



## **RIDER MANUAL**

### ***MISSION STATEMENT***

The mission of Action Cycling Atlanta, Inc. (ACA) is to raise awareness and funding for HIV/AIDS vaccine research that will one day eradicate the disease. To achieve this mission, ACA produces the AIDS Vaccine 200 (AV200). The AV200 is a cycling event designed to challenge individuals and teams, while inspiring our community to work towards a world where HIV/AIDS is part of the human history and not part of its future. Using friendship, respect and sportsmanship, the AV200 creates a spirit of hope that shows what we can be accomplished when we strive for a common purpose and support each other in doing so.

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## FIRST THING FIRST

### Personal Ride Contact

After you register, you will receive a welcome and introduction to the AV200 from the Ride Directors and the Rider Experience Committee. These individuals are your go-to-people for any ride information, including coaching, training, and fundraising. We all want to make sure your experience on the ride is a good one, and we are available to answer any questions or concerns you may have.

Ride Directors – [ridedirector@actioncycling.org](mailto:ridedirector@actioncycling.org)

- 2017 Co-directors –John Brown and Rich Porter
- 2017 Rider Experience Committee –Gary Shafer and Debra Snell  
[training@actioncycling.org](mailto:training@actioncycling.org)

### Training

You will enjoy the ride more if you are properly conditioned for it. Get your bike professionally tuned at a legitimate bike shop. For residents of Atlanta, **Peachtree Bikes** (3098 Roswell Road Northwest Atlanta, GA 30305) and **Atlanta Cycling** (1860 Piedmont Avenue, Atlanta GA 30324) are both ride supporters and will be more than happy to help you with any bike needs you may have. We also suggest you participate in training options such as:

- Long rides in scenic rural areas
- In-town rides on urban roads
- Mountain bike rides (*Georgia has some beautiful trails.*)
- Spin classes (*AV200, along with their sponsors will coordinate spin classes in the colder months prior to the ride.*)

### Fundraising

Many riders commit to the AV200 for multiple reasons such as fitness, personal achievement, and making new friends. However they all share a primary goal: to raise much needed funds for both AIDS vaccine research and some of the key AIDS support organizations in the area. Be bold about asking your family, friends, and colleagues for donations. Remember that you are asking them to support you in your commitment to help create a world without AIDS. This is not a time to be passive and shy. They will be proud of what you are doing and happy to support you.

### Refer Your Family, Friends, and Colleagues

Ask your family, friends, and colleagues to ride or volunteer. It will be a great experience for them and you. There are many volunteer opportunities leading up to and during the ride weekend.

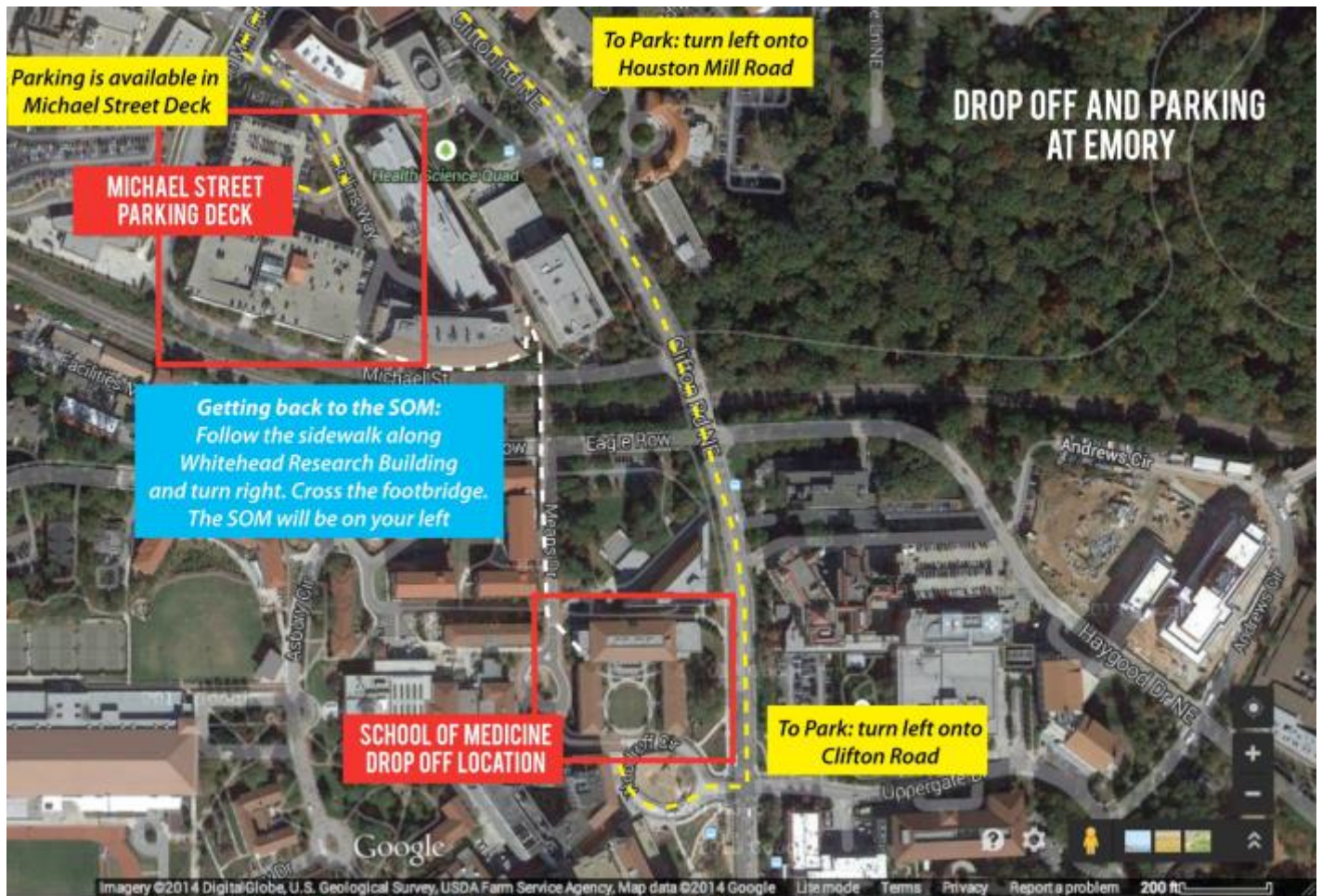
## WHAT TO EXPECT THE WEEKEND OF THE RIDE

### Friday, May 19, 2017: Check In

All riders are expected to check-in on Friday. Check-in occurs **Friday evening, May 19, 2017 from 6:00 – 8:00 PM**

**Location:** The start and end of the ride and festivities will take place at the **Emory School of Medicine** located at [1648 Pierce Drive Atlanta, GA 30322](https://www.google.com/maps/place/1648+Pierce+Drive+Atlanta,+GA+30322). (See map below.)

1. Check-in begins at 6:00 PM at the Emory School of Medicine
2. **REQUIRED ITEMS:**
  - a. **Proof of medical insurance**
  - b. **Any remaining cash and/or check donations**
3. Pick up your ride packet
4. Pick up cue sheets. These will trace every turn on the route to Rock Eagle and back. These are crucial for all riders. Be aware that the route is subject to changes and modifications up until the ride weekend.
5. Dinner: At 6:30 PM a free buffet dinner will be provided for the riders and volunteers. There will be a brief program to provide information about the ride, our beneficiaries, and the current status of vaccine research.



## Saturday, May 20, 2017: Ride Day One

Check-in the morning of the ride will begin **Saturday, May 20, 2017 at 6:00 AM**

1. Drop off your luggage at the School of Medicine. *(See map above.)*
2. If you choose to do so, you can also drop off your bike at the School of Medicine while you park your car. (However, the AV200 Crew is not responsible for watching your bike.)
3. Drive and park your car at the Michael Street Parking Deck. *(See map above.)*
4. **If your bike is on a roof rack, remember to remove the bike from the rack BEFORE you enter the parking deck!**
5. Ride/walk your bike back to the starting line at the School of Medicine.
6. Pick up your rider number and cue sheets (if you need them) at the check-in table.
7. A free breakfast buffet for riders and volunteers will be provided at the School of Medicine the morning of the ride.
8. **Attend the MANDATORY safety presentation at 7:00 AM.**
9. Join us for the **group picture** on the steps of the School of Medicine at **7:15 AM**. SMILE!!
10. **Line-up and be prepared to start the ride promptly at 7:30 AM.**

## ON THE ROUTE

### Terrain and Weather

The first 15 miles of the ride will be a scenic route that does **NOT** follow the PATH to Stone Mountain; please follow the cue sheets/road markers. From there, the route continues on a mostly rural trek that generally consists of rolling hills. The ride route and elevation are available on the web site.

**Be prepared for any weather.** This is a rain or shine event and springtime weather in Georgia can be unpredictable. On average, mid-May weather is some of Georgia's best.

### Ride Markers

In addition to having the cue sheets, the Logistics – Wayfinding team marks the route prior to the ride to guide riders. These markers are placed to be as visible as possible at every turn and along long stretches of road where there are no turns to reassure and ensure you are on the correct route.

**The markers for the outbound route on Saturday are GREEN.**

**The markers on the return route for Sunday are ORANGE.**

Markers require you to be vigilant and alert at all times. It is easy to be tired or distracted and miss a turn, so please pay attention. *(If you ride for an extended period of time and don't see a marker or another rider, please check your cue sheets!)*

### Nutrition and Hydration

Proper nutrition and hydration are paramount to a successful ride. Know your body chemistry when it comes to nutrition. We suggest you experiment with various foods, including energy bars, fruit, proteins, etc. before and during your training rides to see what works best for you. Lack of caloric intake on long rides can result in a lack of energy and result in serious problems, including but not limited to disorientation. Give your body the calories and fuel it needs to complete the ride. Experiment with different sports drinks and water during your training rides as well to determine which hydration option works best for you. Drink plenty and often BEFORE you get thirsty. A variety of food, water, and sports drinks will be provided at each pit stop.

### Pit Stops

Pit stops are located approximately every 15-18 miles along the route. They are stocked with water, sports drinks, and snacks, recycling bins, garbage cans, bathrooms, and dedicated volunteers who are there to help ensure you have a safe ride. Lunch will be provided each day at the pit stop located at the approximate halfway point on the route. (Saturday lunch will be at Social Circle; Sunday lunch will be at McGarity Park in Jersey.)

**All riders must stop and check-in at each Pit Stop.** This is to ensure an accurate account of riders and where they are located on the route. If you choose to stop your ride and be transported by SAG, you must communicate your intentions to the **Rider Tracking Volunteer** at the next Pit Stop.

You should have had your bike tuned before the ride, but bikes occasionally need to be repaired during the ride. Bike support will be along the route and at the pit stops to provide assistance with minor bike repairs, but you must also be prepared to change your own tube if you have a flat tire.

There will be a contest for the best pit stop. Make a mental note of the pit stop that had the best theme, enthusiasm, and provisions along the way. Riders will be polled for feedback on the favorite pit stop and the winner recognized.

### Support and Gear (SAG)

SAG vehicles will patrol the entire route and assist riders who have bike issues, or who are no longer able to ride. Signal that you are in need of assistance by giving a thumbs' down or crossing your arms over your head. The route is long and riders will be spread out over a large area so it could be a while before you see a SAG vehicle. We suggest you carry your cell phone and call the **AV200 Rider Hotline** (to be provided at the Saturday morning check-in) if you need immediate help.

The SAG vehicles will be equipped with a colored flag system used to alert the riders to the conditions on the road ahead.

- **Green** = conditions are clear. Ride On!
- **Yellow** = conditions questionable. Proceed with caution and check-in with the SAG team as possible.
- **Red** = conditions are not suitable to continue on the road. Please proceed as quickly as possible to the next Pit Stop. If necessary a SAG vehicle will transport you to the next Pit Stop or you can call the emergency number to alert someone of your location so assistance can be provided.

## Ride as Far as You Can

- The ride is physically challenging to represent the struggle many have had with HIV/AIDS and to reflect the effort still required to find a vaccine. However, if you feel that you cannot complete a stage, please let the SAG crew or ride directors know and we will transport you to another rest stop or to the end of the route.

## Arrival at Rock Eagle

- Check your bike in when you arrive. It will be kept in a secured building overnight.
- Receive your cabin assignment. Roommate and cabin mate preferences will be accommodated whenever possible. Your luggage will be deposited in your cabin prior to your arrival.
- Receive your meal tickets for dinner and breakfast at Rock Eagle.
- If you arrive early, please help encourage your fellow riders as they make their approach to the end of Day One. You've all just accomplished something great!.
- RELAX!! Change into a swimsuit and spend some time by the pool. Stroll around the camp and enjoy the scenery or stretch and get a massage from one of our volunteer massage therapists.

## Overnight at Rock Eagle

Dinner is served at 6:30 PM. Following dinner there will be a brief program and awards ceremony. **Lights out/quiet hours at 9:30 PM.** You will need the rest! *(But if you are not quite ready to turn down, we will (weather permitting) set up a fire at the fire pit for some campfire stories.)*



## The Mass Up

All riders will mass up at the Decatur First Baptist Church by 4:00 PM on Sunday. We will all re-group here including Rally Ride riders and ride the final 2.4 miles back into the Emory campus as one with a police escort.

Riders who are unable to arrive by 4:00 PM will be transported via SAG to Mass Up. Please follow the directions of the SAG drivers. We cannot delay our departure from the Church. Refreshments and massages will be available for riders who arrive before 4:00 PM.

First Baptist Church, Decatur, GA  
101 East Court Square, Decatur GA, 30030  
(See map below)



## Sunday, May 21, 2017: Arrival at Emory

We will arrive as one group at the Emory School of Medicine by 4:30 PM. Please invite your family, friends, colleagues, and donors to be there to welcome you home. (Invitations will be sent to all donors and riders in late April.)

Hot showers and towels will be available at the School of Medicine. There will be a brief program at Emory and the opportunity for you and your friends and family to have some food and drink to celebrate your accomplishment. Reward yourself for a weekend VERY well spent.

## OTHER ESSENTIAL INFORMATION

### Fundraising minimum

All individual riders must raise a minimum of \$500. Plan to bring any remaining donations to check-in on Friday, May 19, 2017. If you do not raise the minimum by this date, you will be asked to pay the balance when you check-in so please bring a check or credit card with you. Those who are unable to raise the minimum amount may not be allowed to ride. (*We will happily take donations after the ride until June 30, though!*)

### Limited Edition AV200 Jerseys and Shorts

Riders who raise the following amounts will receive the designated cycling gear.

\$750 or more	Limited edition AV200 Cycling Socks
\$1500 or more	Limited edition AV200 Cycling Jersey
\$2000 or more	Limited edition AV200 Cycling Shorts

The top 10 fundraisers will receive a special edition Yellow Jersey and be honored at Saturday night's award ceremony. **Cut off for this recognition will be 11:59pm on Friday, May 19, 2017.**

## WHAT TO BRING

The lists below include items you need on the ride as well as for your overnight stay at Rock Eagle. Some of these items are required. If you need clothing or accessories for the ride we suggest you start buying or borrowing them early on. This will allow you time to test the items and evaluate your needs.

Each rider/crew member is allowed **ONE (1) bag** for the overnight stay. Everything you bring must fit in the bag or attach securely to the outside. (For example, if you bring a personal pillow, please place it within your bag, or place it in a plastic bag and securely attach it to your bag.) Your bag should be no larger than a standard airline carry-on. **Your name, address and phone number should be clearly marked on your bag.**

Do not pack items in your overnight bag that you will need on the ride. You will only have access to your back at Rock Eagle and the Emory School of Medicine.

## THINGS TO CARRY ON THE BIKE DURING THE RIDE

**Photo ID\***

**Copy of Medical Insurance Information\***

**Cell Phone\*** (*emergency numbers for SAG Vehicles will be provided at Check-In*)

### While Riding

Your bicycle*	Your Helmet* (All riders must wear an ANSI-, Snell-, CPSC-, or ATSM-approved helmet while riding)
Tire irons/levers*	Water bottle and/or Camelback*
Spare tubes*	Cycling clothes – 1 set for each day (jersey, bibs/shorts, shoes, rain jacket, arm/knee/leg warmers if needed)
Pump*	Patch Kit*
Lip Balm	Sunglasses
Front and Rear Lights	EpiPen if you are allergic to bee stings or insect bites

### For Rock Eagle

Sleeping Bag or Single sized sheet set*	Pillow (if you prefer your own)
Towel*	Alarm Clock*
Washcloth	Sleeping clothes
Comfortable shoes	Toiletries
Swimming Suit	Shower Shoes

### First Aid

Sunscreen*	Prescription medication (e.g. EpiPen)
Chamois cream	Pain reliever
Bug spray	

### Miscellaneous

Camera	Watch
Cash / Credit Cards	

*\* required items*

## RULES OF THE RIDE

### Safety

Safety is our top priority on the AV200. We take safety very seriously and require that you do as well. Riders must follow all directions given by the ride officials and crew. Riders who do not follow safety rules and directions may lose their right to participate in the event. If this happens, the rider and his/her bike will be transported by SAG vehicle to Rock Eagle on Saturday or to Emory on Sunday or both. Please carefully review the safety rules and understand that they are designed to ensure everyone arrives safely at Emory after a great weekend of riding.

In the event of inclement weather or conditions (i.e. severe thunderstorm, severe weather watches, etc.), ride officials will decide whether it is safe to continue with the ride based on the information available to them. If the decision is made to suspend or cancel the ride, that decision will be communicated before departure on Saturday or Sunday morning as appropriate.

If the decision is made during the ride, riders will be notified by SAG team and/or Pit Stop crews of the decision using the colored flags referenced above (Support and Gear section). An emergency transportation contingency plan will be implemented to clear riders and bikes off the route. If you choose to continue after the ride has been suspended or stopped, you do so at your own risk, and agree to assume any and all risks of bodily injury, including death, or property damage that may arise out of the hazardous nature of riding in such inclement weather or conditions. Action Cycling Atlanta and the AV200 crew may not be available to provide continued support, and any rider continuing the ride after such suspension or stop releases, indemnifies and discharges Action Cycling Atlanta, the AV200 crew, and Emory University from all claims, demands and actions arising from or by bodily injury, including death, or property damage resulting from continuing to participate in the ride regardless of cause.

### Road Rules

**These apply to the AV200 Ride, and ALL AV200 led training rides:**

- The road is not closed to traffic. Be aware of vehicles around you.
- Obey all traffic laws. A bike is subject to the same rules as a vehicle.
- Be alert when you pass parked vehicles, as you might not be able to stop if a driver swings open a door in front of you. You need to be aware of them because they will likely be unaware of you.
- Look ahead and be aware of your surroundings.
- Be aware that there may be a fellow cyclist behind you. They may not have the field of vision that you do. Warn other riders about an obstruction or potential danger. Call out things like “CAR UP”, “CAR BACK”, “POTHOLE” or “ROAD KILL” to help save another rider from a potential accident.
- Ride single file. Riding two or more across can be very dangerous. We understand that it is fun to chat side-by-side when you ride, but it creates a dangerous situation for other riders and for vehicles. There are plenty of opportunities to chat safely off the road.

- Always call-out “ON YOUR LEFT” when passing another rider.
- Never pass a rider who is already in the process of passing another rider. This creates a situation where you are riding 3 across. Be patient. Let the other rider complete his/her pass before you begin your pass.
- No drafting at any time. Drafting is a situation in which one rider follows another rider so closely that the leading rider acts as a windbreaker for the drafting rider. This is a ride...not a race.
- Be careful riding in the rain. Your visibility and control, and a driver’s vision and control are compromised in these conditions. SLOW DOWN and use your lights.
- Use extra caution crossing railroad tracks; always cross at a 90-degree angle to avoid getting your tire caught in the ruts and to minimize contact with the super-smooth surface of the rail.
- Wear bright/reflective clothing to make yourself more visible.
- Cooperate with ride volunteers and ride officials at all times.

## Helmets

All riders MUST wear an ANSI-, Snell-, CPSC-, or ATSM- approved helmet while on the ride.

## Earphones/Cell Phones

Absolutely no music devices may be used while you are riding your bike. Remember, your ears are like another set of eyes...you can often hear a car before you see it! Cell phones may not be used while riding. Please pull off to the side of the road if you must use your cell phone.

## Drafting

Drafting is a situation in which one rider follows another rider so closely that the leading rider acts as a windbreaker for the drafting rider. Regardless of your cycling experience, do not draft. The one significant crash in the ride’s history resulted from riders who were drafting. This is a ride...not a race.

## Alcohol and Drugs

Alcohol and drugs are not allowed during the ride.

## Laws

All AV200 participants are expected to follow the ride rules and state laws at all times.

## Directions

Riders must stay on the route at all times. Shortcuts may not be used.

## GOLDEN RULE

Treat your fellow riders with respect and expect the same in return. Any rider exhibiting belligerent or otherwise disrespectful behavior will be removed from the ride.

## EVENT POLICIES

### Refunds

Registration fees and donations are non-refundable and non-transferable.

### Identification

All riders must affix stickers with their rider ID number to their helmets and bikes. The stickers will be provided at check-in on Friday night. Display the ID number for the duration of the event. Please carry proper identification, a copy of your medical insurance information, and medical requirements with you on the ride.

### Leaving the event

If you leave the event early, you are responsible for your own transportation back to Emory unless otherwise arranged with a ride official. If you must leave, please notify a ride official.

### Why all the rules?

The primary goal of the ride is to raise money for the Emory Vaccine Center. However, we also strive to ensure that everyone finished the weekend safely and enjoys the ride. These rules and regulations are intended to make the AV200 a safe and enjoyable event for all participants. When a volunteer or ride official asks you to do something, please remember we are working to provide everyone a safe and positive experience.

### Feedback and Suggestions

Please see any ride official if you have any feedback or suggestions on how we can improve the event.

## OTHER REFERENCE MATERIAL

Look for other useful material at [www.actioncycling.org](http://www.actioncycling.org)

- Ride Route Maps
- AV200 Fundraising Guide
- Fundraising Letter Templates
- Training Ride Schedule
- Training Ride Routes