



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME RIDERS!



2024 Bon Ton Roulet Rider Orientation Sheet

➤Luggage & Tracking Tags

Each rider can have one large bag (or two small) plus camping gear. Riders must place a luggage tag on each bag. Each tag must display your rider number. Three tags can be found in your registration packet and at the Info Tent. Please make sure your luggage can be carried comfortably.

➤Mapping Your Route

All three methods of directing riders along the designated routes should be used in conjunction with each other, no matter which route you choose. Conditions that alter the following day's course will be announced at the Rider Meeting each evening and posted on the Message Board.

Maps

A large charted map will be posted on the Message Board to show riders the entire route and day by day routes. Please see the information tent if you need a detailed area map.

Cue Sheets

Foldable, easy to read cue sheets provide turn-by-turn directions of the route, as well as point-to-point and cumulative distance information. Cue sheets are provided each afternoon for the following day's route at the Information Tent. Riders should re-zero their odometer each day.

Route Marking

Directional markings are painted onto the road surface. Three arrows are used at all turns. The first is painted 80-100 feet prior to the turn, the second is at the turn, and the last is immediately after the turn to confirm. Straight arrows are used on long routes to reassure you that you're still on the correct path.

****Route colors are orange for the regular route and green for the long loop.****

➤Gear Trucks

Our Gear Truck Staff will load your gear onto the truck when you bring it to them each morning, they **will load until 8am**. A luggage tag is required for each bag. The gear is then driven to the next site and laid out for riders to retrieve, at about 1pm.

➤Sag Vehicles

Official Route time 7am-5pm

Several SAG vehicles drive the daily route. Each SAG vehicle can be identified by magnetic door signs. If a SAG vehicle isn't readily available contact the Ride Director (**phone # on the cue sheets & wristbands**) Please note your cumulative mileage for the day and nearby crossroads to help locate you. For emergencies call 911.

➤Information Tent

Staffed from 1 – 5:00 pm and 6- 8am

The Information Tent is the focal point of every overnight camp. Here riders will find daily cue sheets, a variety of Bon Ton Roulet merchandise, local maps, first aid supplies and our helpful Information Staff. Most communities will also have a local representative present to answer your questions about area attractions or interests.

➤Big Message Board

A large message board, located next to the Information Tent, posts upcoming events, maps, special activity announcements, updated weather forecasts, and more! It also offers a place for riders to post messages to fellow riders. ***This is where we will post any emergency messages received for riders.*** Riders should check this board each day.

➤Route Emergencies / Issues

Call 911 for emergencies, and then call the Ride Director. For road condition issues, or general concerns/issues about the route, please contact the Ride Director. For SAG support call the SAG Coordinator.

Emergencies: 911...then contact the Ride Director Ride Director: Glen Goldstein 1-845-423-1242
SAG Coordinator: Jeff Honig 607-216-8613

➤ Good Hydration

Waiting until you're thirsty to drink is a common mistake. Feeling that you *need* to drink is an early indicator of dehydration. On the other hand, Hyponatremia can result from excessive fluid intake. To maintain proper hydration all riders should carry at least two water bottles and remember to drink at regular intervals. Also, avoid taking any non-steroidal and anti-inflammatory drugs.

➤ Sun Exposure

Whether it's sunny or cloudy, a rider's skin will be exposed to the sun all day. We recommend the use of sunscreen with a high SPF on all exposed skin in order to reduce sunburn.

➤ Thumbs Up, Thumbs Down

Our SAG vehicle drivers often have flashers on and a BTR sign on their vehicle. When this happens simply gesture:

Thumbs Up = "I'm OK and don't need assistance", **Thumbs Down** = "Please stop. I need assistance".

➤ **Safety Requirements & Recommendations:** The following will help make this tour safer and more enjoyable.

➤ Rider Requirements; RIDESMART

- A Consumer Product Safety Commission approved helmet is required to be worn
- Ride single file, with traffic flow, as far to the right as safe
- Verbalize your intentions to other cyclists, especially when passing
- Inform other riders of potential road hazards
- As SAG Vehicles pass... Thumbs Up or Thumbs Down
- Adult supervision is required for riders age 16 or younger
- Cyclists must obey all traffic laws and obey all traffic signs and signage posted by the tour



➤ Rider Recommendations

- Pace yourself. Have fun! You have all day to travel the tour
- A multi-gear bicycle is recommended and a rearview mirror is recommended
- You should be in good shape and capable of riding long distances and steep changes in elevation
- Have a health insurance card with you at all times, one that notes all important medical information
- Wear sunscreen on all exposed skin to avoid sunburn
- Use common sense and courtesy with all road traffic

➤ Rare Severe Weather Conditions

The most common severe weather condition involves heavy rainfall, lightning, and/or strong winds. These conditions may force you to seek temporary shelter close by the route in a commercial or municipal building, on the porch of a private residence, or even in a SAG vehicle. If shelter is not near during a lightning storm, crouch down away from trees and keep at least 15-feet away from other people, bikes, or metal objects. Overnight camps also have sheltered areas for these rare severe weather conditions.

➤ Breakfast & Dinner

Unless otherwise posted dinner is 5pm-7pm and breakfast is 6am-8am.

Breakfast & dinner are provided as part of the registration fee and are located either at the overnight camp, or within a short distance. Both meals, including meatless entrees, are offered throughout the week.

➤ Lunch

We encourage riders to carefully consider their morning pace in order to arrive near lunch options around noon. Or, Riders can simply take advantage of our hearty breakfast & dinner, or our well-stocked Rest Stops. **Lunch is not provided.**

➤ Rest Stops

Rest Stop Times: Am Times: 8:00am-11:00am PM Times: 11:00am-3:00pm

Two Rest Stops are provided most days along the route. The morning stop is located roughly 20-25 miles from the day's start point, and the afternoon stop is roughly 15-25 miles from the next overnight camp. Riders can refuel with a wide selection of fresh fruit, water, and sports drink. Rest Stop food and beverages are provided as part of the registration fee.

➤ Water Fill Stations / Beverage Coolers

Each overnight camp has a water filling station for water bottles. Bottled water, sports drinks, and other beverages are located in ice filled beverage coolers near the Information Tent. There is a small donation for these drinks. Sorry, storing personal items in the coolers is not allowed.

➤ Bike Repair

The Bon Ton has partnered with bike mechanics who'll be stationed at the morning rest stop, and then make a brief visit to the afternoon rest stop. SAG vehicles can transport your bicycle to the nearest mechanic. Our mechanics will be available at camp every morning and afternoon. **Fees for parts & service apply.** Schedules will be posted at info tent

➤ Massage Therapy

The Bon Ton has partnered with *Natural Balance Massage Therapy*, a local licensed group who'll provide the perfect cure for a sore body! Daily scheduling is handled at the massage tent and fees vary depending on your personal massage choices.

➤ Yoga

Most days at 4pm

➤ Evening Program

Each evening enjoy either local entertainment/historic speaker at the campsite. Rider meeting will be held at 7:15pm each evening.