

PA400k Safety Instructions

(updated 5/15/09)

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 Delaware River bridge crossings on the route. Except where noted on the cuesheet, 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).
- There are a couple of rough road stretches that have large potholes -- some of these areas are called out on the cuesheet but you should be vigilant about looking out for these hazards.
- Mile 108.0 (Schuylkill Haven/Cressona area) I've been through this intersection twice: once on a Sunday afternoon with little traffic and on Friday, I came through just as the schools were letting out and the traffic was very bad -- it was a difficult road to cross since the traffic is very fast in both directions and the drivers showed no mercy. On Saturday, you'll probably see something between these two extremes, but please take some extra caution -- dismounting and walking across the intersection might be a good option to consider.

Equipment

- Helmets are mandatory. Riding without a helmet will result in an immediate disqualification.
- Lights, reflective vests, and ankle bands are also required before sunrise and after sundown. Lighting violations will result in an immediate disqualification.
- 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 control stops. The controls are typically at a store or restaurant.

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
 - Leave a message at the hostel: (215) 536-8749
 - Leave a message at my home: (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 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