

CYCLEPATHS SAG GUIDELINES FOR RIDES WITH TWO SAG DRIVERS

1. Both SAG drivers arrive at the Grocery Bag in Clayton about 15 minutes before the beginning of the ride.
2. Bring a vehicle that can carry two extra riders and two extra bikes. In most instances this will require a bike rack. If you do not have a bike rack, advise the SAG coordinators and they will attempt to help you locate one to borrow. You should bring an upright bicycle pump.
3. Park directly behind the Grocery Bag and wait for the ride leader to open the back door of the Grocery Bag. Fill two coolers, half with ice and half with water. Fill two coolers with ice and Gatorade (or water if no Gatorade mix is available). You do not need to purchase ice or water, as there is an ice machine in the back storage room of the Grocery Bag and a hose for the water. You are not expected to supply everyone with sports drinks or snacks. Each rider is responsible for bringing his/her own food and drink. Those purchases are not reimbursable.
4. Each SAG driver takes two coolers (one water and one Gatorade), a first aid kit and a map of Johnston County. All of these items are kept with the coolers at the Grocery Bag. Note that the location of Johnston Memorial Hospital is highlighted on the map.
5. Be sure that both SAG drivers have a cue sheet for the route and their cell phone. Make sure that your cell phone number is correctly listed on the cue sheet.
6. Driver 1 counts the riders and waits for about 5 minutes after the last rider leaves. Stay safely behind the last rider until that rider is about half way to the first rest stop; then carefully pass the cyclists and proceed to the first rest stop. Driver 1 waits at that rest stop until the last rider leaves that rest stop.
7. Driver 2 leaves the Grocery Bag approximately 20 minutes after Driver 1 to check on the slower riders, checks with Driver 1 at the first rest stop (by stopping or by phone), and then proceeds to the second rest stop, carefully passing the riders as they go.
8. Driver 1 leaves the first rest stop 5 minutes after the last rider leaves the first rest stop. Driver 1 slowly passes the riders, checks with Driver 2 at the second rest stop (by stopping or by phone), and then proceeds to the third rest stop (or at a point approximately one half way between the last rest stop and the Grocery Bag, if there is no third designated rest stop).
9. Driver 2 leaves rest stop two 5 minutes after the last rider leaves the second rest stop. Driver 1 and Driver 2 then must coordinate the remainder of the ride, taking into account the needs of the riders. Driver 1 and Driver 2 will probably need to safely shuttle up and down the course in the last quarter of the ride, as the riders will be very spread out by this time.
10. Once there are sufficiently few riders remaining on the course, one of the drivers can head back to the Grocery Bag, clean their coolers (see no. 13, below) and leave. However, fatigue and accidents are more likely to occur in the final quarter of the ride. One driver needs to stay out on the course until all of the riders return safely, and both should stay until one driver can reasonably handle the remaining riders.
11. NOTE: These are guidelines. The SAG drivers must communicate when necessary to address the actual needs of the riders. If a rider or group of riders require assistance that will result in a SAG driver missing a rest stop, the other SAG driver should adjust their plan to try to assist as many riders as possible.
12. While on the route, turn on your emergency flashers. Don't attempt to block traffic for the cyclists. Pull off of the road to let other cars pass you. Don't crowd the cyclists in front of you. Leave enough distance between you and the last cyclist so that cars can pass you without having to pass you and the cyclists in one pass.
13. At the end of the day, please return coolers and equipment to the Grocery Bag. Dump the

remaining contents and use the sink and hose in the back room to rinse out each of the coolers and leave them with lids open so they can dry properly and be ready for the following weekend.

14. Have fun!