

# Rider handbook

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## introduction

The 27th Annual Habitat 500 Bike Ride is July 14-19 and begins and ends in Hermantown, Minnesota. Participants raise funds for the construction of Habitat for Humanity homes as well as build awareness and support for the mission of Habitat for Humanity.

This handbook will provide you a clear description of what to expect during the Ride. Additional information is available on the event website - [habitat500.org](http://habitat500.org) - and will be sent to you via e-newsletter.

## 2019 route

- July 14: Hermantown Loop
- July 15: Hermantown to Hibbing
- July 16: Bike, Build or Breather day:  
Hibbing Loop (100 miles) OR  
work on the *bike.home*. build OR rest
- July 17: Hibbing to Aurora
- July 18: Aurora Loop
- July 19: Aurora to Hermantown

## participation requirements

### fundraising:

Each six-day and three-day cyclist must raise a minimum of \$500 (lowered from \$1,000 minimum in previous years). No one will be permitted to participate in the Habitat 500 without raising the required amount. Donations, along with the Offline Donations Paid sheet, should be sent to Habitat Minnesota as you collect them. The required funds are due by July 14, 2019. A personal check for any shortage amount can be provided at registration.

### registration:

Riders must register online through GreatFeats to participate in the Habitat 500. If you need to change any responses to your registration questions, please notify Habitat 500 staff no later than June 1, 2019.

### safety rules:

Riders must agree to observe Habitat 500 safety rules and regulations included in this handbook. All cyclists are **required to wear an approved bicycle helmet at all times** while they are riding. **Earphones may not be worn by Riders at any time** while riding on Ride.

**Riders are required to view the safety video prior to beginning their Ride.** The video can be found on the Habitat 500 website and will also be included in email communications.

## on the road support

### gear transport

Your gear (including tent, sleeping bag, clothing and personal gear) will be transported by Habitat 500 staff throughout the Ride. Each Rider is allowed two duffel bags (max size 22" x 38"). **We strongly encourage Riders to pack in two smaller bags rather than one large bag.** Riders and volunteers will be loading and unloading bags daily. Duffel bags are to be securely fastened and clearly marked with a waterproof label stating your name and Rider number. All bags must be loaded on the gear truck by the time posted on the whiteboard each day, typically 6:30-6:45 a.m.

ID cards and health insurance cards are to be kept in the Rider's possession at all times, not stored in the duffel bag. Daily route maps and "trip tics" for the following day will be available from First Contact or near the whiteboard when you check in each afternoon. These maps describe the route, distances, rest stop locations and points of interest.

### rest stops

We locate rest stops at intervals of about every 15-20 miles during the day. There are usually three rest stops each day. The rest stops are designed to provide you a sheltered spot to rest and "refuel." The rest stops are also designed to provide us with a way to safely track each Rider. In this regard, **every Rider must check in at Rest Stop #2 every day.** We strive to provide snacks in these three important food groups: salt, sugar, and fruit. Each rest stop has hours of operation that will be shown on the daily route map/trip tics. If you arrive at a rest stop outside of its hours of operation you are likely to find limited or no services.

### end of the day check-in & community information

Riders are expected to have completed their daily ride by 6:00 p.m. As **cyclists finish riding each day, they must check in with First Contact.** A map of the community in which we are staying will also be posted for Riders. This map will locate key services such as a drug store, post office, laundromat, restaurants, etc.

### overnight accommodations

Local schools, churches, campgrounds, and parks provide our overnight camping locations. Both indoor and outdoor camping space will be available. Shower and restroom facilities are provided at every location. Sleeping areas and camping sites must be quiet after 9:30 p.m.

### telephones

**Bring your cell phone if you have one.** We should have coverage along most of the route, and your phone will come in handy if you need to call for mechanical, medical, or other support.

### mechanical service

A mechanic will be available on the route to assist with mechanical needs including a well-stocked store of bicycle products available for purchase.

### SAG (Support and Gear) service

SAG vehicles drive the route from 7 a.m. to 6 p.m. to watch for and pick up Riders who need mechanical, medical, or other support. They are a supportive service. To obtain SAG assistance, Riders call the Habitat 500 Emergency Hot Line. This phone number will be on the daily maps/trip

tics as well as shown on the Rider Number attached to each Rider's bicycle. The Rider Number must be displayed on each Rider's bike so it is clearly readable to SAG vehicles passing to the left side of the Rider. SAG support off-route will only be provided for the safety of the Rider.

### meals

Riders will be provided with breakfast and dinner each day. While breakfast will be served from 6-7 a.m., cyclists may eat at their own pace and time. Dinner will be served from 6:30-7:30 p.m., and we want all cyclists and volunteers to be ready to sit down to eat together. This is the only time in each day we will be gathered as a group, and it is an important time for sharing, visiting, making announcements, and staying focused on our purpose. Volunteers from local Habitat affiliates will join us during some evening meals.

Note: Lunches are the responsibility of each Rider so be sure to bring cash with you each day if you want to stop along the route. However, our rest stops provide a wide variety of food, much more than you might expect from a group ride.

## equipment/supplies to bring

### your bicycle and helmet

If you don't do your own maintenance, take your bike in for a "tune up." A professional mechanic can make sure your bike is ready for the Ride. Remember that approved helmets are **always** required during the Habitat 500.

## clothing

As all experienced cyclists know, comfortable clothing is important for a good ride. Be sure to bring all types of clothes for the week (rain gear, hat, warm clothes, etc.). We ride regardless of the weather and so it is critical that Riders have good quality rain and cold weather gear.

## bedding / camping equipment

- tent, stakes, rope, poles as required
- ground cloth and pad
- sleeping bag, air mattress, blankets, pillow
- flashlight
- towel and washcloth
- personal toiletries such as soap, toothbrush, toothpaste, razor, shampoo, toilet paper, etc.
- sunscreen lotion, lip balm, insect repellent, first aid cream and bandaids
- aspirin and/or needed medications

## miscellaneous

Camera, wallet, ID, cash, checkbook\*, credit cards, water bottle, ear plugs, eye mask, prescription glasses, sunglasses, watch, alarm clock, addresses for family and friends, medical insurance cards

\*Habitat 500 merchandise will be available for purchase by cash or check only.\*

## ride safety & traffic control

Most of the Habitat 500 route will be shared with motor vehicles. Roads with shoulders and low traffic volume have been selected for route safety, but in some cases conditions are not ideal. Ride with care, obey all traffic laws, and be courteous to cyclists and motorists.

- Always stop completely at stop signs and traffic signals
- Always ride in the same direction as the flow of traffic
- Obey yield signs
- Signal all turns and stops
- Look behind you before making a sudden stop
- When making a stop, be sure you are off the road surface
- In high traffic areas and on narrow roads, ride single file
- When safe, Riders may ride not more than two abreast, but must stay in the appropriate lane
- When passing other cyclist, call “On your left” and pass when safe
- Riders should never be more than two abreast in one lane, even when passing

## lost & found

Found items should be turned in to ride officials. Cyclists who have lost items should check with ride leadership as well as the lost and found bin near the whiteboard to see if it has been turned in.

## Rider behavior guidelines

The Habitat 500 brings together a large community of people who will move from town to town as the Ride progresses. We want the people with whom we visit along the way to be impressed with the quality of Ride participants' behavior. Poor behavior reflects upon Habitat for Humanity and the Habitat 500, as well as on the individual.

Each town and Habitat affiliate will have invested time and energy into preparing for our stay. Please express your appreciation to them for their efforts. Bring any criticism you may have to Habitat 500 ride leadership, not to townspeople or volunteers.

Quiet time is from 9:30 p.m.-5:30 a.m. Riders need a peaceful night's sleep. Respect them. Be aware some cyclists will turn in earlier than 9:30 p.m.

## alcohol consumption

Consumption of alcoholic beverages while you are on route is not permitted. Overnight lodging is typically at local schools. Minnesota state law prohibits alcohol and tobacco products on school property. Many schools are allowing us to stay at their facilities at no cost -- saving us \$1,000 - \$2,000 per night. Please be respectful of the law and school rules and do not bring any alcohol or tobacco products on school grounds.

## ride at your own risk

Each cyclist rides in the Habitat 500 at his or her own risk. Habitat for Humanity, our volunteers, and the many supporters and sponsors do not assume any responsibility for the cyclist's welfare, safety, bicycle, or gear.

## communications & whiteboard

The gear truck is the Habitat 500's "office on the road." Information pertaining to the Ride will be posted on a whiteboard near the gear truck or inside the entrance to the school. Also near the whiteboard will be community information, a first aid kit, the lost and found, and phone charging station.

The Ride has the Habitat 500 Emergency Hot Line, a phone number that can be used for messages in any emergency or urgent matter. The Hot Line is answered by support staff between 7 a.m. and 6 p.m.

## youth Riders

An adult must accompany cyclists ages 13-17. For youth groups participating and riding together, one adult must ride with each group of five youth cyclists. Cyclists ages 13-15 may not participate in the Ride unless they are accompanied by a parent or adult guardian at all times and only if they are judged to have a proven record of long distance biking experience.

Each youth cyclist must carry with him or her at all times a signed medical release form that gives the accompanying adult permission to authorize medical treatment. Emergency medical treatment for an injured youth cyclist may be delayed if the medical release form is not available.

## first aid

First aid treatment and supplies for minor problems will be available during the week. Cyclists requiring doctor, hospital, ambulance transport, and/or private medical services will be responsible for the cost of the services.

If there is an incident and a Rider's helmet is broken, the Rider will be taken to the ER for evaluation. **After any ER visit by a Rider, the Rider will not be allowed to ride the following day.** If a Rider is transported as a result of a "911" call, any cost will be paid by the Rider.

Bring your medical insurance card and carry it with you during the ride. Please complete all medical information questions in a thorough manner. If you need medical attention, we provide this information to medical specialists.

## donation forms

Send in funds at least two times a month between now and the Ride. It is important to keep an accurate record of gifts and donations you turn in.

Your Rider packet includes forms for recording donations supporting your ride. Please use the forms per these instructions:

1. Offline Donation Instructions: Please enter your check/cash donations as offline donations in GreatFeats before mailing in your check/cash donations along with the Offline Donations Paid form.
2. Use the sheet titled Offline Donations Paid to **record funds you are sending to Habitat Minnesota**. There is a place for you to total the amount of funds being sent with the sheet. Use a new sheet every time you send in funds.

## recognition & tax receipts

The sponsors who donate to the Habitat 500 deserve recognition. It is the cyclist's responsibility to thank all of the donors who made their ride possible.

All donations are tax deductible; the receipt form (can be found on [habitat500.org](http://habitat500.org)) serves as a receipt for amounts up to \$99. The recipient affiliates or Habitat Minnesota will send a receipt for anything over \$99. If you collect cash and write your own check to cover it, **please** tell us how much cash is from which donors.

## team rides

- **Only the Minnesota Housing Team will ride in the relay-team fashion.** Other riders are invited to form informal “teams” to fundraise together, especially for the same Habitat office.

## 3-day rides

The Habitat 500 Bike Ride offers two 3-day bike ride options. The Habitat 500 will provide shuttles from the meeting spots to the beginning of each three-day ride segments. 3-day Riders will cover approximately 200 miles. The fundraising minimum for 3-day Riders is \$500. 3-day riders must complete and return the 3-Day Rider Information Sheet before June 1, 2019.

### Date Options:

- July 14-16, 2019
  - Check in with ride staff by 9:00 PM on July 13, 2018
  - New rider orientation at 7:00 PM on July 13, 2018
- July 17-19, 2019
  - Check in with ride staff by 6:00 PM on July 16, 2019

## 1-day rides

A one-day ride is the perfect option for riders ready to take on the challenge of a long bicycle ride or just get introduced to the wonderful community of the Habitat 500. The Ride offers two 1-day bike ride options (both loops). The fundraising minimum for 1-day Riders is \$250.

### Date Options:

- July 14, 2019 (Hermantown Loop)
  - Check in with ride staff by 9:00 PM on July 13, 2019
  - New rider orientation at 7:00 PM on July 13, 2019
- July 16, 2019 (Hibbing Loop)
  - Check in with ride staff by 6:00 PM on July 15, 2018

## SAG ticket

Next to the whiteboard, you will find the pink “SAG ticket” sheet. The purpose of this sheet is to request a SAG ride for the following day. It could also be used to note any unique situations for the following day. Examples of notes may include: “Going to be off route for lunch with grandma.” or “Left knee is cranky so want to be sagged from start to RS 2.” All SAG requests should be submitted by breakfast time.

## questions?

Contact Kristin Skaar at 612-331-4439 ext. 4 or [Habitat500@hfhmn.org](mailto:Habitat500@hfhmn.org). During the week of the Ride, Kristin can be reached at 612-500-4341.

thank you to our sponsors!

