



## **RIDER MANUAL**

### ***MISSION STATEMENT***

The mission of Action Cycling Atlanta, Inc. (ACA) is to raise awareness and funding for HIV/AIDS vaccine research that will one day eradicate the disease. To achieve this mission, ACA produces the AIDS Vaccine 200 (AV200). The AV200 is a cycling event designed to challenge individuals and teams, while inspiring our community to work towards a world where HIV/AIDS is part of the human history and not part of its future. Using friendship, respect and sportsmanship, the AV200 creates a spirit of hope that shows what we can be accomplished when we strive for a common purpose and support each other in doing so.

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## FIRST THING FIRST

### Personal Ride Contact

After you register, you will receive a welcome and introduction to the AV200 from the Ride Directors and the Rider Experience Committee. These individuals are your go-to-people for any ride information, including coaching, training, and fundraising. We all want to make sure your experience on the ride is a good one, and we are available to answer any questions or concerns you may have.

Ride Directors – info@av200.org

### Training

You will enjoy the ride more if you are properly conditioned for it. Get your bike professionally tuned at a legitimate bike shop. For residents of Atlanta, [Peachtree Bikes](#) and [Atlanta Cycling](#) are both ride supporters and will be more than happy to help you with any bike needs you may have. We also suggest you participate in training options such as:

- Long rides in scenic rural areas
- In-town rides on urban roads
- Mountain bike rides (*Georgia has some beautiful trails.*)
- Spin classes (*AV200, along with their sponsors will coordinate spin classes in the colder months prior to the ride.*)

### Fundraising

Many riders commit to the AV200 for multiple reasons such as fitness, personal achievement, and making new friends. However they all share a primary goal: to raise much needed funds for both AIDS vaccine research and some of the key AIDS support organizations in the area. Be bold about asking your family, friends, and colleagues for donations. Remember that you are asking them to support you in your commitment to help create a world without AIDS. This is not a time to be passive and shy. They will be proud of what you are doing and happy to support you.

### Refer Your Family, Friends, and Colleagues

Ask your family, friends, and colleagues to ride or volunteer. It will be a great experience for them and you. There are many volunteer opportunities leading up to and during the ride weekend.

## WHAT TO EXPECT THE WEEKEND OF THE RIDE

### Thursday, May 18, 2023: Check-In

All riders are strongly encouraged to check-in on Thursday. In the event you are unable to attend, you will be able to check in on Saturday morning. However, please join us on:

**Thursday evening, May 18, 2023 from 6:00 – 8:00 PM**

**Location:** The start of the ride and festivities will take place in the **Klamon Room** located on the **8<sup>th</sup> floor of the Claudia Nance Rollins Building** of the Emory University Rollins School of Public Health at [1518 Clifton Rd, Atlanta, GA 30329](https://www.emory.edu/rollins-school-of-public-health/1518-Clifton-Rd-Atlanta-GA-30329).  
(See map next page.)

1. Check-in begins at 6:00PM at the Emory University Rollins School of Public Health
2. **REQUIRED ITEMS:**
  - a. **Proof of medical insurance**
  - b. **Any remaining cash and/or check donations**
3. Pick up your ride packet
4. Happy hour: This year, light snacks and beverages will be available. Beneficiary representatives will be there and want to meet you; we hope you will stay and have a drink and catch up with fellow riders and crew.

## Map of Emory Main Campus Parking and Venues

**Parking** for the registration event on May 18 is available in the Michael Street Parking Deck, located right next door to the Claudia Nance Rollins Building, at 550 Houston Mill Road. When entering, you are able to use the faculty/staff entrance on Rollins Way. The gates are up and parking is free after 4:00PM. From there, it is just a short walk across the street to the Claudia Nance Rollins Building. Signs will be posted to direct you to the Klamon Room on the 8<sup>th</sup> floor.

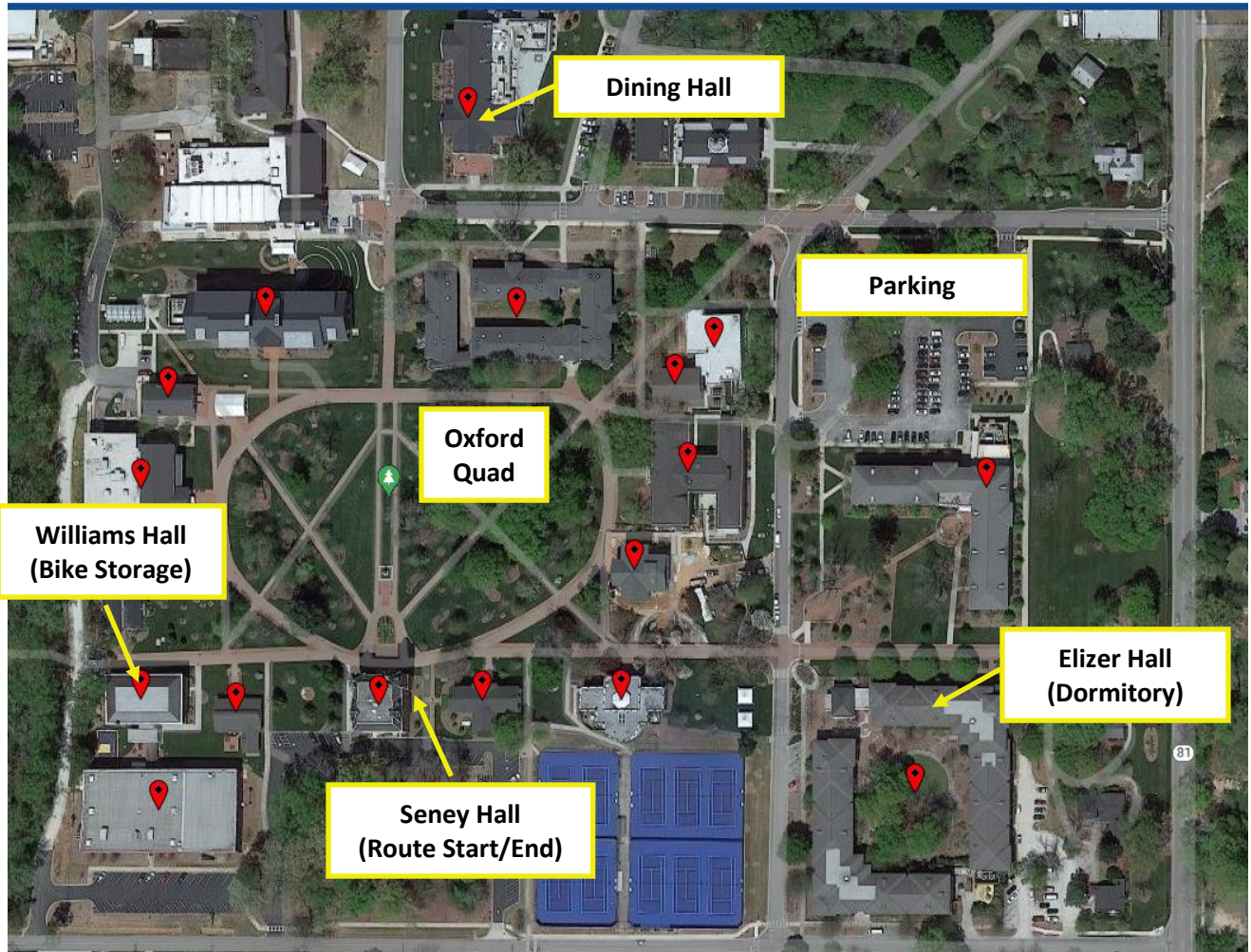


## Saturday, May 20, 2023 Ride Day One

Check-in the morning of the ride will begin **Saturday, May 20, 2023 at 6:30 AM**

1. Parking will be available in the Fleming Hall parking lot located at 720 Haygood Ave, Oxford GA 30054
2. Drop off your luggage in Elizer Hall (*See map below*). Our wonderful volunteers will check you in and take your bags to your room for you.
3. If you were not at the Thursday check-in, you will receive your packet at the check-in table in Elizer Hall at bag drop
4. If you would like to drop off your bike prior to breakfast, you may do so at Williams Hall (*See map below*). You may choose to take your bike here before you drop off your luggage and park your car or walk it over after parking. It is a short walk across campus. (However, the AV200 Crew is not responsible for watching your bike.)
5. A free breakfast for riders and volunteers will be provided in the Oxford Café (dining hall) on the morning of the ride (*See map below*).
6. **Attend the MANDATORY safety presentation at 7:30 AM in front of Seney Hall.**
7. Join us for the group picture on the steps of Seney Hall at 7:45 AM. SMILE!!
8. **Line-up and be prepared to start the ride promptly at 8:00 AM.**

## Map of Oxford College and Venues



## ON THE ROUTE

### Weather

**Be prepared for any weather.** This is a rain or shine event and springtime weather in Georgia can be unpredictable. On average, mid-May weather is some of Georgia's best.

### Ride Markers and Ride Apps

The AV200 has joined the app world and there will be no cue sheets this year!

The route is well marked but decide which app you will use: Strava; Ride With GPS, etc. The Wayfinding team marks the route prior to the ride to guide riders. Each day will be marked with a unique color (Green, Orange) with a separate color for the Fun Ride on Sunday. These markers are placed to be as visible as possible at every turn and along long stretches of road where there are no turns to reassure and ensure you are on the correct route. Each route (100 miles, 100 km, or 50 km) will be well-marked with upright signs as well as RouteArrows affixed to the roads.



Make sure you are vigilant and alert at all times. It is easy to be tired or distracted and miss a turn, so please pay attention. (If you ride for an extended period of time and don't see a marker or another rider, please check your ride app!)

### Nutrition and Hydration

Proper nutrition and hydration are paramount to a successful ride. Know your body chemistry when it comes to nutrition. We suggest you experiment with various foods, including energy bars, fruit, proteins, etc. before and during your training rides to see what works best for you. Lack of caloric intake on long rides can result in a lack of energy and result in serious problems, including but not limited to disorientation. Give your body the calories and fuel it needs to complete the ride. Experiment with different sports drinks and water during your training rides as well to determine which hydration option works best for you. Drink plenty and often BEFORE you get thirsty. A variety of food, water, and sports drinks will be provided at each pit stop as well as lunch.

### Pit Stops

Pit stops are located approximately every 15-18 miles along the route. They are stocked with water, sports drinks, and snacks, recycling bins, garbage cans, bathrooms, and dedicated volunteers who are there to help ensure you have a safe ride. While external batteries are the best approach, 2 pit stops will have charging stations. Lunch will be provided each day at the pit stop located at the approximate halfway point on the route. (Saturday lunch will be at Social Circle. Sunday lunch will be at Newborn Park.)

**All riders must stop and check-in at each Pit Stop.** This is to ensure an accurate account of riders and where they are located on the route. If you choose to stop your ride and be transported by SAG, you must communicate your intentions to the **Rider Tracking Volunteer** at the next Pit Stop.

You should have had your bike tuned before the ride, but bikes occasionally need to be repaired during the ride. Bike support will be along the route and at the pit stops to provide assistance with minor bike repairs, but you must also be prepared to change your own tube if you have a flat tire.

### Support and Gear (SAG)

SAG vehicles will patrol the entire route and assist riders who have bike issues, or who are no longer able to ride. Signal that you are in need of assistance by giving a thumbs' down or crossing your arms over your head. The route is long and riders will be spread out over a large area so it could be a while before you see a SAG vehicle. Everyone should add the **AV200 Rider Hotline** to their contacts (number provided at the Saturday morning check-in) and phone if you need immediate help.

The SAG vehicles will be equipped with a colored flag system used to alert the riders to the conditions on the road ahead.

- **Green** = conditions are clear. Ride On!
- **Yellow** = conditions questionable. Proceed with caution and check-in with the SAG team as possible.
- **Red** = conditions are not suitable to continue on the road. Please proceed as quickly as possible to the next Pit Stop. If necessary, a SAG vehicle will transport you to the next Pit Stop or you can call the emergency number to alert someone of your location so assistance can be provided.

## Ride as Far as You Can

- The ride is physically challenging to represent the struggle many have had with HIV/AIDS and to reflect the effort still required to find a vaccine. However, if you feel that you cannot complete a stage, please let the SAG crew or ride directors know and we will transport you to another rest stop or to the end of the route. Additionally, if you have started out planning to ride a longer route but choose to turn back early, you may do so. However, please let the crew at the nearest Pit Stop know that you are taking a shorter route so we know not to look for you on the longer route.

## Return to Oxford College

- Check your bike in when you arrive. Remember to take your devices to the dorms for charging. Bike pumps will be on site. Bikes are secured overnight.
- Receive your room assignment. Roommate and roommate preferences will be accommodated whenever possible. Your luggage will be deposited in your room prior to your return. You will retrieve your luggage from your room after your return to Oxford College after the ride on Sunday afternoon
- If you arrive early, please help cheer your fellow riders as they return to Oxford at the end of Day One. You've all just accomplished something great!
- RELAX!! Massage will be available and the pool will be open. The campus of Oxford College is a beautiful area, so wander around the campus and enjoy the scenery or stretch and get a massage from one of our volunteer massage therapists, or take a swim.

## Overnight at Oxford

Dinner is served at 6:30 PM. It will be a cook-out! Following dinner there will be a brief program and awards ceremony. **Lights out/quiet hours at 9:30 PM.** You will need the rest! *(But if you are not quite ready to turn down, we will (weather permitting) set up a fire in the fire pits on the quad for some campfire stories.)*

## Sunday, May 21, 2023: Ride Day Two

Riders depart Oxford College on their own on the Sunday of the ride. Keep in mind, however, that the first pit stop will be opening at 7:30 AM, so plan to be there no earlier than 7:30 AM.

Please invite your family, friends, colleagues, and donors to come cheer on your return to Oxford College on Sunday afternoon! We will have lawn games and light refreshments while we celebrate your accomplishments. Hot showers will be available in the dormitory when you arrive. Oxford does not provide towels, so make sure to pack one! And then have some food and drink to celebrate your accomplishment and reward yourself for a weekend VERY well spent.

## OTHER ESSENTIAL INFORMATION

### Fundraising minimum

All individual riders riding the two-day ride must raise a minimum of \$500. Riders registered to ride only one day must raise a minimum of \$250. Plan to bring any remaining donations to check-in on Thursday, May 18, 2023. If you do not raise the minimum by this date, you will be asked to pay the balance when you check-in so please bring a check or credit card with you. Those who are unable to raise the minimum amount may not be allowed to ride. (*We will happily take donations after the ride until June 30, though!*)

### Limited Edition AV200 Jerseys and Shorts

Riders who raise the following amounts will receive the designated cycling gear.

|                |  |
|----------------|--|
| \$500 or more  | Limited edition AV200 Cycling Socks          |
| \$1000 or more | Limited edition AV200 Cycling Jersey         |
| \$1500 or more | Limited edition AV200 Cycling Shorts or bibs |

The top 10 fundraisers will receive a special edition Yellow Jersey and be honored at Saturday night's award ceremony. **Cut off for this recognition will be 11:59 pm on Friday, May 19, 2023.**

## WHAT TO BRING

The lists below include items you need on the ride as well as for your overnight stay at Oxford College. Some of these items are required. If you need clothing or accessories for the ride, we suggest you start buying or borrowing them early on. This will allow you time to test the items and evaluate your needs.

Please try to limit the amount of baggage you bring. Everything you bring must fit in your bag or attach securely to the outside. (For example, for your pillow, please place it within your bag, or place it in a plastic bag and securely attach it to your bag.) **Your name, address and phone number should be clearly marked on your bag.**

Do not pack items in your overnight bag that you will need on the ride. You will only have access to your bag while at Oxford College.

**Please note that Oxford College does not provide bedding. Make sure to bring a sleeping bag, sheets or blankets, and a pillow!**

## THINGS TO CARRY ON THE BIKE DURING THE RIDE

**Photo ID\***

**Copy of Medical Insurance Information\***

**Cell Phone\* with an app for the route and emergency numbers for SAG Vehicles** (provided at check-in).

**External Battery for your cell phone** (phone cases with built-in batteries are available and cheap)

### While Riding

|                       |   |
|-----------------------|---|
| Your bicycle*         | Your Helmet* (All riders must wear an ANSI-, Snell-, CPSC-, or ATSM-approved helmet while riding)                                   |
| Tire irons/levers*    | Water bottle and/or Camelback*  |
| Spare tubes*          | Cycling clothes – 1 set for each day (jersey, bibs/shorts, shoes (rain jacket, arm/knee/leg warmers if needed mornings can be cool) |
| Pump*                 | Patch Kit*  |
| Lip Balm              | Sunglasses  |
| Front and Rear Lights | EpiPen if you are allergic to bee stings or insect bites  |

### For Oxford

|   |   |
|---|---|
| Sleeping Bag or Single sized sheet set* | Pillow                                  |
| Towel*                                  | Alarm Clock*                            |
| Washcloth                               | After-ride clothes and sleeping clothes |
| Comfortable shoes                       | Toiletries                              |
| Swimming Suit                           | Shower Shoes                            |

### First Aid

|               |                                       |
|---------------|---------------------------------------|
| Sunscreen*    | Prescription medication (e.g. EpiPen) |
| Chamois cream | Pain reliever                         |
| Bug spray     |                                       |

### Miscellaneous

|                     |       |
|---------------------|-------|
| Camera              | Watch |
| Cash / Credit Cards |       |

\* *required items*

## RULES OF THE RIDE

### Safety

Safety is our top priority on the AV200. We take safety very seriously and require that you do as well. Riders must follow all directions given by the ride officials and crew. Riders who do not follow safety rules and directions may lose their right to participate in the event. If this happens, the rider and his/her bike will be transported by SAG vehicle to Oxford. Please understand the rules (see below) that are designed to ensure everyone arrives safely at home after a great weekend of riding.

In the event of inclement weather or conditions (i.e. severe thunderstorm, severe weather watches, etc.), ride officials will decide whether it is safe to continue with the ride based on the information available to them. If the decision is made to suspend or cancel the ride, that decision will be communicated before departure on Saturday or Sunday morning as appropriate.

If the decision is made during the ride, riders will be notified by SAG team and/or Pit Stop crews of the decision using the colored flags referenced above (Support and Gear section). An emergency transportation contingency plan will be implemented to clear riders and bikes off the route. If you choose to continue after the ride has been suspended or stopped, you do so at your own risk, and agree to assume any and all risks of bodily injury, including death, or property damage that may arise out of the hazardous nature of riding in such inclement weather or conditions. Action Cycling Atlanta and the AV200 crew may not be available to provide continued support, and any rider continuing the ride after such suspension or stop releases, indemnifies and discharges Action Cycling Atlanta, the AV200 crew, and Emory University from all claims, demands and actions arising from or by bodily injury, including death, or property damage resulting from continuing to participate in the ride regardless of cause.

### Road Rules

#### **These apply to the AV200 Ride, and ALL AV200 led training rides:**

- The road is not closed to traffic. Be aware of vehicles around you.
- Obey all traffic laws. A bike is subject to the same rules as a vehicle.
- Be alert when you pass parked vehicles, as you might not be able to stop if a driver swings open a door in front of you. You need to be aware of them because they will likely be unaware of you.
- Look ahead and be aware of your surroundings.
- Be aware that there may be a fellow cyclist behind you. They may not have the field of vision that you do. Warn other riders about an obstruction or potential danger. Call out things like "CAR UP", "CAR BACK", "POTHOLE" or "ROADKILL" to help save another rider from a potential accident.
- In general, use conservative judgement with determining whether riding single file or two abreast. Riding two abreast is permitted in Georgia. However, there may be segments of road that are quite busy and on which riding single file is preferred. Err on the side of safety. There are plenty of opportunities to chat safely off the road.
- Always call-out "ON YOUR LEFT" when passing another rider.

- Never pass a rider who is already in the process of passing another rider. This creates a situation where you are riding 3 across. Be patient. Let the other rider complete his/her pass before you begin your pass.
- No drafting at any time. Drafting is a situation in which one rider follows another rider so closely that the leading rider acts as a windbreaker for the drafting rider.
- Be careful riding in the rain. Your visibility and control, and a driver's vision and control are compromised in these conditions. SLOW DOWN and use your lights.
- Use extra caution crossing railroad tracks; always cross at a 90-degree angle to avoid getting your tire caught in the ruts and to minimize contact with the super-smooth surface of the rail.
- Wear bright/reflective clothing to make yourself more visible.
- Cooperate with ride volunteers and ride officials at all times.

### Helmets

All riders MUST wear an ANSI-, Snell-, CPSC-, or ATSM- approved helmet while on the ride.

### Earphones/Cell Phones

Absolutely no music devices may be used while you are riding your bike. Remember, your ears are like another set of eyes...you can often hear a car before you see it! Cell phones may not be used while riding. Please pull off to the side of the road if you must use your cell phone.

### Drafting

As mentioned above, drafting is a situation in which one rider follows another rider so closely that the leading rider acts as a windbreaker for the drafting rider. Regardless of your cycling experience, we encourage you not to draft. We understand that drafting (or riding in a paceline) can make a long ride easier, but can be quite dangerous – especially if you are drafting in a group comprised of folks you don't ordinarily ride with. The one significant crash in the ride's history resulted from riders who were drafting. Once again, this is a ride...not a race.

### Alcohol and Drugs

The use of drugs is prohibited at the AV200. WE will have alcoholic beverages during downtimes at Oxford College but we ask that you not consume alcohol at any other time during the weekend.

### Laws

All AV200 participants are expected to follow the ride rules and state laws at all times.

### Directions

Riders must stay on the route at all times. Shortcuts may not be used.

### GOLDEN RULE

Treat your fellow riders with respect and expect the same in return. Any rider exhibiting belligerent or otherwise disrespectful behavior will be removed from the ride.

## EVENT POLICIES

### Refunds

Registration fees and donations are non-refundable and non-transferable.

### Why all the rules?

The primary goal of the ride is to raise money for the Emory Vaccine Center and its beneficiaries. However, we also strive to ensure that everyone finished the weekend safely and enjoys the ride. These rules and regulations are intended to make the AV200 a safe and enjoyable event for all participants. When a volunteer or ride official asks you to do something, please remember we are working to provide everyone a safe and positive experience.

### Feedback and Suggestions

Please see any ride official if you have any feedback or suggestions on how we can improve the event.

## OTHER REFERENCE MATERIAL

Look for other useful material at [www.av200.org](http://www.av200.org)

- Ride Route Maps
- AV200 Fundraising Guide
- Fundraising Letter Templates
- Training Ride Schedule
- Training Ride Routes