

CYCLEPATHS SAG WAGON DRIVER GUIDELINES

1. 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 coordinator and he or she will attempt to help you locate one to borrow. If possible, bring an upright bicycle pump.
3. Park directly behind the Grocery Bag and wait for someone to open the back door of the Grocery Bag.
4. Clean our two coolers using paper towels and detergent kept with the coolers. Fill one of the two coolers, half with ice and half with water and the second cooler half with ice and half with Gatorade mixture. Five to six scoops of Gatorade powder should be enough for one cooler. The Gatorade powder should be with the coolers. You do not need to purchase ice, water, Gatorade or detergent. There is an ice machine in the back storage room of the Grocery Bag and a hose for the water. Each rider is responsible for bringing his and her food and water. You are not expected to supply everyone with sports drinks or snacks.
5. Take the coolers, the first aid kit and the map of Johnston County with you. All of these items are kept with the coolers at the Grocery Bag. Note that the location of Johnston County Memorial Hospital is highlighted on the map. Place the magnetic Cyclepath sign on the back of your car or on a door.
6. Be sure that you have a cue sheet for the route and your cell phone.
7. Count the riders and wait for about 5 minutes after the last rider leaves. Shuttling up and down the route in the early part of the ride is not a good idea as you will be one more car trying to squeeze past the cyclists. Stay at least one-half mile 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.

Wait at that rest stop until the last rider leaves that rest stop. Follow the last cyclist at a safe distance for a while and then pass the riders and wait at either the next designated rest stop or at a point approximately one half way between the last rest stop and the Grocery Bag, if there is no second designated rest stop. Wait 5 minutes after the last rider passes you and follow at a safe distance. Fatigue and accidents are more likely to occur in the final quarter of the ride. Stay out on the route until all of the riders return safely. You can shuttle up and down the route in the last quarter of the ride safely as the riders will be spread out by this time.

8. If you sense that there is some confusion about where to go at any of the intersections, you may want to wait at that intersection to make sure that all of the riders proceed in the right direction.

9. While on the route, turn on your emergency flashers.

10. Do not attempt to block traffic for the cyclists. Pull off of the road to let other cars pass you.

11. Do not crowd the cyclists. Some cyclists feel uncomfortable having the SAG wagon directly behind them for lengthy periods of time. You do not have to keep the cyclists in sight. Leave

plenty of distance between you and the last cyclist so that cars can pass you without having to pass you and the cyclists in one maneuver.

12. At the end of the day, please return coolers and equipment to the Grocery Bag.. Clean the coolers with the detergent and paper towels. Leave them with lids open so they can dry properly and be ready for the following weekend.

WordPerfect: 210359

Word: 210358