

# September Escapade™ TRIRI 2017 Information



Pre-Ride Accommodations	1
Packet Pick-Up	1
Parking	1
Directions to Camp Camby	1
Baggage Handling	2
Phone Service & Important Numbers	2
SAG Support: 9AM - 4PM daily	2
Rider Identification	2
Communications	2
TRIRI Maps	3
Meals	3
Additional Services	3
What to Bring	3
Safety and Courtesy Guide	4
Severe Weather Precautions	5

## Pre-Ride Accommodations

The September Escapade 2017 host hotel is the Wingate Inn in Plainfield, about five minutes west of Camp Camby. Thirty non-smoking rooms with two beds are available for SE participants through August 9, 2017 at \$99 + tax. Breakfast is included. There is a shuttle available from the Indianapolis airport to the host hotel. Contact the Wingate at (317) 279-2500.

Two dinner options close to the host hotel are The Black Swan Brew Pub, located at 2067 East Hadley Rd, Plainfield, IN 46168, and Stone Creek, located at 2498 Perry Crossing Way, St. 105, Plainfield, IN 46168.

- Black Swan Brew Pub: <http://black-swan-brewpub.happytables.com/>
- Stone Creek: <http://www.stonecreekdining.com/plainfield/>

## Packet Pick-Up

Packet pick-up will be available on Saturday, September 9, at the Wingate Inn between 7:00 and 9:00PM EDT. Packets will also be available for pick up the morning of September 10 at Camp Camby between 8:30-10:00 AM EDT.

Every **rider packet** contains:

- 1 luggage tag (more are available for laptops if needed)
- 1 wrist band
- 1 map packet
- Pre-ordered parking passes
- A commemorative shirt

## Parking

**Parking for the week will be at Camp Camby.** Please note that neither TRIRI, the DNR, nor Camp Camby is responsible for the safety of your vehicle. Display your parking permit on your dashboard. If you did not pre-purchase a permit, you can buy one at registration for \$10. Please bring correct change.

**NOTE: Post-ride showers** will be available on the final day of the tour after you return to Camp Camby. Plan to leave a towel and soap in your car; these will not be provided.

## Directions to Camp Camby

From I-70, take exit 66 and get on State Road 267S. Take the first country road on the left (700S). Do not take the gravel road--stay on the main road. It's 2.1 miles to Camp Camby. The mapping address for Camp Camby is:

10740 E. County Road 700 S.  
 Camby, IN 46113

Visit the Camp Camby website to view a Google map of the location:

<http://www.campcamby.com/location.php>

## Baggage Handling

You'll be given a yellow tag for your bag. Laptops and small valuables will ride in plastic bins inside the baggage truck; please ask for additional tags if needed. Laptops will be dropped off behind the front desk at each inn; ask for yours when you check in.

At Camp Camby, luggage may be loaded onto the truck before you begin riding on Sunday morning, September 10, from 8:30-10:00AM. During the week, the baggage truck will leave the park by 9:30AM.

## Phone Service & Important Numbers

The following phone numbers for the park offices and inns are provided in case anyone needs to reach you during the tour. Cell phone signals are generally very weak in the parks.

Date	Nights	Location	Phone
9/9	Saturday	Pre-ride: Wingate Inn	TRIRI cell: 812.333.8176
9/10-9/11	Sunday- Monday	Brown County State Park	inn: 765.597.2211
9/12	Tuesday	McCormick's Creek State Park	inn: 1.877.922.6966
9/13-14	Wed.- Thursday	Turkey Run State Park	inn: 1.877.265.6343
9/15	Friday	Turkey Run to Camp Camby	TRIRI cell: 812.333.8176

## SAG Support: 9AM - 4PM daily

Support vehicles are on the route each day to assist cyclists unable to complete the ride. Those who don't have a problem may never see them. We advertise an average of 65 miles per day, so everyone should be able to complete that distance. If you can't ride farther than that, SAGs will help you to your destination. We may also give you a lift out onto the route in the morning to cut off about an hour's worth of riding. All riders must be off the route by 4PM without exception.

Except for physical or mechanical problems, everyone should be able to ride until at least noon (after you've found some lunch). **If you run into trouble and need a lift, stay on the route in a comfortable, visible place where you can watch for a SAG and the drivers can see you.**

If there is a medical emergency and you are taken to a hospital, don't forget to notify the director as soon as possible.

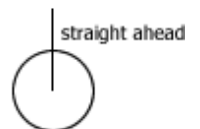
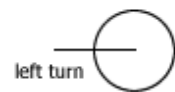
## Rider Identification

**Please wear your wrist band on your left wrist** so the SAGs will be able to identify you as a TRIRI rider. More importantly, due to the Health Information Privacy Act, **it's vital that you carry 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). A card with phone numbers will be provided in your packet. Carry it along with your personal identification.

## 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 a general arm wave.
- **Ham communications:** TRIRI is accompanied by members of the Owen County HAM Radio Association. If you're a ham, contact TRIRI and we will arrange to have information about the TRIRI week radio frequencies in your packet.
- **Road signs:** TRIRI requests that all riders follow the normal rules of the road that cars are expected follow. TRIRI provides markings to supplement state and local road signs called Dan Henrys. These directional markers consist of a circle **with a line starting at the circle's center**, drawn outward in the direction you're supposed to go--either straight, right, or left (See pictures on page 3.)
- A variation of the regular Dan Henry is a **warning symbol**, a W inside of a circle, to warn you about rough roads ahead.

On the route, **look for three Dan Henrys at every major intersection: one well before, one at, and one after.** You'll also see a single Dan Henry at minor intersections and near stop signs, designed to reassure you that you're on the correct route. Intersections where you continue straight on a main road without stopping at a light or stop sign are not marked.



**Please note that the map is the official route; without our knowledge, road markings may have been paved over or altered by vandals or by another ride.**

## TRIRI Maps

A map & cue sheet have been prepared for each day's route. Pay special attention to where restaurants or convenience stores are located and plan your day's ride accordingly.

If you need another map during the week, you may purchase the entire packet for \$5.00.

If you're a driving participant, **please do not drive on the roads selected for our cyclists.** Our maps show other roads better suited for faster, more direct travel between state parks.

## Meals

Breakfast and dinner buffets will be served in each inn's dining room during regular dining hours (7:00 or 7:30AM-10:00AM and 5:00PM-8:00PM). Your entry fee covers the breakfast and dinner meals and includes a 15% gratuity. Participants are responsible for their own lunches. On layover days, lunch may be purchased in the inn dining room (11:00AM-2:00PM).

One final note about water: remember to drink plenty of it on each day's ride! However, **do not reach into any coolers to get ice.** Germs from your hands or gloves could cause a nasty health threat.

## Additional Services

Mechanical support will be provided by a combination of the Bloomington Bicycle Garage (a mechanic will travel with us on some days) and by local bicycle shops close to our destination parks. We are still finalizing the exact schedule; more information will be included in your rider packet. **Please be prepared: Normal shop rates will be charged for all parts and labor.** Have your bike tuned up by your local mechanic prior to TRIRI.

Massage therapist Valerie Rodrick will be with us again this year to keep you feeling fresh. You can sign up for massages ahead of time or during the tour. Contact her at 812.240.0344 or [vwimsett@yahoo.com](mailto:vwimsett@yahoo.com) to verify her rates. In addition, please remember to tip Valerie for her hard work--she is worth it!

One or two (depending on enrollment) evening socials with locally brewed craft beer and non-alcoholic drinks will be offered during the week.

Special note: It's not just for kids! Abe Martin Lodge has an **indoor water park** many of our participants enjoy after a long day's ride. Bring your bathing suit!

## What to Bring

You are allowed one bag of any size (within the weight limit) to hold all items. **Please do not use hard plastic containers instead of duffels.** All bags are transported from site to

site in the baggage truck. Be prepared to load your own bags onto the truck and to carry them to your room.

When packing, keep in mind that southern Indiana temperatures can range from 40 to 90 degrees during the week.

## Suggested Packing List

### Clothing:

- cycling shorts
- cycling tights/leg warmers
- cycling jerseys
- cycling shoes
- rainwear
- jeans/long pants
- arm warmers
- shorts
- waterproof shoes
- sandals
- underwear
- socks

### Personal items:

- ID & money
- credit/insurance cards
- medication
- spare glasses
- sunglasses
- sunscreen & lip balm
- razor
- comb
- toothbrush/paste
- watch
- camera
- chamois cream

### Bicycle gear:

- frame pump
- saddle bag
- tubes (2)
- folding tire
- bicycle lock
- water bottles/CamelBak
- tire tools
- fresh patch kit
- rags
- chain lube
- HELMET
- Garmin
- bicycle lights
- bicycle multi-tool

**Note:** Our mechanic will have a few floor pumps available each morning.

## Safety and Courtesy Guide

*We are doing our part to enable you to have the best opportunity for success during this vacation. We encourage you to add to your enjoyment and safety by reading through and abiding by these 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).

### 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.** September Escapade is a tour, not a race. Take time to enjoy the scenery, take in the sights, eat, drink, and relax.

**7. Make sure you have the RIGHT abilities.** Train properly for September Escapade. Be ready to tackle these miles and this terrain, and the week 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 route has been selected for your safety and enjoyment. Remember that SAG services are not available to you if you leave the route.
- ♦ **Be prepared to ride in less than perfect weather.** We have ordered dry, warm, sunny days for your ideal bicycling vacation. However, since the weather is fickle at best, and since the bicycle is your mode of transportation to your next overnight, 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 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 September Escapade in the RIGHT condition.

Have your body trained to "go the distance." Drink and eat frequently while on the bike. You've probably heard it before: "Drink before you're thirsty and eat before you're hungry."

Carry two water bottles at all times.

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

## 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 with your 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.

## Riders' Meetings

- Daily riders' meetings will be at 7:00PM at each inn's large meeting room. Bring your map packet and a pen to take notes. Entertainment, if scheduled, will follow at 7:30PM.

## State Park Inns

- **Check in:** 4:00PM (Participants may check in earlier if rooms are available. On Sunday, rooms are usually not available until 4:00PM.)
- **Check out:** Please check out at the front desk and turn in your room keys before leaving the inn.