

YFC Sea to See Ride Across America Rider Handbook 2008

Packing List

Bike clothing and gear:

- Bicycle—with at least 24 gears, solid wheels and well-fitted to you.
- 3-4 bike jerseys or riding t-shirts
- 3-4 bike shorts
- Tights or leg warmers
- Arm warmers
- Rain jacket
- Bike shoes
- Bike shoe booties
- 3-4 bike socks
- Helmet
- Mirror
- Bike gloves
- Warm gloves
- Bike sun glasses
- Bike odometer/computer
- Flashing rear light
- Water bottles and/or camelback
- 40+ sun block
- Lip balm
- Clear map holder
- Bike multi-tool
- Small “leatherman” type tool (with pliers and knife)
- Tyre irons
- Chain lube
- Frame pump
- Small duct/black electric tape
- Tweezer
- Zip ties (6)
- Spare tubes (6-12)
- Patch kit
- Spare folding-bead tyres (2)
- Extra spokes (6) (check for correct sizes)
- Extra cleats (1)
- Cleaning rags
- Spray bottle of bike cleaner
- Small first-aid kit
- Bandanas
- Camera
- Waist pack or bike bag
- Small plastic bags (keeps stuff dry in your bag on rainy days)
- Shower cam (to put on your bike saddle at night)
- Light-weight lock—small cable lock to carry with you on the road
- Bike cap or headband
- Bag balm or chamois butter

- Skin lotion

Other

- 2-3 shirts
- 1 long-sleeve shirt
- 1 fleece or sweatshirt
- 2-3 shorts
- 2-3 socks
- 2-3 sets of underwear
- Sandals or sneakers
- Sun hat
- Laundry bag
- 2 gear bags
- Toiletry kit
- Bible
- Journal
- Mobile phone

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Bicycle Preparation List

Before leaving on June 17 you will want your bicycle to be ready for the long trip ahead. After completing all the preparations make sure to road test your bike for a few hundred miles to be sure everything is working well. Make sure these preparations are completed at least two weeks before departure.

Preparation Checklist

- Wheels**
 - ∞ Have the spokes checked for tension and the wheels trued. If your wheels have more than 6,000 miles on them, consider buying a new set. Stay away from light racing wheels and select heavier touring-type wheels with 32 or 36 spokes. Replace any heavily-scratched or bent spokes and check the spoke nipples to be sure they are not pulling through the rim.
 - ∞ Have your hub serviced, which includes lubing/oiling and checking the bearings, and adjusting the cones.
 - ∞ Get three spare spokes for each size spoke you have on your wheels and pack them in your bike bag that you will carry with you when you ride.
 - ∞ Install new cloth rim tape as needed
 - ∞ Purchase 6-12 new tubes, a patch kit, a tweezers, and two new folding-bead tyres to bring along. Carry at least two tubes and the patch kit with you on the bike. Also have some material with your for a tyre boot in case your tyre gets cut on the road.
- Headset**
 - ∞ Have the mechanic check that your stem and fork are lubed and tightened and that your stem size is fitted for a comfortable ride. Check both front and rear drop-outs for cracks and alignment.
 - ∞ Have the brakes checked, install new cables and housings, replace and adjust brake pads, and purchase an extra set of pads to bring along in case they need replacing.
- Gears**
 - ∞ Install new cables and housings and adjust both front and rear derailleur. Clean rear cassette and install new chain. Purchase an additional chain and have the mechanic size it for your bike including a power link. You will want to replace your chain about half-way across the country to prevent excessive component wear and tear. Bring along a tooth-brush and some bike cleaner with a few rags to keep your drive clean and working well. Pack a bottle of chain lube.
- Cranks**
 - ∞ Check bottom bracket for wear, replace, lube and tighten as required. If your bottom bracket is old, consider installing a new one. Clean and tighten cranks and lube clipless pedal systems as required.
- Seat Post**

- ∞ Once the height is set for your seat post, mark it so that you can set the height properly again if necessary. Lightly lube the seat post and be sure to tighten all bolts. Buy a spare seat post bolt and carry it with you in case yours breaks.
- Other items to carry along
 - ∞ Pack a multi-tool with screw drivers, Allen wrenches, zip ties, plastic bags, etc. Also pack a small roll of electrical or duct tape, a small length of wire, tweezers, a small medical kit, sun screen, bag balm, a flashing red blinker and a tyre pump.

You will be required to wear a helmet and have a mirror. We strongly recommend biking glasses for protection against bugs, dust, grit, and the sun. We also recommend installing a bike computer to help you with mileage between turns.

On the Road

The Sea to See Ride will be a fully-supported cycling tour. You'll ride across mountains and valleys, farmlands and prairies, through small towns and large cities.

Route Hours

The route will open at 6 a.m. and close at 5 p.m. each day. At that time the Support and Gear (SAG) vehicles will sweep the route, pick up all the riders still on the road, and bring them to the Host Stop.

Checkpoint/Rest Stops

Checkpoints will be set up each day near the mid-way point to provide fluids, snacks and medical support. Riders will also check-in here daily. In addition, there will be two or three rest stops, which will provide fluids and support. The length and difficulty of the route will determine the locations each day. Longer days will have more stops.

SAG Assistance

There will be vehicles sweeping the route to provide support to riders who cannot complete the day's ride. These are not intended to be taxis; therefore you need to prepare physically for the rigors of distance riding. These vehicles will be equipped to transport disabled bikes; however it is the rider's responsibility to have their bike in top-notch condition.

Props

Riders will be issued bike numbers with names that must be attached to your bike at all times to allow staff to identify it and your location from long distance. These numbers will be used to track the location of each rider from the support vehicles. Riders will also be given a durable wrist band (hospital bracelet) to wear for identification for meals, etc. Each rider will also be given a laminated ID/name badge.

At Our Hosts

Bicycle Repair

Bike repair help will be available at our Host Site. It will be the rider's responsibility to be able to change flats, make minor adjustments to brakes, gears, etc. and we suggest you carry some emergency tools: frame pump, spare inner-tube, patch kit, multi-tool, etc. (see packing list).

Medical Services and Insurance

We will have information on local hospitals, emergency facilities, police, fire, and other support services throughout the route. Please alert Sea to See Ride staff of any medical needs prior to the Ride, such as special medications, etc.

Riders will be covered by the Youth for Christ supplemental medical and liability insurance during the published dates of the trip. This policy functions as a secondary policy; any claims arising during the trip are first filed with a participant's primary insurance carrier. The Youth for Christ policy then covers any expenses not covered by the riders primary insurance up to the limits of this policy.

If a rider requires medical attention while on the trip, they are responsible for obtaining a detailed statement from the health care provider, including their name, diagnosis, and description of service, date of service, and charges for service. This is to be filed first with their primary provider. If a rider does not have primary insurance, or if the rider's primary carrier does not cover all of the expenses, the contact Youth for Christ International for filing instructions.

Meals

The Ride meals will be provided by our hosts in each city. Simple lunches will be available for riders to make and take with them for the day. There will be services along the route for most of the Ride. This gives you the opportunity to meet people in the various communities we will travel through and sample the local flavors. On days when the services are minimal, we will give you advance notice.

Showers and Laundry

Host families will provide you with facilities for showering and cleaning up. On occasion, they may provide you an opportunity to do some laundry, although this should not be abused.

Bike Parking

Bike parking will be in a secure, designated area each day/night. We suggest you bring a lock to ensure the security of your bike at the Host Site and when stopping along the route.

Gear and Gear Transport

You will be allowed two bags of up to 70 lbs. total with neither weighing more than 45 lbs. Gear trucks will transport your bags from Host Site to Host Site each day. It will be your responsibility to load and unload your gear each day. There may be size limitations that we will advise you of at a later date.

Communication

Communication on the Ride will be through two-way radios used by the Ride staff and mobile phones of staff and riders. This will facilitate the safety of the riders and staff at all times. Riders are encouraged to bring cell phones as a means of communication with families and friends and for use in case of emergency on the road. Internet access may be available at libraries, internet cafes or possibly at the host family, although again, this should not be abused.

Weather

The Ride will continue even in the face of inclement weather, rain, wind and heat. In extreme weather conditions, the staff will temporarily close the route.

Route Direction

Route maps will be issued each day for the day's route. We will issue a clear plastic map holder to each rider.

Mail/Packages

Every Saturday/Sunday, we will have mail pick up and delivery. Please use the addresses listed below. The Post Office will only hold packages for ten days, so don't mail too early.

<u>Day</u>	<u>Date of Arrival</u>	<u>Address</u>
6	June 22, 2007	To be announced later (TBA)
12	June 29, 2007	TBA
19	July 6, 2007	TBA
26	July 13, 2007	TBA
33	July 20, 2007	TBA
40	July 27, 2007	TBA
47	August 3, 2007	TBA
54	August 10, 2007	TBA

Sample address format:

Sea to See Ride Across America
(Rider's Name)
Host Address from Above
Street Address from Above
City, State and Zip code Address from Above

Shipping Bikes to the Start and From the Finish

Riders may ship their bikes to Washington before the ride, if they choose, to be assembled before they arrive. Please contact Bryan Blomker to arrange for this service. In Maine, at the conclusion of the ride, riders will have access to local bike shops that will pack and ship your bike home. Riders may also choose to check their bicycles as luggage on their flights to Washington and from Maine. Most carriers charge a fee (check with your airline) and all carriers will require the bike to be packed in a cardboard bike box. We recommend you have a local bike shop pack your bike for air travel to increase the chances of it arriving undamaged. Please do not pack your bike in hard-sided bike boxes as we will not have room in the gear truck to transport these boxes across the country.

Staying in Washington before the Ride

Riders will have the option of staying with host families (for a maximum of three days) before the ride departs on June 17 or riders may choose to select and pay for their own hotel accommodations if they prefer. In either case, be sure to contact Bryan Blomker to communicate your plans. If you are staying with a host family we will arrange for airport pickup, travel to your family, transportation to the orientation, and to the starting line on June 17. If you choose to stay at a hotel you will be responsible for your own transportation from the airport, to the hotel, orientation and the starting line. All riders will be required to attend the rider orientation on Monday, June 16. If you are traveling from outside the U.S. please arrange to arrive no later than Sunday, June 15 to allow some time to adjust to the new time zone.

Finish in Maine

Families and friends are encouraged to come and cheer the riders as they finish their incredible journey. We will send out an exact finish location before the ride begins. Hotel information for family and friends will be made available at a later date. Riders will have the option of staying with a host family on Aug. 15 or they may choose to select and pay for their own hotel accommodations if they prefer. Riders will pick up their gear at the gear truck after the finish celebration.

Safety Principles

Every effort will be made to make the Sea to See Ride Across America as safe as possible. In order to do this we ask all riders and crew members to abide by the following principles and policies:

Ride Principles and Rules of Conduct

As part of the YFC Sea to See Ride Across America you will be representing the worldwide ministry of Youth for Christ International. Riders will come from various cultures. As we ride across the U.S. we want to be sensitive to the local culture, and the cultures of those with whom we are riding. In an effort to safeguard the reputation of Youth for Christ International and not offend fellow riders or hosts we ask you to abide by these principles and rules of conduct:

- ∞ **Attitude of Love and Service**
We are not in a competition or a race. At all times we expect riders to look out for one another, and to treat fellow riders and hosts with love and respect.
- ∞ **Submission to Authority**
We expect all participants in the ride to respect the authority of the Ride Director, staff and local ministry hosts.
- ∞ **Behaviour**
We expect riders to conduct themselves in a manner that is above reproach during the entire trip. This includes their appearance, behaviour and physical contact with other people.
- ∞ **Flexibility**

Unexpected changes are certain to take place. We ask riders to be flexible in regards to plans, time, schedules, and other details of the trip.

∞ **Appearance**

At times you may be told how to dress appropriately for an occasion or situation. In general, clothing styles must be modest. Anything containing personally-offensive or controversial language or logos is not appropriate. You will not be expected to be able to dress for a formal occasion, but please pack at least one set of clothes suitable for taking part in a church service.

∞ **Physical Contact**

Unless you are a married couple traveling on the trip, physical contact (other than a handshake or greeting) is prohibited between any members of the ride or between riders and local people.

∞ **Team Spirit**

Strive to be a “good team member” by interacting with all members of the Sea to See Ride as well as reaching out socially to our hosts. We aim to present ourselves as a unified team on this trip, and must refrain from confining our relationships to small circles of friends or existing acquaintances.

∞ **Romantic Relationships**

Team members must refrain from “pairing up” while on the trip. Our purpose is to serve the worldwide ministry of Youth for Christ as a team. Developing a romantic relationship during our time will impair team unity and distract you from your purpose for being here.

∞ **Alcohol and drugs**—Alcohol and drugs are absolutely not permitted while on the Ride, including at the Host Sites, rest stops, checkpoints and on the road.

∞ **Tobacco products**—This is a non-smoking event. The use of any tobacco product is not permitted at any time during the event.

Safety Policies

The following are policies we expect you to follow as a Sea to See Rider:

STAY ALERT! STAY ALIVE!

- ∞ We are serious about safety and you must be, too. You will hear safety talks before the ride and we will repeat safety messages throughout. You must be conscious of riding safely.
- ∞ **Helmets and mirrors are required.** You must properly wear an approved helmet at all times while on the Ride. You must also use a bike mirror at all times while on the Ride.
- ∞ **Making yourself seen and heard**—Wear bright colors (iridescent yellows and greens are the most visible) to make drivers more aware of you. Day-glo tape on your bike, pack, helmet, etc. will also help. Consider a bell or horn to be able to warn pedestrians of your approach.
- ∞ **Group riding**—Riding in a group is very different from riding by yourself. Your riding behavior affects not only your life, but other’s as well. Your actions

on your bike will affect others. Remember, there will be riders of all skills and abilities on the Ride.

- ∞ **Riding unsafely**—Unsafe riding is foolish and can endanger the lives of others. This Ride is not a competitive event. It is done in a spirit of Christian community, where we are looking out for one another, encouraging one another and helping each other. We reserve the right to eject without compensation any rider who fails to heed repeated warnings about unsafe or dangerous riding.
- ∞ **Distractions**—The use of earphones, radios or cellular phones while riding is not permitted. Riders will need to remain alert at all times.
- ∞ **Drafting**—Drafting is the act of following closely behind another cyclist. Drafting is dangerous, especially for inexperienced cyclists. Drafting is discouraged on the Ride at any time, regardless of cycling experience.
- ∞ **Ask questions**—If you are unsure about what is safe or unsafe riding, ask us.

Basic Ride Policies

- ∞ **Consent and Release Form**--A Sea to See Consent and Release form will be sent to each rider and must be fully completed prior to the trip. Riders will not be permitted to participate without it. If the rider will be under the age of 18 when the trip begins, it is required that the Consent and Release form contains the notarized signature of both parents/guardians. If over 18 when the trip begins, notarized parent/guardian signatures are not required. An important part of the form is information about any medical insurance coverage the rider may have. If the rider does not have insurance, it is to be indicated on the form.
- ∞ **Pets**—Pets are not allowed on the event.
- ∞ **Check-ins/Check-out**—We will do our best to keep track of riders at all times and will need your cooperation. Riders will check in at the mid-day checkpoint and at the end of each day and should alert Ride staff if they will be delayed due for any reason.
- ∞ **Vehicles**—There will be very limited space at Host Sites and rest stops for vehicles. Excess vehicles on the route pose a safety problem. For safety reasons, friends and family are discouraged from driving along the route.
- ∞ **Host-Site Courtesy**—Remember we are guests at our Host Sites and rest stops. We want our hosts to have a wonderful experience as well. Please treat our hosts and their property with respect, as well as the countryside we will be traveling through.
- ∞ **Leaving the Route**—We encourage all riders to stay on the designated route. If a rider chooses to leave the route, they do so without support and at their own risk.
- ∞ **Leaving the Ride**—Riders who wish to leave the Ride, or who do so because of injury, personal or family reasons, will be given resource information on transportation home. Actual transportation is the responsibility of the rider and not the Sea to See Ride. No fees or funds raised will be refunded or returned if a rider leaves the ride.
- ∞ **Guests**—Relatives and friends may want to visit you on the Ride. They are welcome, but will not be able to utilize our resources (host families, food, etc.) Please be aware that most of your energy will be expended on riding and your time off will be spent resting, doing laundry, participating in YFC and public relations events along the way, and eating!

Spiritual Preparation

Individual Devotionals

As a Sea to See Rider you will receive a set of pre-ride devotional materials. This series of 14 daily lessons is designed to help you assess your personal strengths and your motivations for participating in this experience.

On The Road. While on the road we encourage you to continue your daily devotions and will provide materials for you if needed. In addition, Sundays will be free to allow you to worship at a local church. Occasionally there will be group devotional times scheduled. These will be scheduled dependent on host-site activities and time schedules. Optional small-group experiences will be made available that riders may participate in if they choose.

Helpful Information on the Web

∞ www.bicycling.about.com