



Ride for Homes 2016

Rider Handbook

Welcome Riders!

We have been planning this ride for over a year. It is our hope that you have a fantastic adventure. Please take a moment to read this handbook. We've tried to anticipate and address all of your questions. We are committed to making this ride both memorable and meaningful for you. To that end please don't hesitate to ask questions and offer your suggestions.

You have made a powerful commitment to helping families in Philadelphia to realize the dream of a **safe and affordable home**. You've raised the money; you've done your training, now it's time....time to Ride for Homes!

Sincerely,

Ride for Homes 2016 Planning Committee,

Corrine O'Connell, Sarah Mussoline, and Sally Poliwoda

Ride with a Buddy, Ride In Groups!

RFH encourages you to make new friends, ride with a buddy. We will be a mobile community for the duration of the

A = Steady pace of 14 - 15mph (included on hills)

Leaders: Ken Kress, Jody Twer

B= 11-13mph

Leaders: Ed Holden, Graham Robb

C= Sweep Group, Slow and Steady. We will bring up the rear and collect any riders who drop back.

Leader: Sally Poliwoda, Corrine O'Connell, Marianna Cutler

What Pace Group Should I Ride In?

This is the time to be honest with YOURSELF. *You need to ride in the group where you will be HAPPY and Comfortable, NOT the group you wish you could ride in.* Also, you can change groups anytime you like during the ride, just communicate that change to your group leader.

What if I Can't Keep Up?

1. Communicate this with your group leader
2. Your leader may suggest you STOP and WAIT for another group to sweep you up. This is the BEST solution. **Riding Alone will not be allowed. We want to stay in groups for safety and Fun!**
3. If you are exhausted, we have 2 sweep cars that will pick up you and your bike.

Call Linda Hawkins @ 215-280-7128 (Your Leader will make this call)

CUE SHEETS

ALL riders will carry a cue sheet. The ROADS ARE NOT MARKED. It's everyone's responsibility to know where you are going. ROADS ARE NOT MARKED.

Lights

- **ALL riders MUST have a White/Front and Red/Rear Light.**
- Blinky lights are fine
- These are vital for safety on low light/rainy days

On the Road Support

Your gear (clothing and personal gear) will be transported by Ride for Homes throughout the tour. Each cyclist is allowed **ONE duffel bag**. Duffel bags are to be securely fastened and clearly marked with your name. All bags should be loaded on the **gear truck/ReStore Truck** no later than 15 minutes prior to WHEELS DOWN time each day. Please see the daily agendas for Wheels Down time.

ID cards and health insurance cards are to be kept in the cyclists' possession at all times, not stored in the duffel bag. Daily route cue sheets for each day will be available at the gear truck these sheets describe the route, distances, rest stop locations and points of interest.

Rider Check In will take place each morning with bag drop at the ReStore Truck.

Wheels Down Expectations:

Please do not start BEFORE or AFTER the designated times on daily agenda. This will assure adequate support, safety, and check in.

Wheels Down = Riders departure time; this is a hard and fast time. Don't be late.

Water/Snack Stops

- Water Stop 1 is about $\frac{1}{4}$ or the days total distance,
 - Lunch is about $\frac{1}{2}$ of the way
 - Water #2 is about $\frac{3}{4}$ of the total distance for the day.
- You MUST Stop at all water stops to check in with the support team.**

Stop will consist of:

Cold Water

Ice

Energy snacks, Gu, Gel's

Powdered Energy Drink mix

If you want something special just for your use to be at the water stop please bring it to the gear truck in the AM and make sure it's CLEARLY Labeled in a container

Rest stop will be open to greet the first riders and stay open until the last rider checks through.

Ride End of the Day Check-In

Riders are expected to have completed their daily ride by 5:00PM at the latest. We reserve the right to SAG you to the finish if we believe you will not make this time cut off. **This IS NOT Negotiable.** As cyclists finish riding each day, they must check in at the ReStore truck!

Your Group Leader(s) will check in all riders at the end of the day.

Telephones

Bring your cell phone if you have one. We should have good coverage along most of the route and your phone will come in handy if you need to call for mechanical or medical support. If you do not have a cell phone you most likely will be riding with someone who does.

Mechanical Service/SUPPORT

Ride for Homes is fortunate to have the services of **Professional Bike Mechanic Tim Chaya and Kyler George** for the tour.

On the Road Support

Tim and Kyler will be available for assistance. If you have a minor problem (flat tire, dropped chain) PLEASE attempt to repair this on your own. **Please do not hesitate to call for a mechanic if you need one, we will get them to you ASAP!**

If you cannot fix your own problem, CALL **LINDA HAWKINS** (SAG Support Leader) **215-280-7128**

Linda will dispatch the support you need (Tim, Kyler, vehicle, etc...)

END of the Day Support

At the end of the day Tim and Kyler will set up shop next to the ReStore truck and is available to do repairs to your bicycle. We will have supplies/parts for your bike. If you need a new part, you will need to pay (COST) and it can be installed for you. In the event your need exceed what we have on hand, we will attempt to make arrangements with local bike shops for help.

Daily AM Support

Please DO NOT wait until the morning to address problems with your bike. We have TWO professional mechanics on the ride to assist you so please use them. We will NOT delay Wheels Down for Mechanicals, you may have to be sagged to the first water stop, etc..so we can keep the group moving and on time.

SAG Support Plans

Gear Truck (ReStore Truck)

Will depart each day at the "wheels down time" and go directly to the first Water/Snack Stop.

SAG Van #1 (passenger van)

This vehicle will be behind the RE Store Truck but in FRONT of Sag Wagon #2 roaming the course. If you need them and see them WAVE them down, otherwise, CALL **LINDA HAWKINS 215-280-7128.**

SAG Wagon #2 (Mini Van 1)

SAG wagons will follow **the LAST rider** out each day and sweep the course and move between the Truck and the last rider.

They are an emergency pickup service. To obtain SAG assistance, riders Call **LINDA HAWKINS 215-280-7128.** This phone number will be on the daily cue sheet. If you need help and you see a Habitat Vehicle **WAVE Them DOWN!!**

Meals

Cyclists will be provided with breakfast and dinner each day. Breakfast will be a self-served buffet at each hotel from starting at **6:00AM**. Cyclists may eat at their own pace and time, but be ready to leave at Wheels Down.

Supper (6:30-7PM) will be served by local churches. Meals will consist of both meat and vegetarian options. Times and locations are listed on the daily agenda sheets.. Every dinner is within 1 mile of our hotels so you may either: Walk, Ride your bike, or if space permits ride in the SAG Van. This is the only time in each day we will be gathered as a complete group and it is an important time for sharing, visiting, and staying focused on our purpose. This will also be when we preview the next day's route. Post dinner meetings will be BRIEF!

Lunches

Are the responsibility of each rider, so be sure to bring a little cash with you each day to stop along the route. Lunch stop suggestions are on the cue sheets. Groups will decide where they would like to eat together. When available more than one choice will be offered to the groups. Leaders will set up a RE-Group time and place to re-start your ride after lunch. REMEMBER, THIS IS A BIKE TOUR, there is no need to rush through the day, enjoy the ride!

Alcohol Consumption

Consumption of alcoholic beverages while you are on route is not permitted. **Alcohol will not be available or allowed at supper.** If you'd like the ReStore truck to carry something for you (for sharing of course!!) let them know in the AM. We will have "happy hour" post ride each day!

Riding Safety/Traffic Control

Helmets Must be Worn At All Times while riding bicycles, this means at all times, even short distances, etc...

The route will be shared with motor vehicles. Roads with shoulders and low traffic volume have been selected for route safety, but in some cases all conditions are not ideal. Ride with care, obey all traffic laws and be courteous to cyclists and motorists.

- Always stop completely at stop signs and traffic signals.
- Always ride in the same direction as the flow of traffic, not against it.
- Obey yield signs.
- Signal all turns and stops.
- Look behind you before making a sudden stop.
- When making a stop, be sure you are off the road surface.
- In high traffic areas and on narrow roads, ride single file.
- When safe, riders may ride two abreast, but must stay in the appropriate lane.
- When passing other cyclist, call "On your left" and pass when safe.
- Riders should never be more than two abreast, even when passing.

Habitat Ride for Homes reserves the right to restrict and remove from the ride any rider who does not comply with the safety guidelines and general safe bicycle practices.

SPECIAL NOTES: Amish Community

Behavior Guidelines for Cyclists

Ride for Homes brings together a diverse, amazing, unique community of people who will move from town to town as the ride progresses. We want the people with whom we visit along the way to be impressed with the quality of the behavior of participants of this ride.

Poor behavior reflects upon Habitat Philadelphia, Ride for Homes, as well as on the individual. Each town and church will have invested time and energy into preparing for our stay. Please express your appreciation to them for their efforts. Bring any criticism you may have to Ride for Homes leadership. We are committed to making this the BEST event you do this year, so please come to: Sally, Corrine or Sarah with any issues.

Lost and Found

Found items should be turned in to the ReStore Truck. If you want shed clothing, during the day you can bring it to a vehicle. (Do not call SAG support to carry your unwanted arm warmers). PLEASE have your name inside all clothing; we all have the same stuff!

Ride at Own Risk

Each cyclist rides Ride for Homes 2015 at his/her own risk. Habitat for Humanity Philadelphia, our volunteers and the many supporters and sponsors do not assume any responsibility for the cyclist's welfare, safety, bicycle, or gear.

First Aid

First aid treatment and supplies for minor problems will be available during the week. See Sally Poliwoda, RN for minor complaints, etc.. On road needs call LINDA HAWKINS: **215-280-7128**

Cyclists requiring doctor, hospital, ambulance transport and/or private medical services will be responsible for the cost of the services.

If there is an incident and serious injury 911 will be called immediately. (Inform Linda Hawkins, AFTER you call 911)

Please CARRY your medical insurance card with you along with your phone.

After any ER visit by a rider, the ride will follow ER discharge instructions. Ride for Homes reserves the right to remove any rider for serious medical concerns or injury.

We thank all of the volunteers, cyclists, and sponsors for making this ride a success. Without you, this ride would not be possible.

IMPORTANT-IMPORTANT-IMPORTANT

Please PRINT this portion of the form, Sign, and return to Sarah Mussoline at Habitat Philadelphia sarahm@habitatphiladelphia.org

I have read, understand and agree with guidelines and rules presented in the 2015 Ride for Homes Rider Handbook.

Name Printed: _____

Signature: _____

Date: _____