

# PA150/200k Safety Instructions

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 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 several steep, twisty descents on course. Please take these descents with extra care -- don't go any faster than your Guardian Angel can keep up with! If you are riding with others, please keep a safe distance from one another.
- The descent from Wind Gap to L. CherryValley Road has some very large sewer grates that are close to the edge of the shoulder -- many of these sewers are actually in the shoulder and are uncovered. Please keep well away from these grates by taking a line closer to the road.
- At the end of Red Cliff Rd, there is a short steep section that has a gradient around 20% with a sharp turn at the end. If you are unsure about your ability to ride up this section, you should unclip and walk.
- There are Delaware River bridge crossing on the route. It's mandatory that you walk your bike across these bridges. Riding on the bridge walkway is dangerous to yourself and any pedestrians. It also really annoys the bridge guard and will reflect poorly on our group, so violations will be dealt with harshly. The first violation of this rule will result in a 2-hour penalty assessed. The second violation will result in a DQ (disqualification).

## Equipment

- Helmets are mandatory. Riding without a helmet will result in an immediate disqualification.
- All riders should plan on bringing along a taillight in case limited visibility conditions are encountered (e.g. rain, fog). The early morning hours are often foggy in the Fall.
- **Headlights and reflective vests are also required if still riding after sundown.** Although it is possible for fast riders to finish the PA200k before dark, unforeseen circumstances may delay you. Any rider with insufficient lighting will be disqualified. If you choose to ride without lights and reflective gear, you should reach Caferty Rd at mile 80.3 by 2PM in order to stay on track to finish before sundown; if you don't, there is a short cut provided on the cue sheet to help you safely get back before sundown. Riders who opt for the shortcut will not be recognized as official finishers.
- Bringing along a cell phone is highly recommended.
- Mechanical assistance is not provided. There is a bike shop in Easton (Genesis 126 Bushkill St, Easton, PA 18042 610-253-1140) if you need repairs.

### **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. The controles are typically at a store or restaurant.
- The area from Wind Gap to Portland has no stores. Be sure to stock up after stopping in Wind Gap.
- There are several stores in Portland, Stewartsville, Bloomsbury, and Milford.

### **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 start/finish (610) 559-1145
  - Leave a message at one of the controles (phone numbers on the cuesheet)
  - 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 in the hostel dormitory 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