

# TRIRI® June Bicycle Rally 2012



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## The Rally Concept

Our layover days were so popular on our original week-long TRIRI® tour and September Escapade™ that we decided to offer a series of loop rides from a single Indiana State Park. This year, we have chosen **McCormick's Creek State Park** as our host park.

Touring southern Indiana from a single location means there's no need to pack up and move to a new location during the event. And, because you will have your car with you, you may bring as many bags as you wish. (Just be prepared to carry them to your tent or inn room!) A TRIRI® rally can be enjoyed by riders staying in tents, RVs, or inn rooms. The park itself offers a few miles of quiet paved roads for children or beginning riders, and beautiful hiking trails offer an alternate activity.

## Location & Driving Directions

The park address is 250 McCormick Creek Park Rd, Spencer, IN 47460. To get there, follow these directions:

- From **Indianapolis, IN** (Approximately 54 miles): Take I-70 west to 231 South (Cloverdale exit) to 46 East to the park entrance.
- From **Louisville, KY** (Approximately 106 miles): Take I-65 north to 46 West to the park entrance.
- From **Chicago, IL**: (Approximately 236 miles): Take I-65 South to I-465 South, then I-70 West to 231 South (Cloverdale exit). Take 46 East to the park entrance.

## Arriving, & Setting Up & Checking In

The park opens at 7AM; tents may be set up in the TRIRI camping area near the swimming pool (which is next door to the Nature Center & one mile from the inn) any time after the park opens on Sunday, June 10. Those wishing to camp the night before the rally must book a campsite in either the primitive or full hook-up campgrounds by visiting <http://indianastateparks.reserveamerica.com/>. Those with inn rooms may not be able to check in until 4PM if the inn was full the night before.

## Registration Packets

Participants can pick up packets Sunday, June 10, in the Canyon Inn lobby from noon to 4PM. Come dressed to ride, or plan on changing in the inn lobby restrooms or the pool house. Please note that inn rooms may not be available until 4PM for check-in. You're free to venture out on the loop ride after you have your packet. Every rider packet will contain:

- Maps
- Wrist band
- Emergency phone numbers card
- Commemorative polo-shirt
- Information on local bicycle shops
- Pre-ordered merchandise or extra maps

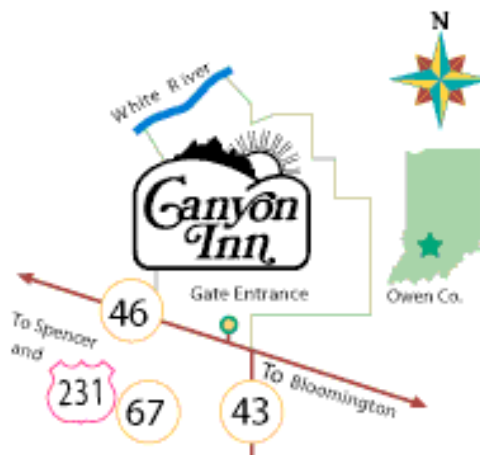
## Parking

All participants are responsible for paying a one-time park entry fee of **\$5.00 for Indiana residents, and \$7.00 for out-of-state vehicles**. Wristbands issued in the rider packets will serve to grant admission to the park when participants are on bicycles.

For those staying at the inns, showing your room key at the gatehouse will allow you to re-enter the park by car, if needed, after your arrival.

Parking is available in parking lots in front of Canyon Inn.

For campers, one hang tag per vehicle will be issued at the gatehouse, which will allow you to leave and re-enter the park by car for the duration of the rally without incurring additional fees. Parking will be in the large lot in front of the pool.



## Phone Service & Important Numbers

Dates	Days	Contact	Phone
6/10-6/13	Sunday-Wednesday	Canyon Inn	1.812.829.4881
		Kathy Smith, Director	812.333.8176
		Mark Napier, Director	812.325.7818

Since there are few pay phones in the state parks, we recommend making your calls along the route during the day's ride. **There are only a few place in the park where cell signals are strong enough to make or receive calls.**

## SAG Service

One to three SAGs will be on the route/s each day to assist the riders. SAG service will be available Sunday-Tuesday until 4PM, and until from 8AM-noon on Wednesday.

**If you need a lift back to the park, stay on the route in a comfortable, visible place where you can watch for a SAG and the drivers can see you.** They'll be watching for cyclists tapping the the tops of their heads (see "Communications"). Serious mechanical breakdowns will require you to transport your bicycle to Bloomington for service.

If it's an emergency or you are afraid the SAG won't find you, call Canyon Inn (the number will be at the top of the day's map) and tell the front desk who you are, where you are, and why you need a SAG. **If there is a medical emergency and you go to a hospital, don't forget to notify the directors and/or the state park about what's happened and where you are.**

We will have a SAG stop in Lower Cascades Park on Tuesday. Those wanting a shorter route can drive to the park (on alternate roads) and ride from there.

## Rider Identification

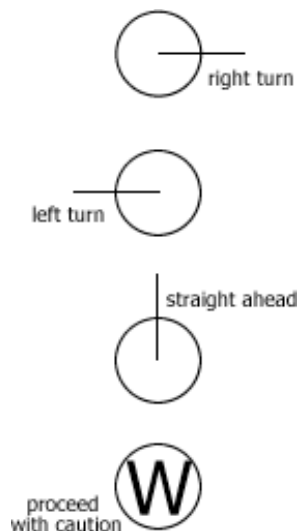
We will be using wristbands to identify rally participants. Please wear your wristband on your left wrist, where it can be easily seen by our SAG vehicle operators and the gatehouse attendant at the park.

Due to the Health Information Privacy Act, **it's vital that you carry personal identification on your person** (as opposed to on your bike--paramedics can't rely on identification attached to a bicycle because the bike may belong to someone else). A card with emergency phone numbers will be given to you to carry along with your personal identification.

## Communications

- **Rider-to-SAG signals:** If there is a problem, pat the top of your helmet or head using a large, visible arm motion (the traditional distress signal used in scuba diving). This is more easily recognized than a thumbs down signal or a general arm wave.
- **Ham communications:** We will have members of the Bloomington Amateur Radio Club providing communications along the routes. If you're a ham, let us know and we will arrange to have information about our TRIRI week radio frequencies in your packet. Bring your radio!
- **Road signs:** We request that all riders follow the normal rules of the road that cars are expected follow. We provide markings called *Dan Henrys* (see image below) to supplement state and local road signs. A variation of the regular Dan Henry is a warning symbol, a W inside of a circle, to warn you about rough roads ahead (for example: gravel, pot holes, dangerous descents or railroad tracks).

**On the route, look for three Dan Henrys at every major intersection: one well before, one at, and one after.** You'll also see a single Dan Henry at minor intersections and near stop signs, designed to reassure you that you're on the correct route. Intersections where you continue straight on a main road have not always been marked.



**Our Dan Henrys are ALWAYS painted in yellow,** in the right lanes of the road. Ignore markings of other shapes or colors, and, when in doubt about whether a Dan Henry is for TRIRI or not, consult your map or cue sheet. **Please note that the map is the official route; without our knowledge, road markings may have been paved over or altered by vandals or by another ride.**

## TRIRI® Maps

A two-sided map has been prepared for each day's route. On one side is a cue sheet, with mileage, turns, towns, food, and attractions listed. On the other side is a map of the day's route. (A sample cue sheet and map from a past event appears on pages 6 and 7; please familiarize yourself with their style.) Pay special attention to where restaurants or convenience stores are located and plan your day's ride accordingly.

If you need another map during the week, you may purchase the entire packet for \$5.00 (tax included). If you'd like to purchase a fresh map packet at the end of the tour, let us know ahead of time so we'll have enough available.

**If you are driving, please do not drive on the roads selected for our cyclists.** The best way to enjoy the benefit of having a friend or family member drive a vehicle during the rally is to meet at pre-arranged locations, with the car taking faster, more heavily traveled roads than our cycling routes to get there.

### Meals & Rider Meetings

**All breakfasts & dinners will be served in the dining room at Canyon Inn.** Canyon Inn is about one mile from the TRIRI camping area, an easy walk or bicycle ride on roads that are flat or have a gentle grade. Three breakfasts and three dinners plus a 15% gratuity are included in your rally registration fee.

**Breakfast is served from 7:00-8:00AM EDT each morning, and dinner is served from 5:00-8:00PM EDT.** Lunch is on your own; consult the route maps to choose from a number of possible food stops. Non-riding participants may wish to eat at Canyon Inn Restaurant, open from 11:30AM-2:00PM.

Breakfasts and dinners are served as buffets. You may go through the line more than once, but be mindful of how much you need to eat to replenish your energy stores. Menus will be posted outside the dining room. Check in with a TRIRI staff member as you enter the dining hall.

We will hold a **rider meeting** each evening from **7:00-7:30PM**. The first rider meeting will be the evening of Sunday, June 10 in the Oak Room, upstairs in Canyon Inn. We will preview the following day's bicycle routes and answer questions. We will also sell jerseys, vests, and other merchandise, as well as collecting any event photographs you wish to share with us.

### Special Services & Events

**Massage therapist Valerie Wimsett** will join us for the event. Valerie is an experienced massage therapist who gets rave reviews from our riders. Pre-schedule your massages by contacting her at 812.240.0344 or [vwimsett@yahoo.com](mailto:vwimsett@yahoo.com), or sign up at the event. Her rate is \$1/minute with a 15-minute minimum, cash only. Please do not forget to tip her for her services!

Included in your registration fee are two **beer gardens** (indoors) on Monday and Tuesday evenings, June 11 & 12, following the riders' meeting. Lennie's restaurant of Bloomington will bring us two craft beers. Be prepared to show your ID if asked. Non-alcoholic drinks will also be provided. The em-  
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phasis is on the social aspect of this gathering; come and socialize with your fellow rally participants, directors, and staff.

**Please arrive with your bicycle tuned up and ready to go for four days of riding, and bring extra tubes.** You will need to take your bicycle into Bloomington for mechanical issues you cannot fix yourself.

### Suggested Packing List

#### Clothing

cycling shorts	cycling tights
cycling jerseys	cycling shoes
rainwear	jeans/long pants
arm warmers	shorts
waterproof shoes	<b>hiking boots</b>
underwear	socks

#### Camping

tent/footprint	sleeping bag
Thermarest pad	sheet/pillow
washcloth/plastic bag	towel/plastic bag
small camp chair	plastic bags of various sizes
clothesline	clothespins

#### Personal items:

ID & money	credit/insurance cards
earplugs	medication
spare glasses	sunglasses
sunscreen	lip balm
flashlight	batteries
flashlight bulbs	fanny pack
insect repellent	shaver
toilet paper	comb
toothbrush/paste	waterless soap
knife	watch
camera	pencil/notepad
laundry soap	large plastic bag for "washtub"
chamois cream	

#### Bicycle gear:

frame pump	touring bag
tubes (2)	folding tires
bicycle lock	maps
compass	water bottles/CamelBack
tire tools	patch kit w/ new cement
rags	chain lube
HELMET	<b>small lock</b>
bicycle lights	bicycle multi-tool

#### Special considerations for this rally:

- Bring **footwear for hiking** if you want to hike a trail that brings you past an abandoned quarry in the state park.
- Bring a **small lock for your bicycle** if you want to visit a museum display on limestone or walk around the IUB campus for a closer look at limestone architecture.

## Safety & Courtesy Guide

*We encourage you to add to your enjoyment and safety by reading through and abiding by the following Ride Right™ guidelines, which are part of an overall Ride Right™ bicycle safety campaign.*

### 1. Use the RIGHT stuff.

- ♦ **Have your bicycle checked** by a good bicycle mechanic to make sure it's in top condition.
- ♦ **Bring along the RIGHT gear.**
- ♦ **Wear a properly fitting helmet.** Wear your helmet at all times while on your bicycle. Head injuries occur in the majority of bicycle accidents.
- ♦ **Wear clothing that can be seen.** Bright and white clothing has a greater chance of being seen in all weather, but especially when it's dark or rainy.
- ♦ **Carry a two or more water bottles.** Take no chances on becoming dehydrated.
- ♦ **Use a headlight and taillight if riding at night.** If you'll be riding in the dark, it's worth the expense to outfit your bike with a lighting system (it need not be a pricey one).

### 3. Use the RIGHT communications.

- ♦ **Signal your intentions:** turning, stopping, swerving. Let other road users know what you are doing. Be especially alert at intersections and driveways.
- ♦ **Sound off.** Let others know you're passing ("On your left,") left them know of road problems ("hole," "sand," "glass," "dog up,"), let them know of motorists ("car up," "car back," "car right," etc.).

### 4. Practice RIGHT riding.

- ♦ **Ride on the RIGHT.** Ride about 2 feet in from the right side of the road, in a straight line. This allows you room to maneuver and room for others to pass you on your left in the same lane.
- ♦ **Don't draft.** If you are with an experienced group and there is plenty of room, drafting can be fun. However, make sure you are not a threat, and announce your presence ("on your left") to any bicyclists you are approaching.
- ♦ **Left turns are always made from the center of the roadway.** Be aware of the traffic coming up behind you as well as from the front.
- ♦ **Stay to the right when going slowly or walking up hills,** so other bicyclists can pass you without going into the left lane.
- ♦ **Move totally off the roadway** to stop, make repairs, rest, visit, etc..

### 5. Observe the legal RIGHT.

- ♦ **Obey traffic laws.** In Indiana, bicyclists have the same rights as motorists. In accepting those rights, bicyclists also assume the responsibilities for riding in a safe and legal manner. This helps other road users predict your actions.

### 6. Use the RIGHT frame of mind.

- ♦ Ride alertly. Bicyclist error and bicycle-to-bicycle accidents are the most common types of accidents.
- ♦ Ride at a steady speed that is good for you. This is a touring event, not a race. Take time to enjoy the scenery, take in the sights, eat, drink, and relax.

### Make sure you have the RIGHT abilities.

- ♦ Train properly for the rally. Be ready to tackle these miles and this terrain, and the event will be much more enjoyable for you.

### 8. Come prepared with the RIGHT attitude.

- ♦ **Be a predictable and considerate rider.**
- ♦ **Be courteous to passing vehicles and other bicyclists.** Instead of riding several abreast, go single file and let those behind you pass.
- ♦ **Follow the route.** The routes have been selected for your safety and enjoyment, and SAG services are not available to you if you are off the route.
- ♦ **Be prepared to ride in less than perfect weather.** We have ordered dry, warm, sunny days and dry, cool nights for your ideal bicycling vacation. However, since the weather is fickle at best, be prepared to ride in hot or cold, humid, or wet conditions. That includes not only warm biking clothing and rain gear, but also a good reflector or lighting system for your bike.

### 9. Exhibit the RIGHT attention.

- ♦ Keep your eyes and ears open while riding. Not only will you notice the beauty of nature, but you will hear the sound of other road users and recognize potential hazards along the road, such as: loose gravel or sand,
  - potholes and wide cracks in the road or on bridges
  - railroad tracks (be sure to cross perpendicular to the tracks)
  - dogs, cars, trucks, chickens, goats, deer, roadkill (we've seen them all!)

### 10. Ride in the RIGHT condition.

- ♦ Have your body trained to "go the distance." Even though we are doing loop rides, you'll enjoy them more if you have trained properly.
- ♦ Fuel your body. Drink and eat frequently. We like to say, "Drink before you're thirsty and eat before you're hungry." Carry two water bottles during any hot weather ride.

## At the Rally Campground

1. TRIRI® campers are known for **drowning their campfires** before they go to bed and for **leaving a clean campground.**
2. **TRIRI® riders are known for courtesy** and willingness to assist beginning campers and cycle tourists as they become accustomed to the touring and camping routine.

3. **TRIRI® riders are known for a quiet campground** after 9:00PM. If you snore or have a noisy child or animal, please camp at the edge of the TRIRI area and let others know, giving them the opportunity to pitch their tents at a distance. (This is why we sell earplugs!). If there are problems, we'll work with you to solve them.
4. **TRIRI® riders are known for camping in the designated campsite area.** If you aren't sure whether to pitch

your tent in a certain area, just ask the directors or park staff member.

*These suggestions have been derived from the Ride Right™ program of the Des Moines Register and RAGBRAI and are used by their permission.*

### Sample Cue Sheet (from a past tour)

HUNTINGBURG TO NEW HARMONIE STATE PARK				Phone (812) 682-4821
SUNDAY JUNE 17, 2005				67 Miles
TOTAL MILES	INS	DIR	BREAKFAST: On your own ROUTE	DESTINATION
	L	W	Sunset from Southridge High School on US 231	
0.9	L	S	400 W at "T" with stop sign	
1.4	R	W	750 S	
4.4	L	S	SR 161 at stop sign	
6.9	R	W	Main St	Holland
Groceries: Sunoco Dutch Mart				
7.4	L	S	5th St / 720 W	
9.1	R	W	1075 S / Holland Rd - Follow main road	
12.3	R	W	SR 68 at stop sign	
13.5	A	W	SR 68	Selvin
Groceries: Selvin Store - Right two blocks on Yellowbanks Trail				
24.0	A	W	SR 68 Cross SR 61 at stop sign	Lynnville
Groceries: East LA Restaurant left 1 block & Shell Country Cupboard				
32.8	A	W	SR 68 cross SR 57 at stop sign	
37.7	A	W	SR 68 Cross US 41 at stop light	
38.8	A	W	SR 68	Haubstadt
Groceries: Meny's Scot Farms Grocery & 76 Sunrise Mini Mart				
Food: The Haub Steakhouse (Sunday lunch hours to be announced)				
46.0	L	S	SR 68 / SR 65 at "T" - stop sign	
46.4	R	W	SR 68 follow main road	Cynthiana
Attraction: Limestone tree trunk grave marker in cemetery				
Food & Groceries: Hall's Grocery & JJ's Restaurant				
RESTROOMS: In Fire Station by City Park				
51.7	L	S	SR 68 / SR 165 at stop sign	
Food & Groceries: 76 T-Mart, T's Restaurant 1/4 mile right on SR 165				
51.8	R	W	SR 68 / SR 165 / Main St	Poseyville
Food: Harold's				
52.4	L	S	SR 68 / SR 165 / Lockwood	
52.7	R	W	SR 68	
59.7	R	S	SR 69 at stop sign	
60.0	R	W	SR 66 at stop sign	
61.6	R	N	Main St at stop light	New Harmony
ATTRACTION: Dormitory #2 & Roofless Church - DON'T MISS				
61.7	L	W	North St at stop sign	
ATTRACTION: Atheneum Visitors Center (9:00 am - 5:00 pm) - Tours available for a fee				
Food: Country Cottage Restaurant, Red Geranium (Great) & Bayou Grill (Nice)				
62.0	L	E	SR 66 / Church St at stop sign	
Food & Groceries: Main Cafe & Maier Market				
62.2	R	S	SR 69 / Main St at stop light	
ATTRACTION: Labyrinth - DON'T MISS				
62.7	A	S	SR 69	
65.1	R	W	SR 269 to New Harmonie State Park	
66.0	A	SW	Enter New Harmonie State Park	
66.5			Camp by Swimming Pool	

SAG TERMINATES AT 4:00 pm  
 Dinner: In Campground 5:00 - 7:00 pm  
 Rider Mtg & Entertainment: 7:00 pm - To Be Announced



## Severe Weather Precautions

### In case of lightning:

- ♦ **Take immediate shelter** inside a building, if available. Otherwise, find a clearing away from trees and not on top of a hill. Once you are in place, squat down on your toes, head bent forward and down, to minimize your body contact with the ground.
- ♦ **Staying on your bike** is not the safest option, but it may be the best you can do at the time.

### In case of hail:

- ♦ **Keep your bike helmet on** to protect your head.
- ♦ **Find shelter** in a building and take cover.

### In case of tornadoes:

- ♦ Note that tornadoes generally move from SW to NE, and most people are injured by **flying debris**.
- ♦ **Take cover immediately** if there is a tornado warning.
- ♦ **Find a culvert or ditch and crawl into it.** At the TRIRI® campsite, go into the restroom/shower building or pool, leaving your bicycle and gear behind.

## Welcome to the June TRIRI® Rally!

We are looking forward to sharing some of our favorite loop rides in southern Indiana with you. We encourage you to stop and explore, interact with the locals, and take time to enjoy the beauty of your surroundings along the way. We hope you have read this information carefully, and encourage you to bring this newsletter along on the rally. If you have any questions, please feel free to contact us by email ([triri@triri.org](mailto:triri@triri.org)), by phone (812.333.8176), or by mail: TRIRI, PO Box 439, Clear Creek, IN 47426. See you in June!

## TRIRI® Merchandise

Jerseys, vests, caps, and belt bags will be for available for purchase at packet pick-up Sunday, June 10 at Canyon Inn, and throughout the event during or after our riders' meetings each evening in the Oak Room. We accept cash, check, or Visa, MasterCard, or Discover.

