

# Eastern PA Brevet 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

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.
- There may be 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!
- There may be 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.
- Lights are required in case limited visibility conditions are encountered (e.g. rain, fog).
- **Lights and reflective vests are also required when riding between sundown and sunrise.**
- 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.

## 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 with my wife, Becky on her cell phone: (610) 417-7290
- It is your responsibility to make arrangements for alternate transportation

**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.

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