

SELMA CYCLEPATHS SAG GUIDELINES

NIGHT BEFORE:

A link to Selma CyclePaths ride cue sheets is sent out by our Captain and can be downloaded to your device using the RideWithGPS link as provided in the weekly ride announcement email. Plug the address of the rest stop into your phone or GPS so you know where you're going. If you have to search for the address, be sure to look at a map and get cross streets that match our cue sheet. It's helpful to review the SAG stop on Google Maps to get an idea of where to set yourself up at the location to cause minimal disruption to the business and keep everyone safe at the rest stop.

The two main functions of the SAG volunteer are to provide cold water at the rest stop and to be able to pick up someone anywhere on our route and return them to our starting location at Thanksgiving Elementary School (1161 Lynch Rd, Selma) should they encounter an issue while on route.

Some things to pack in your vehicle: bike pump, bike rack, sun screen and bug spray (for yourself at the rest stop), hat, camp chair, fully charged phone, a bag for trash. Although not required, many SAG volunteers also bring paper towels, eyeglass cleaner & tissues, and even provide figs, or orange slices/bananas. If you have a truck, the tailgate is a great place to put the water coolers on. A small table will also work if you drive a car.

MORNING OF RIDE:

Our water coolers and first aid kit are stored at the Grocery Bag store at the intersection of Buffalo Rd and NC-42 (4879 NC-42, Clayton). Park your vehicle at the rear of the store around the corner from the gas pumps. There is a large steel garage door you can bring the filled water jugs out thru. Go into the front of the store and just mention to someone that you are here to grab the Selma CyclePaths coolers. Then make your way to the back room. The coolers and the first aid kit are stored to the left of the sink on the back wall.

Usually you'll need to take the hose off the hot tap and place it on the cold tap. Fill both water containers about half full with ice (then return the ice scoop to its container – don't leave it in the ice machine), then top off with water. Take the filled water jugs and first aid kit out thru the steel door to your vehicle. Please come back in and lock the door using the kick locks at the bottom of the door before you exit back out the front of the store. If it's very hot I often bring a personal cooler and put some ice and a scoop in it, so people can cool off their warm bottles, or make ice

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packs for their head/neck. We only provide water, not Gatorade. Riders should buy their Gatorade and snacks from the stores.

Give yourself enough time to fill the coolers and try to arrive between 15-20 minutes before ride start time. Our Captain will email an attendance sheet to the SAG volunteer during the week leading up to the ride. Print a copy for yourself. Take attendance during the announcements. Ask new riders

to provide their name and email so they can be added to the weekly ride notices. Please report data back to Team Captain via email (selma.cyclepaths@gmail.com).

Wait ~10 minutes after the groups leave. It gives you a chance to help any stragglers, and those with break downs right out of the gate. Then head straight to the rest stop to meet the faster riders. Remain at the rest stop until all groups have cleared. Then follow the last groups route back to Thanksgiving Elementary School, remaining there until the last group arrives or you have sufficient information that you don't need to stay.

AFTER THE RIDE:

When you're done, rinse out the water containers and return the coolers and first aid kit to the Grocery Bag. Lay the coolers on their side on the shelf and keep the covers loose so the inside will dry. If you have leftover gear from any riders hang on to it, and send an email to Selma.Cyclepaths@gmail.com.

It may seem like a lot but once you've done it there's that feeling of accomplishment and pride that YOU were there when a lot of others depended on YOU. Just being that smiling face at the rest stop is reassurance for all the riders that you've got their back! Our riders always appreciate the SAG volunteer each week and we THANK YOU in advance for doing this!

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