



RAINSTORM™ 2012

Participant Information

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Welcome to RAINSTORM!

RAINSTORM, our ultra-marathon event that travels through the scenic hill country of southern Indiana, is now in its fifth year. Participants have used this tour as preparation for cross-country cycling trips, long course triathlons, or personal fitness challenges. Whatever your goal, we welcome you to ride with us.

Starting from Earlham College in Richmond, you'll ride to Brown County State Park on Monday, then to Clifty Falls and Spring Mill State Parks on Tuesday and Wednesday. Thursday evening will be spent in the heart of the university town of Bloomington, and Friday we'll be in Terre Haute, eating a hearty dinner prior to the final day's journey of 160 miles. On Saturday, you'll join more than 1,000 other cyclists as part of the annual RAIN (Ride Across INdiana) event from Terre Haute to Richmond--One Day, One Way, 160 miles. Please read this information carefully and bring this newsletter with you. Don't hesitate to contact us (812.333.8176 or trini@trini.org) if you have questions.

Pre-Ride Accommodations

The Best Western in Richmond (533 W. Eaton Pike; phone (765) 939-9500) will serve as the host hotel for RAINSTORM 2012. Twelve rooms with two queens (\$75.00+ tax) are available until June 24. Mention "RAINSTORM bicycle tour" when you RAINSTORM 2012

call to reserve a room. **Note:** It's a good idea to reserve a room for the night of July 21 in advance of the tour; hotels in Richmond sell out due to RAIN.

Shipping Your Bicycle

If your travel arrangements require you to **ship your bike**, you have two options. If you would like a mechanic to reassemble your bike for you, contact us for more information. If you want to reassemble it yourself, ship it to your hotel. In either case, contact us or your hotel well in advance to verify prices and shipping arrangements.

Registration Packets

Riders can pick up their packets the evening of Sunday, **July 15** at the Best Western Hotel in Richmond between 8:00-9:00PM EDT. **New this year:** There will be an optional group dinner at Galo's Italian restaurant, just a few miles west of the host hotel, around 6:30PM before packet pick-up.

Packets will also be available the morning of **July 16** in the Carpenter Hall parking lot of Earlham College between 7:30-8:30AM EDT. Every RAINSTORM rider packet contains:

- A luggage tag
- A map packet for the week
- A wrist band to be worn on your left wrist (for identification purposes)
- An emergency phone numbers card
- A parking permit or state parks pass, if driving a support vehicle
- A RAINSTORM t-shirt & jersey

Parking

Week-long parking will be at Earlham College in the Carpenter Hall parking lot at the front of the campus. To reach this lot from Route 40, turn south onto Earlham's main entrance and then take a right (west) at the stop sign. *Please be considerate and select a remote parking space away from Carpenter Hall for your vehicle.* Please note that neither K & M Events nor Earlham College is responsible for the safety of your vehicle. Display your parking permit on your dashboard. If you did not pre-purchase a permit (\$7.00), you can buy one at registration.

Registered SAG drivers planning to drive a vehicle into the state parks must register that vehicle with RAINSTORM to receive state parks pass. This pass ensures your entry into each park.

Baggage Handling

At Earlham College, bags may be loaded onto the baggage truck before you begin riding on Monday morning, July 9, between 7:30-8:30AM EDT. Laptops can travel in the truck cab.

During the week, the truck will be open for loading bags from 6:00AM -8:00AM.

State Park Inn Information

- **Check in:** 4:00PM (You may check in earlier if rooms are available.)
- **Check out:** Please check out at the front desk and turn in your room keys before leaving.
- Free WiFi is available at all overnights during the week.

Phone Service & Numbers

Date	Night	Destination	Phone
7/16	Mon.	Abe Martin Lodge	812.988.4418
7/17	Tues.	Clifty Inn	812.265.4135
7/18	Wed.	Spring Mill Inn	812.849.4081
7/19	Thurs.	Bloomington Courtyard Marriott	812.335.8000
7/20	Fri.	Drury Inn	812.238.1206

Since there are few pay phones in the state parks, we recommend making your calls along the route during the day’s ride. Cell phone service is intermittent, especially in rural areas.

SAG Service: 7:00AM-4:00PM EDT

There will be two SAG vehicles on the route. One will be a lead SAG, and the other will sweep the route to make sure everyone reaches the next overnight location. The SAGs will carry a cell phone, water, Gatorade powder, light snacks, a first aid kit, and a tire pump. Each day’s route will take you through areas where water, food, snacks and ice may be purchased. **If you run into trouble, call a RAINSTORM director’s cell phone at (812) 333-8176 (Kathy Smith) or (812) 325-7818 (Mark Napier).** You can also call each destination inn or hotel and leave a message for Kathy Smith, who will check in regularly. **If there is a medical emergency and you go to a hospital, please notify the appropriate inn or hotel of the situation.**

Rider Identification

RAINSTORM will provide everyone with a wristband to be worn on your left wrist. This will identify you as a RAINSTORM participant while on the route, and will serve as your ticket into the meals provided as part of the tour.

Due to the Health Information Privacy Act (HIPA), **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 the daily emergency phone numbers will be given to you to carry along with your personal identification.

Route Markings

- **Road signs:** We request that all riders follow the normal rules of the road that cars are expected follow. RAINSTORM provides markings to supplement state and local road signs. These directional markers consist of an “R” with a line that goes out the top left or right side to point in the direction you’re supposed to go--straight, right, or left.
- **On the route, look for three R marks at every major intersection: one well before, one at, and one after.** You’ll also see a single R 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.

RAINSTORM R marks 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 mark is for STORM 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.**

RAINSTORM 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 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. 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.

Meals

Beginning with Monday dinner, meals will be served in the inns. Thursday and Friday dinners are on your own. Thursday dinner is in downtown Bloomington, which offers a variety of healthy and unique dining options within easy walking distance of our hotel; consult the restaurant list in your packet for ideas. Friday’s dinner in Terre Haute will be your opportunity to carbo load

the night prior to RAIN. **At the state park inns, breakfast starts at 6:30AM; dinner is served from 5:00-8:00PM EDT.**

Special Services

Mechanic services will be provided by local bike shops in the towns closest to the state parks we visit. Mechanical break downs will require transportation to these towns after the day's ride if over. Normal shop rates will be charged for any repairs.

If you require nonstandard parts for your bicycle (for example, spokes, rims, tires & tubes), please bring them with you and have them clearly labeled with your name. We will be able to transport them in the baggage truck. **Make sure your bike is tuned up and ready for RAINSTORM.**

Massage therapist Valerie Wimsett will be available to aid your recovery each evening for an additional fee. Make an appointment or drop in (be prepared to wait in line, especially towards the end of the week). Contact her at 812.240.0344 or vwimsett@yahoo.com. Please remember to tip Valerie for her hard work--she is worth it!

What to Bring

You are allowed to bring **one duffel** or soft bag (maximum weight of 40 pounds) to hold all your gear. **Please do not use square, upright hard plastic containers instead of soft bags; they make packing difficult.** All bags are transported from site to site in the baggage truck. The truck will be locked with a combination lock, and the code will be listed on the emergency phone numbers card. This system has worked well for us in the past, as it allows riders to access the truck at any time, and to store large items in the truck overnight. Be prepared to load all your luggage onto the truck and carry it to your room each day.

All inns and hotels on RAINSTORM offer free WiFi. If you wish to bring a laptop, or something fragile such as a sleep apnea machine, we can transport it in the cab of the baggage truck for a gentler ride. Fragile items may be waiting for you behind the front desk at each destination; check the white board in the baggage truck for instructions. **Please identify your item clearly with your name.**

The following packing list is offered as a guideline. Remember to bring enough gels, bars, and energy drinks if you are used to something not readily available in gas stations or grocery stores. There is a running store within walking distance of our hotel in Bloomington if you need to replenish your nutrition supply mid-week (Gu, Hammer products, Clif products, Honey Stinger, and more--this store offers the best line of nutritionals in Bloomington). Contact information for this shops, as well as bicycle shops in Bloomington, will be provided in your packet.

Suggested Packing List

Clothing:

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

Personal items:

- ID & money
- earplugs
- spare glasses
- sunscreen
- flashlight batteries
- flashlight bulbs
- insect repellent
- toilet paper
- toothbrush/paste
- knife
- camera
- laundry soap
- chamois cream
- credit/insurance cards
- medication
- sunglasses
- lip balm
- fanny pack
- shaver
- comb
- waterless soap
- watch
- pencil/notepad
- gels & sports drink
- heart rate monitor

Bicycle gear:

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

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

Don't forget: as a precaution, *do not reach into any coolers to get ice.* The germs from your hands or cycling gloves can contaminate the ice and the coolers, causing a nasty health threat. Wash your hands frequently and thoroughly with soap while on the tour.

Safety and Courtesy Guide

RAINSTORM directors Kathy Smith and Mark Napier are doing their part to enable you to have the best opportunity for success during the tour. 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. Although it's important to stay well fueled and hydrated, for safety reasons **no hand-offs from moving vehicles will be allowed.** Any participants practicing moving hand-offs from a vehicle will be excused from the tour without a refund.
- ♦ **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,") let 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 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. **RAINSTORM is a personal challenge, not a race.**

7. **Make sure you have the RIGHT abilities.** Train properly and be ready to tackle these miles and this terrain.

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 route has been selected for your safety and enjoyment, and services may not be 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, 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. **Those found riding before daylight or after dark without lights will be transported to the day's destination.**
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." You may want to hire a coach to prepare for this tour. Remember not to make major changes in clothing, bike geometry, or accessories (saddle, pedals) before a long, intense tour like STORM.
- ♦ Fueling is important. Bring gels and snacks you know you like and can tolerate while on the bike.
- ♦ **For training tips, visit the Ultra Marathon Cycling Association website at <http://www.ultracycling.com/>.**

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, 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.**

RAINSTORM Jerseys

One RAINSTORM jersey, made by Primal, is included in your tour package. For 2012, our registration will close in early May, which will allow us to have the jerseys available at packet pick-up.

At this time, our jersey design is a work in progress. We will inform you via the RAINSTORM Google Group when we have a finished design.

RAIN 2012 registration

Your 2012 RAIN entry and RAIN hotel fee are included in your RAINSTORM registration. After you register online for RAINSTORM, you'll be directed immediately to fill out an online form for RAIN. *Therefore, when you register for RAIN, you'll pay only for any crew lunches or RAIN merchandise you wish to purchase.*

Joining the RAIN ride on Saturday morning

Most of our participants join the RAIN route directly from the Drury Hotel instead of riding or being transported to the official start line at St. Mary of the Woods College. The choice is yours. We will ask how many riders wish to be transported to the start, and make arrangements for a meeting time and place Saturday morning. Joining the route from the Drury is very easy, and most of riders choose that option.

Sample Cue Sheet

HUNTINGBURG TO NEW HARMONIE STATE PARK			Phone (812) 682-4821
SUNDAY JUNE 17, 2005			67 Miles
OTAL		BREAKFAST: On your own	
ILES	INS	DIR	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

