

Battle Against Hunger General Information for Riders

Safety:

For everyone's safety, please abide by the following rules:

1. **Always** wear a helmet.
2. Don't use mp3 players and cell phones while riding.
3. **Always, always** check for traffic at intersections. It is **your** responsibility to cross safely. SAG people are kind and like to help, other riders may yell 'clear', but **always** check yourself, **you and you alone are responsible for crossing safely**. I'll say it again, **you** are the responsible party!
4. Don't block intersections when stopped with a group waiting to cross.
5. **Always** ride single file in high traffic areas.
6. Quickly yield the road to overtaking cars. If you are not riding in single file, do so promptly. Cyclists are supposed to ride single file and as close to the road edge as practicable.
7. Obey all traffic control signs and signals!
8. **Railroad tracks:**
 - a. Cross perpendicular to the track!
 - b. Slow *way* down and spread out in single file with plenty of space between riders.
 - c. If tracks are wet, get off and walk across.
 - d. If you're concerned about them, get off and walk
9. **Metal Deck Bridges:** Treat them the same as railroad tracks. Best to coast across them with one foot unclipped. Cleats will often get stuck in the bridge decking.
10. **Rain –**
 - a. Don't ride through puddles you don't know how deep they are
 - b. Stay of road markings (paint) they're slippery.
 - c. Always check brakes
 - d. Be extra careful on downhills!!
 - e. **Cover you water bottles** in Lancaster. The Amish don't give their horse antibiotics to combat parasites. Water spraying up from the road with horse poo in it can contaminate you bottles. Use a ziplock or other small bag held in place with a rubber band.

Know the symptoms:

Often we consider accidents as the most serious concern while riding long distances. There are often underlying conditions that make the risk of accident even greater. Paying attention to what your body is telling you is very important. Because of the extreme exertion you body is under on long rides it is important to be aware of medical conditions that can affect your ability to reason, your reaction time, and your strength. Being aware of these and acting to remedy the situation quickly is important. Proper hydration and nutrition is important and the best defense against these conditions. Never the less, it can happen to any of us. So it's important to know the symptoms and treatments for conditions we may encounter. It's also important to look after each other and pay attention to changes in our fellow riders.

- **Dehydration:** Dizziness, weakness, increased thirst, dry mouth, confusion, fainting, dark colored urine or decreased output. Drink plenty of fluids, at least a quart per hour (15 miles).
- **Heat Exhaustion:** Clammy pale skin, dizziness, headache, muscle cramps, nausea, fatigue, profuse sweating, dehydration. Can lead to Heat Stroke. Get off the bike and into a car, cool down, drink plenty of fluids.
- **Heat Stoke:** *Hot red skin, lack of sweat* despite the heat, rapid heartbeat, dizziness, throbbing headache, muscle weakness and cramping, disorientation, nausea and vomiting. Heat stroke is an emergency condition and must be treated at a hospital immediately, call 911. At this point, the body has lost the ability to cool itself and if not treated immediately it can be fatal. Administer

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first aid while waiting for transport. Place the person in the shade or a cool place (air conditioned car). Apply cool compresses and/or ice packs to the patient's armpits, groin, neck, and back.

- **Hypothermia:** Sluggishness, shivering which may stop as hypothermia progresses, loss of reasoning skills, loss of coordination, drowsiness, thinking is slow and difficult. Speech can be slow and slurred. In extreme cases, heart rate slows down. Get off the bike and into a warm car, remove/replace wet clothing.

Clothing:

Bring more than you think you'll need! And expect bad weather! Here are some tips on clothing particularly for inclement weather.

Layering is the best way to go. Three layers:

1. **base:** against the skin. In road biking, usually a jersey and riding shorts.
2. **middle:** Provides insulation, long sleeve jersey, long sleeve synthetic T-shirt, light jacket/sweatshirt that can be worn over a base layer.
3. **Shell:** Provides wind protection, water resistance. Worn over base layer with, or without, a middle layer.

Avoid cotton!! Cotton absorbs water, which when cooled by evaporation from wind will rapidly draw heat from the body leading to exposure problems and hypothermia.

Rain: The primary concern, other than safety, is exposure. Riding in rain will rapidly cool your body, even if it's warm out. Even if you don't get 'cold', your body will expend much energy staying warm. Energy you won't have for pushing pedals making it more difficult to complete the ride. As you become exhausted, your decision making powers will be reduced making it even more risky to ride in the rain! Plan accordingly, bring the right gear! You should have a wind breaker (water resistant), long riding pants and/or rain pants.

Cold: Not as big a problem as rain. Make certain you have appropriate insulating layers – wind breaker, insulation layer, long riding pants. Light full hand gloves.

What to bring:

- **Suntan lotion:** Goes without saying.
- **Eyewear:** Sun glasses, but also something to wear when it's dark and overcast. Generally it's a good idea to keep your eyes covered to keep road crap and bugs out of them!
- **Light wind breaker:** Water resistant is good. Waterproof not necessary, you'll sweat and get wet anyway. Reducing wind on the body reduces evaporation, thus helping to maintain body temperature.
- **At least** one pair of long riding pants, leotards, tights. If you can, bring more than one so you can change out of wet clothes.
- **Rain pants:** If you have them - that won't get stuck in your chain and pedals. Again, the idea is to reduce wind cooling the body through evaporation.
- **Light Jacket:** For middle layer. I prefer a long sleeve synthetic T-shirt and a wind breaker which is a more flexible combination.
- **Extra shorts and jerseys:** If you can. Then you don't have to wash/rinse and dry the one you have for the next day. You may also want to change at lunch if you're wet and cold.
- **Warm-up Jacket:** For sitting at lunch or rest stop, so you don't get cold sitting around wet.
- **Gloves:** Full riding gloves, or light winter gloves for riding in cold and/or cold rain. Don't forget these, what a difference they make!

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- **Shower Cap?** Some people think a light shower cap, like the ones you get from hotels, over the helmet if it's raining is helpful.
- **Ziploc bags and rubber bands:** To cover you water bottles in the rain (see 'riding in the rain' above).

Food and Hydration:

Food and drinks will be available at rest stops and along the route from SAG vehicles. One of the most important things to learn about long distance riding is how to feed and water your body. This is something that comes with practice since everyone is different. Here are some tips and rules-of-thumb to keep in mind:

1. Drink at least one quart of liquid per hour (15 miles). More if it's hot out.
2. Water is OK, but over a 10 to 12 hour day of riding your body loses electrolytes that must be replenished. Sport drinks and other sport drink additives help combat this. So do bananas.
3. Eat regularly. Energy bars are good but also bananas, oranges, peanut butter and jelly (protein, carbohydrates, sugar) are all good. Eat things that appeal to you.
4. **Stick with what you know!** Don't go out and buy a bunch of stuff you've never used before! This is just asking for trouble. Eat food you know will agree with your stomach when you're hot, sweaty, exhausted, and just plain miserable. But whatever you do, don't stop eating or you'll run out of energy.

Rest Stops:

Here are the rest stop distances and the amount of time you should plan to stop at each. Of course one can always leave early or skip a stop, but beware of taking too long. See the chart below.

Day 1

Sign in and out of each Rest Stop!!

Rest Stop	Time stopped	Mile	Open	Close
Rest Stop #1	10 min	18.6	7:30	9:45
Rest Stop #2 - Campground	10 min	33	8:30	11:00
Lunch – Park (Isaac's)	45 min	51	10:00	1:30
Rest Stop #3 - Bakery	10 min	18	11:30	3:30
Rest Stop #4 - Pizzeria	10 min	31	12:45	5:00

Day 2

Rest Stop	Time stopped	Mile	Open	Close
Rest Stop #1 – Sunoco station	10 min	15	7:15	9:45
Rest Stop #1 – Dunkin Donuts	10 min	27.6	8:00	10:30
Rest Stop #2 – Dunkin Donuts	10 min	39	8:45	12:00
Lunch – Audubon Park	45 min	54	10:00	2:00
Rest Stop #3	10 min	16.2	12:00	4:00
Rest Stop #4	10 min	27.6	1:00	5:00
Rest Stop #5 – Church	xxx	46	2:30	5:30

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Ride Timing:

Riding 100 miles takes time! And when combined with regular rest stops, stopping to wait for others, stopping to cross intersections and all the other stuff that just happens, drags it out even longer. Pay attention to your average moving speed and how long you stop. Below is a spread sheet that will help you understand better how long it will take.

We know from experience that, on average, we take 2 to 2 ½ hours of break time including lunch and waiting for traffic and/or other riders. **If** we leave at 6:30 AM and must arrive at the church by 5:30 PM we have 11 hours. And **if** we stop 2 ½ hours, that leaves 8 ½ hours of riding time.

To make the park on time your moving average speed must be at least: $100 / 8.5 = 11.75$ mph!

Moving Average	Riding Time	Stop Time	Total Time	Cushion
16	6.25	2.5	8.75	2.25 hrs.
14	7.25	2.5	9.75	1.25 hrs.
12	8.25	2.5	10.75	15 min.
11.75	8.5	2.5	11	0
11	9	2	11	0
10	10	2	12	-1.0 Hrs.

On being lost:

This year the road is not marked with arrows so pay close attention to the cue sheets. Set your computer at the proper start point so your mileage is correct. There are a number of intersections where there are no road signs. Trust the cue sheet. As you cross intersections try to verify that you're on the correct road.

What if I think I'm lost?

First off, don't panic! You should have a complete list of personal and their phone numbers that you were given before the ride. And on the back of the cue sheet are contact numbers. **But before you contact someone, ride to an intersection where you can identify both crossroads.** Then call one of the contact numbers on the cue sheet. Phyllis or Steve will be able to locate you and direct you back on the route if you've strayed.

Using Ride With GPS App:

If you've installed the Ride With GPS (RWG) app on your phone, and you've downloaded the routes into your login, you can use it to locate yourself and get back on the route. First, make certain you have the 'location' turned on. Then open the app and select the route segment you're following. RWG will display the route and an indicator of your location. You should be able to easily navigate back to the route.