

PA1000k Safety Instructions

(updated 7/19/08)

Safety is always a big concern ... the following is provided to help make your ride a safe one.

Your responsibility as the rider includes:

- Showing up in reasonable physical condition for the event
- Bringing a reliable bike in good working order
- Complying with the posted Rules for Riders
- Complying with all traffic laws along the course
- Respecting the rights of all other users of the route (including pedestrians)
- **Planning for the situation where you can't finish the ride**

Although every effort has been made to provide you with a scenic route that minimizes car traffic and other hazards, the following list highlights some areas to take some extra care:

- One of the most dangerous things you will encounter on the road just might be another cyclist. Keep a safe following distance when riding with other cyclists you are not familiar with. Please avoid forming a large bunch at the start of the ride.
- There are a couple of rough road stretches that have large potholes -- many of these areas are called out on the cuesheet but you should always be vigilant about looking out for these hazards.
- There are several long descents that are very steep and fast with a couple of twisty turns. It is possible, though not advisable to reach speeds of over 50 MPH on these descents -- Please don't go any faster than your Guardian Angel can keep up with!
- The Delaware Water Gap National Recreation Area has a lot of wildlife including deer and bears that may stray into your path.
- There are several open grate bridges on the route. Please take note of the ones called out on the cuesheet and proceed with caution, especially if it is wet. The Dingmans Ferry Bridge is wooden and may also be slippery if wet.

Equipment

- Helmets are mandatory. Riding without a helmet will result in an immediate disqualification.
- Lights, reflective vests and ankle bands are also required if still riding after sundown. Any rider with insufficient lighting will be disqualified.
- Bringing along a cell phone is highly recommended.
- Mechanical assistance is not provided. There are a limited number of bike shops on course, mainly near the larger cities and towns.

Food / Hydration

- In general, the route heads you into some desolate areas, with limited opportunities for food and water.
- Food for you to carry with you is provided at the start.
- Plan on replenishing at the controles stops and at stores along the way. The controles are typically at a store or restaurant. There is a list of services on route posted on the website. Note that some stores are off-course. Please take special note of long stretches that have limited services and plan accordingly.
- Most stores and restaurants on route close around 10PM. You should plan to replenish your supplies before 10PM.
- Food is provided at the staffed Start/Finish and both Sleep-over controles.
- Monitor your fluid intake and be sure to keep your electrolyte levels in balance. Endurolytes will be available at the start.
- If it is very hot, an ice sock will help keep you from overheating. Plan on packing a long, cotton tube sock -- you can refill it with ice at convenience stores and drape it around your neck while riding.

Abandon

- If you feel like abandoning the ride, it may be an indication that you are not eating and drinking enough. Take a break, eat something, and it's likely that your outlook will improve. Before you know it, you'll be making that last turn back to the finish. And remember the golden rule of "... eat before you're hungry and drink before you're thirsty."
- If you are still riding past the ride time limit or if you intend to abandon the ride, please contact me in one of the following ways.
 - My cell phone: (610) 417-7161
 - At the hostel: (215) 536-8749
 - Leave a message at one of the controles (phone numbers on the cuesheet)
 - Leave a message at my home: (610) 559-1145
 - Leave a message with my wife, Becky on her cell phone: (610) 417-7290
- It is your responsibility to make arrangements for alternate transportation
- Be sure to sign the check-in sheet at each controle so we can monitor your progress and track you down if you get lost.

In case of accident

Should you become injured, or arrive just after an accident resulting in an injured person (rider, motorist, or passer-by):

- Call 911 for an ambulance, describing where you are and the condition of the injured person(s)
- Contact me at one of the numbers listed above.
- Be sure to carry identification along with your emergency contact information in case you are knocked unconscious

Driving after the event

If you are very tired, it may be a good idea to take a nap before a long drive home.

Near-miss

Thank you for mentioning any safety hazard you might have spotted, or near-miss incident you saw. This will help us to improve the event.

Have a safe ride ... Tom Rosenbauer, PA Randonneurs RBA