trucks will be responsible for loading and unloading their own baggage. Bags must be on the truck by 8:00 a.m. each morning. It is mandatory that you load your bags from the front of the trailer to the rear and as high as necessary in order to accommodate all of the bags. The truck will be open all night so don't leave your bags on the ground. Early finishers and people in private vehicles can help by unloading the baggage at each day's destination.

ALL articles **MUST** be completely enclosed in duffel bags or luggage. This will prevent damage to baggage that belongs to your fellow riders. Also, all personal items needed during the day's ride must be carried by the rider because these items will be inaccessible. **PLEASE NOTE:** Flammable items will not be transported in the baggage truck or any other support vehicle. A rider who needs to have his/her bicycle transported during the ride must place his/her bicycle in a bicycle transport box. This will prevent damage to the bicycle and will make it much easier to transport.

SAG VEHICLES

SAG vehicles will be with you during the ride to provide assistance to riders who have mechanical and/or physical problems. All SAG vehicles will have water, a limited first aid supply, tire pumps, and tubes to purchase if needed. The SAG vehicles are not meant to be a taxi service. Tired riders who wish to ride in SAG vehicles must comply with the driver's schedule. A rider needing assistance from a SAG vehicle will stand on the side of the road with his/her **hand placed on top of his/her head to indicate that he/she needs assistance**. In order to make the SAG vehicle identification easier there will be a flashing yellow light on the roof of the SAG vehicle.

PATROL VEHICLES – BLUE LIGHT

Blue Light Patrol Vehicles will accompany the riders along the route to provide emergency assistance, two-way radio communication, and traffic flow control at strategic points along the route. These vehicles will be operated by uniformed State Park Rangers who are commissioned law enforcement officers. They are certified in emergency medical care as well. A rider needing assistance from a Blue Light Patrol Vehicle will **stand on the side of the road with his/her hand placed on top of his/her head** to indicate that he or she needs assistance. The presence of State Park Rangers along the route is very beneficial to riders because it raises the alertness of motorist.

WEATHER INFORMATION

September is generally a dry month in Tennessee. Expect cool evenings, chilly mornings, and hot by 10am. Upper west Tennessee is a bit warmer than the rest of the world but bring a good sleeping bag and be prepared for cool temperatures at night. Riders should bring rain gear in case of bad weather.

BICYCLE MECHANIC

A bicycle mechanic will be available at each overnight stop for those in need of parts and/or repairs. The availability of mechanical services and parts depends on your cooperation and your integrity. Please don't show up and ask for an overhaul! **Your bike** needs to **be in tip-top shape before you begin the week**. Also, make sure your brake pads are in good shape. This year's route will have some hills. It is the BRAT directors' suggestion that all riders should have their bike tuned up before the week begins. All labor services are free of charge: parts will be purchased directly from the mechanic. If your bike requires hard to find or unique parts, it is a good idea to bring replacements. Examples of this might be tubes or cables for a recumbent bike, or tubes with extra long valves for deep rimmed wheels. Or, if you have a fancy wheelset that requires an odd spoke size, throw a spare in your luggage bag.

LOST AND FOUND

We will make every effort to assist you in locating any items you have lost. A lost and found box will be located near the bulletin board. Valuable items will not be placed in the lost and found box. See the Ride Director if you have lost anything of value.

RIDE BULLETIN BOARD

Please check the ride bulletin board for messages prior to leaving each day and upon your arrival at each day's destination. Other pertinent information regarding the evening program, meals, local information, the next day's route, general information, etc. will be placed on the ride bulletin board. The bulletin board will be placed in a conspicuous place, probably at the ride headquarters.

MAPS

The route will be well marked but it is always good to carry a map along each day in case you accidentally leave the planned route. If you choose to explore off the designated route you will be on your own. **Please don't get lost!** (yeah, like you would plan to) Each rider will receive a detailed route description/cue sheet.

QUIET TIME

Quiet time is 10:00 p.m. to 6:00 a.m. Please observe this regulation so we will not be required to take corrective action. Show consideration for your fellow riders and comply with this regulation. This includes packing up tents and bags early and keep those zippers quiet.

If you find it necessary to stay up late and socialize, please move an adequate distance from the camping area so you will not disturb those who are sleeping. We want everyone to have a great time, hoop, holler, revel, and what not. Be respectful of others.

PLEASE NOTE: Even though it disturbs some individuals, snoring is exempted from this regulation. Remember the earplugs you were advised to bring. There will be snorers! Guaranteed! (DAMHIK)

ALCOHOLIC BEVERAGES

Alcoholic beverages are prohibited at all overnight camping sites. Your cooperation regarding this regulation will be greatly appreciated.

2010 BICYCLE RIDE ACROSS TENNESSEE

The dates for the 2010 Bicycle Ride Across Tennessee have not been set at this time. If that information is available before the end of this ride you will be informed via the bulletin board.

EEO/AA/ADA

Pursuant to the State of Tennessee's policy of nondiscrimination, the Tennessee Department of Environment and Conservation does not discriminate on the basis of race, sex, religion, color, national or ethnic origin, age, disability, or military service in its policies, or in the admission or access to, or treatment or employment in, its programs, services or activities. For information contact the EEO/AA Coordinator at 615/532-0103 or the ADA Coordinator at 615/532-0259. Hearing impaired callers may use the Tennessee Relay service (800/848-0298).

GOVERNOR, COMMISSIONER, & DIRECTOR

The names and addresses given below are for your convenience in case you want to write to any or all of the individuals expressing positive or negative feelings about the Bicycle Ride Across Tennessee. Please tell the ride organizers if you have any negative comments so they can correct any problem that you may experience. Their aim is to make the ride a great experience for you and they need to know your needs and concerns in order to meet your reasonable expectations.

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