

September Escapade™ TRIRI® 2016 Guidelines



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Pre-Ride Accommodations

The **host hotel** for SE 2016 is the Quality Inn in Bedford (812.279.8111). Rooms are available in the TRIRI block for \$79 + tax. If these rooms should fill, the hotel will refer you to other lodging nearby.

If you're flying into Indianapolis, take the Bloomington shuttle (<http://www.bloomingtonshuttle.com/airport.html>) to a hotel of your choice in Bloomington (call the CVB at 800.800.0037). A tour staff member will transport you to the staging area at Fairfax SRA. Contact us at least two weeks in advance to arrange this option.

Registration Packets

You can pick up your packet Saturday, September 10, at the Quality Inn between 7:00 and 9:00PM EDT. Packets will also be available for pick-up the morning of September 11 at Fairfax SRA from 8:30 - 10:00AM EDT. There is plenty of time to get your packet the morning the tour starts.

Every **rider packet** contains:

- 1 yellow luggage tag
- 1 wrist band
- 1 map packet
- parking permit, or pre-ordered park pass for drivers
- polo shirt/s
- pre-ordered merchandise

Parking

Parking for the week will be at the Fairfax SRA. Please note that neither TRIRI nor the DNR is responsible for the safety of your vehicle. Display your parking permit on your dash-

board. If you did not pre-purchase a permit, you can buy one at packet pick-up.

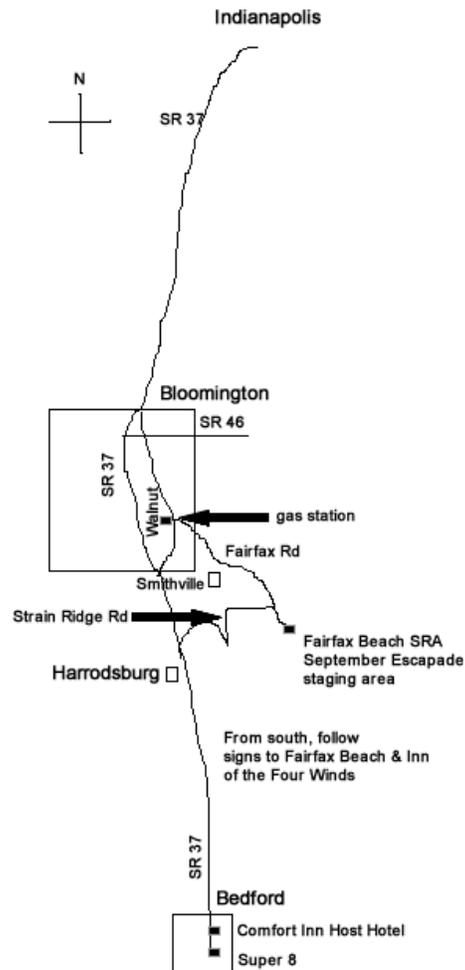
Registered non-riders planning to drive a vehicle into the state parks must register that vehicle with TRIRI to receive a driving pass. This pass covers your entry into each park. Non-registered drivers must pay for their park entry & accommodations.

Directions to Fairfax SRA

- From the Quality Inn, travel north on SR 37 to the Harrodsburg exit (11.5 mi).
- Travel east (away from SR 37 - do not go back under SR 37) on E. Dam Rd for .9 mi.
- Turn left onto S. Strain Ridge Rd (the road will take a right curve and become E. Pointe Rd), and follow it to the end, which is at Fairfax Road (2.8 mi).
- Turn right onto Fairfax Rd and you will be at the Fairfax SRA entrance.

Once you arrive at Fairfax:

Follow the park road down a very large hill, rounding a curve, and you will see the large parking area, the beach house and the beach on your left. (Maps will be provided at packet pick-up the night before the event.)



Tagging your bag

Bags for the inns will have a yellow tag; they will be dropped off outside the inn at each overnight location. All bags will be outside until you arrive; **please waterproof your bag if necessary.** Be prepared to load your own bags onto the truck throughout the tour.

Tagging yourself

Each participant will be given one wristband to wear on his/her left wrist. It is your ticket to enter the parks, to get dinner, and to receive SAG support. If you're uncomfortable showering and sleeping with the wristband, wear it loosely enough that you can slip it off at those times. However, please don't lose it!

Baggage Handling

At Fairfax Beach, all tagged bags may be loaded onto the truck before you begin riding on Sunday morning, September 11, from 8:30-10:00AM. Please observe our weight limit of 40 pounds per person. The size of the truck we rent is determined by the weight of the bags we must haul.

During the tour, truck will leave the park by 9:30AM. Please remember to take your bags all the way inside and **pack them "high and tight,"** as the TRIRI saying goes.

Phone Service & Important Numbers

These numbers are provided in case anyone needs to reach you during the tour. Telephones are most easily found in the inn at the state parks. Cell phone signals are generally very weak in the parks, particularly at Spring Mill.

Date	Nights	Location	Phone
9/11	Sat/Sun morning	Fairfax SRA	TRIRI cell: 812.333.8176
9/11-9/12	Sun/Mon.	Brown County SP	inn: 1.877.265.6343
9/13-9/14	Tues/Wed	Spring Mill SP	inn: 1.877.977.7464
9/15	Thurs.	McCormick's Creek SP	inn: 812.829.4881
9/16	Fri. (no overnight--final day)	McCormick's Creek SP to Fairfax SRA	TRIRI cell: 812.333.8176

SAGs: 9AM - 4PM daily

Two or three SAG vehicles are on the route each day to assist cyclists. Train to complete the distance between parks (about 70 miles), and remember that riding on the layover days is optional.

SAG service is reserved for riders with physical and mechanical issues. In addition to picking up riders along the route who have phoned for assistance, we sometimes bring riders 15-20 miles onto the route in the morning and allow them to begin the day's ride from there—if they have asked in advance. We often have several parties needing assistance during the day, and communication with us allows us to cover the route efficiently.

If you run into trouble and need a lift, call for assistance, and stay on the route in a comfortable, visible place where drivers can see you. If there is a medical emergency and you go to a hospital, don't forget to notify the ride director about what's happened and where you are.

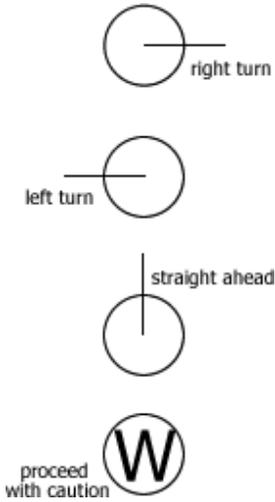
Rider Identification

Please wear your wrist band on your left wrist so the SAGs will be able to identify you as a TRIRI rider. More importantly, due to the Health Information Privacy Act, **it's vital that you carry 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 TRIRI ID card with the daily 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:** TRIRI is accompanied by members of a local Amateur Radio Club. If you're a ham, contact TRIRI and we will arrange to have information about the TRIRI week radio frequencies in your packet.
- **Road signs:** TRIRI requests that all riders follow the normal rules of the road that cars are expected follow. TRIRI provides markings called Dan Henrys to supplement state and local road signs. These directional markers consist of a circle with a line starting at the circle's center and drawn outward in the direction you're supposed to go--either straight, right, or left.
- A variation of the regular Dan Henry is a **warning symbol**, a W inside of a circle, to warn you about rough roads ahead (due to gravel, pot holes, dangerous descents, or railroad tracks, for example.)

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.



TRIRI Dan Henrys are ALWAYS painted in yellow, and they are also always found 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 map and cue sheet have been prepared for each day's route. This newsletter includes a sample for you to examine. Routes travel through small towns where services are available; **although September Escapade is a relatively small tour, it does have a favorable impact on local economies, and we encourage our riders to purchase food and drinks from local businesses whenever possible.**

If you need another map during the week, you may purchase a new map packet. You may pre-order additional map packets when you register for the tour.

We requests that driving participants avoid the roads selected for our cyclists.

Food and Water

Breakfast and dinner buffets will be served in each inn's dining room during regular dining hours (7:00AM-10:00AM and 5:00PM-8:00PM). Your ride entry fee includes the breakfast and dinner meals, including a 15% gratuity. Participants are responsible for their own lunches. On layover days, lunch may be purchased in the inn dining room (11:00AM-2:00PM).

If you are camping, the campground shower houses are available to you. If we're camped near the park pool, the pool house will remain open all night for showers and restrooms.

One final note about water: remember to drink plenty of it on each day's ride! However, **do not reach into any coolers to get ice.** Germs from your hands or gloves could cause a nasty health threat.

Special Services

Mechanical services will be provided by local bike shops just outside of Brown County State Park and in Bloomington at their normal shop rates. **At this time, we have not found a** SEPTEMBER ESCAPADE TOURING RIDE IN RURAL INDIANA 2016

mechanic to travel with us for the week. There is no bicycle shop in Mitchell, Indiana, the town where Spring Mill State Park is located. If you have tools or supplies such as extra spokes, tires, tubes, etc., bring them.

Have your bike tuned up by your local mechanic prior to TRIRI. Please contact us if you need to have your bike shipped to Indiana and assembled before the tour; there are shops in Bloomington that will provide this service for a fee.

Massage therapist Valerie Roderick will be with us again to keep you feeling refreshed. You can sign up for massages ahead of time or during the tour. For those wishing to arrange massages in advance, contact Valerie at 812.240.0344 or vwimsett@yahoo.com.

What to Bring

Note: Participants staying in the inns are allowed **one bag (40 lb weight limit)** to hold all items. **Please do not use hard plastic containers instead of bags.** All bags are transported from site to site in the baggage truck. **Be prepared to load your own bags onto the truck and to carry them to your room each day.** Inn bags are unloaded just outside the inn entrance, and will not be covered. **We cannot guarantee that your bag will stay dry during the week; please pack carefully.** Please note that there are no laundry facilities in the Indiana State Park inns.

Suggested Packing List

Clothing:

- | | |
|------------------|------------------|
| cycling shorts | cycling tights |
| cycling jerseys | cycling shoes |
| rainwear | jeans/long pants |
| arm warmers | shorts |
| waterproof shoes | sandals |
| underwear | socks |

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 | |
| chamois cream | |

Bicycle gear:

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

Note: We will have a few floor pumps available each morning and evening. Bring your own if you don't want to wait in line.

Safety and 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.
- 2. 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 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:** passing ("on your left"), 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, always ask permission first.
- ◆ **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 what you will be doing.

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. September Escapade is a tour, not a race. Take time to enjoy the scenery, take in the sights, eat, drink, and relax.

- 7. Make sure you have the RIGHT abilities.** Train properly for the tour. Be ready to tackle the miles in hilly terrain, and the week 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 September Escapade route has been selected for your enjoyment, and SAG services are not available 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, and since the bicycle is your mode of transportation to your next overnight, 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 and 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 TRIRI in the RIGHT condition.

- ◆ **Have your body trained** to "go the distance." Before the tour, ride your bike as much as possible!
- ◆ **Fuel your body.** Drink and eat frequently. If the weather is hot, carry two water bottles.

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

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 with your 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.**

Riders' Meetings

- Our riders' meetings will be at 7:00PM at each inn's large meeting room. Bring your map packet and a pen to take notes. Entertainment will follow at 7:30PM.

State Parks Inns Information

- **Check in:** 4:00PM (Participants may check in earlier if rooms are available. On Sunday, rooms are usually not available until 4:00PM after a busy weekend.)
- **Check out:** Please check out at the front desk and turn in your room keys before leaving the inn.
- You may bring your bicycle into your room at the inns, but please do not use the room towels to clean it.

Tips & Tipping

- Tips for breakfast & dinner service are covered by your ride entry fee. Please leave a tip if you eat lunch at the inns.
- Please remember to tip our bicycle mechanics and massage therapists.