

# TRIRI® May Training Camp 2017



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## May Training Camp

May Training Camp was developed in response from RAINSTORM riders as a way to log long rides relatively early in the season in preparation for RAINSTORM. Spring Mill State Park is an ideal base for such an event because of the area's hilly terrain, and because it offers multiple loop rides with minimal route overlap.

## Location & Driving Directions

**Spring Mill State Park mapping address:** 3333 SR 60 East, Mitchell, Indiana, 47446 To reach the park, follow these directions:

- From **Cincinnati, OH:** (Approximately 130 miles) Follow 50 West to Indiana 37 South; turn left in Mitchell at the caution light (McDonalds) onto SR 60 East, and proceed approximately three miles. Park entrance will be on your left.
- From **Indianapolis, IN:** (Approximately 90 miles) Take SR 37 South through Bloomington, Bedford & Mitchell. In Mitchell turn left at the caution light (McDonalds) onto SR 60 East, and proceed approximately three miles. The park entrance will be on your left.
- From **Louisville, KY:** (Approximately 60 miles) Take interstate 65 North to Scottsburg, IN. Take 56 West. Go through Salem, IN turning right on Indiana 60, and follow signs to the park.

## Event Accommodations

Spring Mill Inn and campground will be hosting us in 2017. All meals (breakfasts & dinners) will be served in the inn dining rooms, buffet style.

## Arrival & Registration Packets

Both parks and all routes will be in the Eastern Time Zone. The Indiana State Parks open at 7AM EDT. Packets and t-shirts will be available for pick-up at Spring Mill Inn beginning at 4PM. Dinner will be in the inn dining room from 5-7PM. If you cannot arrive in time to get your packet before dinner, it will be available after dinner in the Lakeview Room.

Packets will contain:

- Maps/cuesheets
- Wrist band
- T-shirt

## Parking at the Indiana State Parks

Your one-time park entry fee is included in your event registration fee. Wristbands displaying the TRIRI logo will serve to grant admission to the park when entering by bicycle.

For campers, one hang tag per vehicle will be issued at the gatehouse, which will allow re-entrance by car for the duration of the rally without incurring additional fees.

At Spring Mill State Park, parking is available in the garage near the inn. One vehicle may be parked on each of the gravel pads in the primitive camping loop we have reserved at Spring Mill. We have sites 401 & 402, and campers have used of the adjacent comfort station.

## Phone Service & Important Numbers

Dates	Contact	Phone
May 22-26	Spring Mill Inn	1.877.977.7464
	Mark Napier, Assistant Organizer	812.325.7818
	Kathy Smith, Director	812.333.8176

Cellphone service is spotty at Spring Mill State Park; sometimes better reception is available on top of the parking garage near the inn. You may wish to make calls on the route each day.

## SAG Service

One SAG vehicle will be on the route each day to assist riders. SAG service will be available each day until 4PM; on Friday, SAG service will end at noon.

If you need SAG assistance, stay on the route in a comfortable, visible place where you can watch for a SAG. If there is a medical emergency and you go to a hospital, don't forget to notify the organizers.

## Rider Identification

We will be using wristbands to identify camp participants. Please wear your wristband on your left wrist, where it can be easily seen by our drivers and the gatehouse attendant at the park.

Due to the Health Information Privacy Act, **it's vital that you carry personal identification on your person** (as opposed to on your bike--paramedics can't rely on identification attached to a bicycle because the bike may belong to someone else). Emergency phone numbers are included on each map in your map packet.

## Communications

- **Rider-to-SAG signals:** If there is a problem, pat the top of your helmet or head using a large, visible arm motion (the traditional distress signal used in scuba diving). This is more easily recognized than a thumbs down signal or general arm wave.
- We are using **GPS downloads** and **paper maps & cue sheets** for this event. Route markings will not be painted on the roads.

## TRIRI® Maps

A two-sided map has been prepared for each day's route. On one side is a cue sheet, with mileage, turns, towns, food, and attractions listed. On the other side is a map of the day's route. Pay special attention to where restaurants or convenience stores are located and plan your day's ride accordingly. Extra maps are available for purchase (\$5.00) when you register or at packet pick-up.

Links to GPS routes will be sent out electronically a few days before the event.

## Meals & Riders' Meetings

All meals provided as part of your event registration will be served in the inn dining rooms. The first meal of camp will be dinner on Monday, May 22 at Spring Mill Inn. Four breakfasts and four dinners plus gratuity are included in your registration fee.

**Breakfast is served from 7:00-8:00AM EDT each morning (a half hour earlier than the inn's normal dining hours has been arranged for our group), and dinner is served from 5:00-7:00PM EDT.** Lunch is on your own; consult the route maps to choose from a number of possible food stops. Spring Mill Inn serves lunch from 11:30AM-2:00PM.

Breakfasts and dinners are served as buffets. Menus will be posted outside the dining room.

We encourage our riders to support the local economy by purchasing from hometown establishments instead of national chains for snack and lunch stops whenever possible. Although our events are small, so are many of the communities we visit, and we take great pride in the impact we have made through bicycle tourism. A few small rural stores may accept cash only; they will be noted on your cue sheets.

We will hold a **rider meeting** each evening from **7:00-7:30PM EDT in the Lakeview Room at the inn.** We will preview the following day's routes and answer questions. On Monday, May 22, a speaker will present after the rider meeting ends at 7:30PM. Bloomington triathlete Sue Engle Reynolds will describe her journey from overweight non-athlete to a competent, competitive triathlete.

## Special Services: Massage & Bicycle Repair

**Massage therapist Valerie Rodrick** will join us for the evenings of May 24 and May 25. Valerie is an experienced massage therapist who gets rave reviews from our riders. Pre-schedule your massages by contacting her at 812.240.0344 or [vwimsett@yahoo.com](mailto:vwimsett@yahoo.com), or sign up at the event. Her rate is \$1/minute with a 15-minute minimum, cash only. Please remember to tip her for her services!

Bicycle repair is available from shops in Bloomington, Indiana, about 45 minutes north of Spring Mill State Park. Please ensure that your bicycle is in good repair before camp.

## Final Day and Post-Event Showers

On Friday, check-out time at the inn is noon; check-out time for campers is 3PM. Most participants will want to check out before heading out on the route Friday morning. **SAG service will end at noon; all riders will need to be off the route by noon, without exception.** Some will be traveling to the Horsey Hundred in Georgetown, Kentucky; others will be returning home. The final day's route is intentionally short (but hilly) to accommodate travel to the Horsey Hundred.

Showers will be available for all participants at the campground comfort station nearest the primitive camping area. Your TRIRI wristband will grant you admission to the camping area at the campground gatehouse. Please bring your own towel, soap and shower shoes.

## Suggested Packing List

### Clothing

cycling shorts	cycling tights
cycling jerseys	cycling shoes
rainwear	jeans/long pants
arm warmers	shorts
waterproof shoes	<b>hiking boots</b>
underwear	socks

### Camping

tent/footprint	sleeping bag
Thermarest pad	sheet/pillow
washcloth/plastic bag	towel/plastic bag
small camp chair	plastic bags of various sizes
clothesline	clothespins

### Personal items:

ID & money	credit/insurance cards
earplugs	medication
spare glasses	sunglasses
sunscreen	lip balm
flashlight	batteries
flashlight bulbs	fanny pack
insect repellent	shaver
toilet paper	comb
toothbrush/paste	waterless soap
knife	watch
camera	pencil/notepad
laundry soap	large plastic bag for "washtub"
chamois cream	soap & towel for post-ride shower

### Bicycle gear:

frame pump	touring bag
tubes (2+)	folding tires

bicycle lock	Garmin
compass	water bottles/CamelBack
tire tools	patch kit w/ new cement
rags	chain lube
HELMET	small lock
bicycle lights	bicycle multi-tool
extra bicycle	extra parts if your bike's an odd size

## Severe Weather Precautions

### In case of lightning:

♦ **Take immediate shelter** inside a building, if available. Otherwise, find a clearing away from trees and not on top of a hill. Once you are in place, squat down on your toes, head bent forward and down, to minimize your body contact with the ground.

♦ **Staying on your bike** is not the safest option, but it may be the best you can do at the time.

### ♦ In case of hail:

♦ **Keep your bike helmet on** to protect your head.

♦ **Find shelter** in a building and take cover.

### In case of tornadoes:

♦ Note that tornadoes generally move from SW to NE, and most people are injured by **flying debris**.

♦ **Take cover immediately** if there is a tornado warning.

♦ **Find a culvert or ditch and crawl into it.** At the TRIRI® campsite, go into the restroom/shower building or pool, leaving your bicycle and gear behind.

## Safety & Courtesy Guide

*We encourage you to add to your enjoyment and safety by reading through and abiding by the following Ride Right™ guidelines, which are part of an overall Ride Right™ bicycle safety campaign.*

### 1. Use the RIGHT stuff.

♦ **Have your bicycle checked** by a good bicycle mechanic to make sure it's in top condition.

### 2. Bring along the RIGHT gear.

♦ **Wear a properly fitting helmet.** Wear your helmet at all times while on your bicycle. Head injuries occur in the majority of bicycle accidents.

♦ **Wear clothing that can be seen.** Bright and white clothing has a greater chance of being seen in all weather, but especially when it's dark or rainy.

♦ **Carry a two or more water bottles.** Take no chances on becoming dehydrated.

♦ **Use a headlight and taillight if riding at night.** If you'll be riding in the dark, it's worth the expense to outfit your bike with a lighting system (it need not be a pricey one).

### Inn Check-In/Check-Out

- **Check in:** 4:00PM EDT. If rooms are available, check in can be earlier.
- **Check out:** noon EDT. Please check out at the front desk and turn in your room keys before departing.
- You may bring your bicycle into your room, but please do not use room towels to clean it.

### Tips & Tipping

- Tips for breakfast & dinner service are covered by your ride entry fee.
- Please remember to tip our bicycle mechanic and massage therapist.

### 3. Use the **RIGHT** communications.

- ◆ **Signal your intentions:** turning, stopping, swerving. Let other road users know what you are doing. Be especially alert at intersections and driveways.
- ◆ **Sound off.** Let others know you're passing ("On your left,") left them know of road problems ("hole," "sand," "glass," "dog up,"), let them know of motorists ("car up," "car back," "car right," etc.).

### 4. Practice **RIGHT** riding.

- ◆ **Ride on the RIGHT.** Ride about 2 feet in from the right side of the road, in a straight line. This allows you room to maneuver and room for others to pass you on your left in the same lane.
- ◆ **Don't draft.** If you are with an experienced group and there is plenty of room, drafting can be fun. However, make sure you are not a threat, and announce your presence ("on your left") to any bicyclists you are approaching.
- ◆ **Left turns are always made from the center of the roadway.** Be aware of the traffic coming up behind you as well as from the front.
- ◆ **Stay to the right when going slowly or walking up hills,** so other bicyclists can pass you without going into the left lane.
- ◆ **Move totally off the roadway** to stop, make repairs, rest, visit, etc..

### 5. Observe the legal **RIGHT**.

- ◆ **Obey traffic laws.** In Indiana, bicyclists have the same rights as motorists. In accepting those rights, bicyclists also assume the responsibilities for riding in a safe and legal manner. This helps other road users predict your actions.

### 6. Use the **RIGHT** frame of mind.

- ◆ Ride alertly. Bicyclist error and bicycle-to-bicycle accidents are the most common types of accidents.
- ◆ Ride at a steady speed that is good for you. The June Rally is a touring event, not a race. Take time to enjoy the scenery, take in the sights, eat, drink, and relax.

### Make sure you have the **RIGHT** abilities.

- ◆ Train properly for the rally. Be ready to tackle these miles and this terrain, and the event will be much more enjoyable for you.

### 8. Come prepared with the **RIGHT** attitude.

- ◆ **Be a predictable and considerate rider.**
- ◆ **Be courteous to passing vehicles and other bicyclists.** Instead of riding several abreast, go single file and let those behind you pass.

- ◆ **Follow the route.** The routes have been selected for your safety and enjoyment, and SAG services are not available to you if you are off the route.
- ◆ **Be prepared to ride in less than perfect weather.** We have ordered dry, warm, sunny days and dry, cool nights for your ideal bicycling vacation. However, since the weather is fickle at best, be prepared to ride in hot or cold, humid, or wet conditions. That includes not only warm biking clothing and rain gear, but also a good reflector or lighting system for your bike.

### 9. Exhibit the **RIGHT** attention.

- ◆ Keep your eyes and ears open while riding. Not only will you notice the beauty of nature, but you will hear the sound of other road users and recognize potential hazards along the road, such as: loose gravel or sand,
  - potholes and wide cracks in the road or on bridges
  - railroad tracks (be sure to cross perpendicular to the tracks)
  - dogs, cars, trucks, chickens, goats, deer, roadkill (we've seen them all!)

### 10. Ride in the **RIGHT** condition.

- ◆ Have your body trained to "go the distance." This event offers loop rides in hilly terrain with the possibility of high heat and humidity, and you'll enjoy it more if you have trained properly.
- ◆ Fuel your body. Drink and eat frequently. A good rule of thumb is: "Drink before you're thirsty and eat before you're hungry." Carry two water bottles during any hot weather ride.

## At the Rally Campground

1. TRIRI® campers are known for **drowning their campfires** before they go to bed and for **leaving clean campsites**.
2. **TRIRI® riders are known for courtesy** and willingness to assist beginning campers and cycle tourists as they become accustomed to the touring and camping routine.
3. **TRIRI® riders are known for a quiet campground** after 9:00PM. If you snore, please camp at the edge of the TRIRI area and let others know, giving them the opportunity to pitch their tents at a distance.
4. **TRIRI® riders are known for camping in the designated sites.** If you aren't sure where to pitch your tent, ask for assistance.

*These suggestions have been derived from the Ride Right™ program of the Des Moines Register and RAGBRAI and are used by their permission.*