

PA400k Safety Instructions

(updated 4/30/07)

Safety is always a big concern ... the following is provided to help make your ride a safe one.

Your responsibility as the rider includes:

- Showing up in reasonable physical condition for the event
- Bringing a reliable bike in good working order
- Complying with all traffic laws along the course
- Respecting the rights of all other users of the route (including pedestrians)
- **Planning for the situation where you can't finish the ride**

Although every effort has been made to provide you with a scenic route that minimizes car traffic and other hazards, the following list highlights some areas to take some extra care:

- One of the most dangerous things you will encounter on the road just might be another cyclist. Keep a safe following distance when riding with other cyclists you are not familiar with. Please avoid forming a large bunch at the start of the ride.
- There are Delaware River bridge crossings on the route. Except where noted on the cuesheet, it's mandatory that you walk your bike across these bridges. Riding on the bridge walkway is dangerous to yourself and any pedestrians. It also really annoys the bridge guard and will reflect poorly on our group, so violations will be dealt with harshly. The first violation of this rule will result in a 2-hour penalty assessed. The second violation will result in a DQ (disqualification). The Roebling Bridge and Dingmans Ferry Bridge are exceptions to this rule and should be ridden, not walked. Riding across the long Rt 80 pedestrian bridge is permitted but yield to any pedestrians.
- There are a couple of rough road stretches that have large potholes and shoulders washed out along the streams -- many of these areas are called out on the cuesheet but you should be vigilant about looking out for these hazards.
- Watch out for some loose gravel left behind from the recent rain and flooding.
- Watch out for some large rocks on the shoulder - especially on the roads near steep cliffs that are prone to rock slides (e.g. Rt 611).
- The long descent from the top of Millbrook Rd is very steep and fast with a couple of turns. It is possible, though not advisable to reach speeds of over 50 MPH on this descent. The descent takes you into the Delaware Water Gap National Park and has a lot of wildlife including deer and bears that may stray into your path.

Equipment

- Helmets are mandatory. Riding without a helmet will result in an immediate disqualification.
- Lights, reflective vests, and ankle bands are also required before sunrise and after sundown. Lighting violations will result in an immediate disqualification.
- Bringing along a cell phone is highly recommended.
- Mechanical assistance is not provided. There is a bike shop in Easton (Genesis 126 Bushkill St, Easton, PA 18042 610-253-1140) if you need repairs.

Food / Hydration

- In general, the route heads you into some desolate areas, with limited opportunities for food and water.
- Food for you to carry with you is provided at the start.
- Plan on replenishing at the controles stops. The controles are typically at a store or restaurant.
- As noted on the cuesheet, the area just before the Dingmans Ferry controle has the last store for the next 40 miles.
- As noted on the cuesheet, the Walpack Inn is the last food/water for the next 25 miles.
- Most stores and restaurants on route close around 10PM. You should plan to replenish your supplies before 10PM with enough to get you to the Quick Check in Phillipsburg (controle 8). There are bars open late in Water Gap and Portland if you are really desperate for food/water. The Welcome Center at the junction of Broad St and River Rd (about 1/2 mile north of the Water Gap) is open 24 hours and has some vending machines.
- There is a 24-hr McDonalds in Columbia, NJ (10 Simpson Rd, Columbia, NJ 908-496-8600 around mile 202 after crossing the pedestrian bridge in Portland, near the junction of Rt46/Rt80). Only the drive-through is open after 11PM.

Abandon

- If you feel like abandoning the ride, it may be an indication that you are not eating and drinking enough. Take a break, eat something, and it's likely that your outlook will improve. Before you know it, you'll be making that last turn back to the finish. And remember the golden rule of "... eat before you're hungry and drink before you're thirsty."
- If you are still riding past the ride time limit or if you intend to abandon the ride, please contact me in one of the following ways.
 - My cell phone: (610) 417-7161
 - Leave a message at the hostel: (215) 536-8749
 - Leave a message at my home: (610) 559-1145
 - Leave a message at one of the controles (phone numbers on the cuesheet)
 - Leave a message with my wife, Becky on her cell phone: (610) 417-7290
- **It is your responsibility to make arrangements for alternate transportation**
- Be sure to sign the check-in sheet at each controle so we can monitor your progress and track you down if you get lost.

In case of accident

Should you become injured, or arrive just after an accident resulting in an injured person (rider, motorist, or passer-by):

- Call 911 for an ambulance, describing where you are and the condition of the injured person(s)
- Contact me at one of the numbers listed above.
- Be sure to carry identification along with your emergency contact information in case you are knocked unconscious

Driving after the event

If you are very tired, it may be a good idea to take a nap before a long drive home.

Near-miss

Thank you for mentioning any safety hazard you might have spotted, or near-miss incident you saw. This will help us to improve the event.

Have a safe ride ... Tom Rosenbauer, PA Randonneurs RBA