



RAINSTORM™ 2016

Participant Information

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Welcome to RAINSTORM!

RAINSTORM, our ultra-marathon event that travels through scenic, hilly southern Indiana, celebrates its eight year in 2016. Participants use this tour as preparation for cross-country cycling trips, long course triathlons, or personal fitness challenges.

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 be up early to 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, and contact us ((812) 333-8176 or triri@triri.org) if you have questions.

Pre-Ride Accommodations

Richmond's Hampton Inn (455 Commerce Road, Richmond, Indiana, 47374; 765-966-5200) will serve as the host hotel for RAINSTORM 2016. You do not need to make a separate reservation. Select a double queen or king room type when you register for RAINSTORM online to include the cost of your pre-event room in your event fee. **Note:** If needed, reserve a room for the night of July 16 (after RAIN) well in advance; hotels in Richmond will sell out.

Shipping Your Bicycle

If your travel arrangements require you to **ship your bike**, call us at 812-333-8176 to discuss possibilities. If you'd like to reassemble your bike yourself, call the host hotel and arrange to have it shipped there.

Registration Packets

Riders can pick up their packets the evening of Sunday, **July 10** at the Hampton Inn in Richmond between 8:00-9:00PM EDT. We will gather for an optional group dinner at Galo's Italian restaurant (107 Garwood Road, Richmond, 47374), just a few miles west of the host hotel, around **6:00PM** before packet pick-up (visit galositalian.com for the menu). We encourage you to come and meet your organizers, staff and fellow riders.

Packets will also be available Monday morning, **July 11**, in the Carpenter Hall parking lot at Earlham College between 7:30-8:30AM EDT. Every RAINSTORM rider packet contains:

- A luggage tag (or two if you have a laptop)
- A map packet for the week
- A wrist band to be worn on your left wrist (for identification purposes)
- 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 into Earlham's main entrance and then take a right (west) at the stop sign. Please park in the last row, along the cemetery fence, and display your parking permit on your dashboard. Permits (\$7.00), will be sold at registration if you forget to buy one in advance. Please note that neither K & M Events nor Earlham College is responsible for the safety of your vehicle.

Baggage Handling

Bags may be loaded onto the baggage truck before at the Hampton Inn or at Earlham College on Monday morning between 7:30-8:30AM EDT. Laptops can travel in the truck cab and will be held for you behind the front desk or in a locked room at the destination hotel. If you bring a laptop, you must be responsible for loading it and picking it up at each location. No laptops may be left in the baggage truck overnight.

During the week, we will keep the truck locked. You can open it any time with the combination lock; the combination is the word RAIN, spelled from bottom to top.

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, but it may be slow.

Phone Service & Numbers

Date	Night	Destination	Phone
7/11	Mon.	Abe Martin Lodge	812.988.4418
7/12	Tues.	Clifty Inn	812.265.4135
7/13	Wed.	Spring Mill Inn	812.849.4081
7/14	Thurs.	Bloomington Courtyard Marriott	812.335.8000
7/15	Fri.	Drury Inn	812.238.1206

Cell phone service is spotty in the Indiana State Parks, particularly at Spring Mill.

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

There will be two or three SAG vehicles on the route. We will have a lead SAG, a sweep SAG, and if numbers warrant, a stationary SAG about 15 miles before our overnight destination. The SAGs will carry a cell phone, water, Gatorade powder, light snacks, a first aid kit, and a floor 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 organizers or the destination inn/hotel as soon as possible.

All personal SAG drivers must be registered with RAINSTORM. Registered drivers will receive a pass that provides entry into the Indiana State Parks, and advice on driving between overnight destinations and places to set up if needed.

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" and a line pointing in the direction of travel--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 may 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. Attend the morning rider briefings at breakfast for specifics on the each day's route.

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. **The map is the official route; note that without our knowledge, road markings may have been altered, paved over or otherwise obscured. While most of our routes are on rural roads, riders should expect to pass through a few towns where careful and alert "city cycling" will be required.**

RAINSTORM Maps

A map and cue sheet have been prepared for each day's route. GPS routes are available through Ride With GPS, and will be released through the RAINSTORM Google Group once routes are finalized (after they have been marked). Pay special attention to where restaurants or convenience stores are located, and plan your stops accordingly.

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. **We have negotiated an earlier breakfast time of 6:00AM Monday-Friday; dinner is served from 5:00-8:00PM EDT. Breakfast should start at 4AM the morning of RAIN.**

Bicycle Repair and Massage Therapy

Due to circumstances beyond our control, we will not have a mechanic accompanying us on RAINSTORM this year. **Repair services** will be available on Thursday in Bloomington at three bike shops, one within walking distance of our hotel. Contact information will be in your rider packet.

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.**

Our skilled **massage therapist Valerie Roderick** will be available to aid your recovery each evening for an additional fee. Our riders make extensive use of her services, and her schedule fills quickly; we highly recommend booking in advance. Contact her at 812.240.0344 or vwimsett@yahoo.com . Please remember to tip Valerie for her services.

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. Be prepared to load all your luggage onto the truck and transport 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 will transport it in the cab of the baggage truck for a gentler ride. Fragile items will be waiting for you behind the front desk or in a locked room at each destination. 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. A few rural stores on our routes accept cash only.

There is a running store within walking distance of our hotel in Bloomington if you need to replenish your nutrition supply
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mid-week (Gu, Hammer products, Clif products, Honey Stinger, and more--this store offers the best selection 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:

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

Personal items:

- ID & money
- medication
- spare glasses
- sunscreen
- heart rate monitor strap
- toothbrush/tooth paste
- watch/Garmin/HR monitor
- camera
- gels & sports drink
- chamois cream
- credit/insurance cards
- sunglasses
- lip balm
- pencil/notepad
- sunscreen

Bicycle gear:

- frame pump
- tubes
- maps
- water bottles/CamelBack
- tire tools
- rags
- HELMET
- multi-tool
- floor pump
- folding tires
- extra wheels
- patch kit w/ new cement
- chain lube
- lights

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 organizers 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,") 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 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, turkeys, 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. Jerseys will be club cut, unisex and full-zip. They will have a different design than the RAIN jersey this year. You may wish to order an extra jersey when you register. We will notify you when 2016 design has been completed.

RAIN 2016 registration

Your 2016 RAIN entry and RAIN hotel fee (at the Drury) are included in your RAINSTORM registration. If you need to purchase extras, such as merchandise or a lunch for your personal SAG driver, visit the RAIN Merchandise Order page at:

<https://www.bicycle-events.com/raingear/gear.php>

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. 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; we will provide you with a map and directions.

At the Finish Line

We will be waiting for you to cross the finish line of RAIN, and we will take your picture and hand out chocolate milk. We will also have chairs near the finish for our group. Plan to cheer your fellow RAINSTORM riders as they cross the finish line after an amazing week.

The baggage truck will be parked in the Carpenter Hall parking lot. Bags will be unloaded near the truck, but wheel sets or other expensive gear will be locked inside; use the combination lock to open the RAINSTORM 2016

back door. Likewise, laptops and small valuables will be locked inside the cab of the truck. See Mark or Kathy at the finish line to get the key, and please remember to return it! Any items left behind will be mailed to you at your expense; call Kathy to arrange their return.