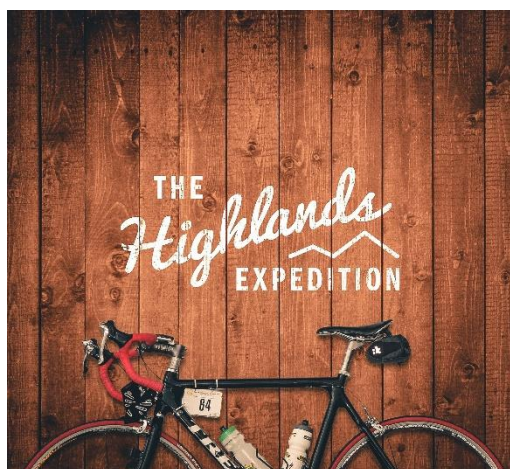


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# BIKE VIRGINIA TOUR 2015 RIDER MANUAL

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## Welcome

Welcome to Bike Virginia 2015! The Abingdon and Kingsport areas promise great riding and warm hospitality for the upcoming event. On behalf of the staff, board, and volunteers, we are very excited to have you be a part of our riding family. This manual has been created to help you have a smooth vacation from arrival to departure.

## Safety Program

We take your safety seriously. Our safety program includes education, rider pledge, on route activity, signage, and a culture of responsibility. In 2010, Bike Virginia introduced a safety orientation required for every rider. That first year we saw a 1/3 reduction in crashes.

In 2015, we offer that safety briefing online for the first time. Be sure to complete watching the video online and completing the online rider pledge before you arrive.

An email with instructions will be sent to every rider one week before the event. Your completion will be verified at check-in. Thank you for helping us keep all of our riders, volunteers, and staff safe.

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## HEADQUARTERS LOCATIONS

### Headquarters 1

Southwest Virginia 4-H  
Center

25236 Hillman Hwy,  
Abingdon, VA 24210

Map on Page 12

### Headquarters 2

Allandale Mansion

4444 W. Stone Drive,  
Kingsport, TN 37660

Map on Page 13

## Arrival

We kick off the 2015 event in Abingdon, Virginia. There you will find registration, camping, parking, and other event services. You are going to love the facility, the site has many amenities. Please follow the signs directing Bike Virginia riders to the appropriate areas for parking and registration.

### Abingdon On-Site Parking

You will be directed into a large field for parking at the 4-H Center. Please be kind and patient as our volunteers guide you. The parking area will be used for short term and long term parking. Hotel lodging riders will also park in this area to register.

RV parking is found in a designated, marked area. Please see the map.

Car and RV parking is a short distance from the camp and registration area. RV parking requires a special permit. Contact us by email for details.

Please wear appropriate shoes and watch where you walk. The terrain is grassy and may be uneven. Carry a flashlight for walking at night.

### Abingdon Check-In

A first priority when you arrive is checking in.

Follow signs to Registration in the Ratliff building. There you will receive your rider packet. See details about your rider packet on page 4

Be sure to complete the **mandatory online safety** briefing and online pledge before coming to the event. You can watch the briefing at [bikevirginia.org/2015-tour/safety/](http://bikevirginia.org/2015-tour/safety/)

## CHECK-IN TIMES & LOCATION

Friday, June 26

10am-8pm Abingdon Registration area

Saturday & Sunday 6am-9am  
Abingdon Registration area

Monday to Wednesday  
6am-9am Hospitality Tent



## Abingdon Camp Set Up

Once you've checked in you can pick your camping spot from designated camping areas.

Look for luggage assistance given by a "hay-wagon" that will travel through the parking lot picking up your gear. Simply throw your gear onto the hay-wagon or use one of our hand carts.

Please camp only in designated camping areas. Other areas are reserved for other park users, for our vendors, event vehicles, staff, and other activities.

## Kingsport Parking/ Gear Drop

Our second headquarters is located in Kingsport, TN at the Allendale Mansion. We will be using an airport style "Gear Drop" at that location in the circle drive. Parking is located 1/10 of a mile away. Walk across a field to the mansion grounds or ride your bike on the roads.



Drive through the Gear Drop, unload your camping and riding gear, then move your car immediately to the parking area.

It's important that cars are not left in the Gear Drop, we have to keep the corridor open so everyone can move through quickly. We use Gear Drops often and find they work great for getting camping and riding gear near the campground in a place where parking is not adjacent.

## Kingsport Check-In

If you are riding Monday to Wednesday only please check in at Hospitality at the Allendale Mansion. There you will receive your rider packet. Be sure to complete your online safety briefing and online pledge before coming to the event.

## CHECK IN TIMES & LOCATION

Friday June 26

10am-8pm Abingdon Registration area

Saturday & Sunday 6am-9am  
Abingdon Registration area

Monday to Wednesday  
6am-9am Hospitality Tent

## **Kingsport Camp Set Up**

After parking your car at the offsite parking near the Allendale Mansion on Monday (or Tuesday or Wednesday) you can choose to set up camp, or just drop your gear in your selected camp site. Some riders may choose to ride first and set up camp afterward. The choice is yours. Be sure to observe “approved camping areas.” Look at the site map on page 12 for details.

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# RIDER PACKET

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Inside your rider packet you will find:

Wristband- to be worn at all times, gets you access to our activities.

Number Plate- display on bike at all times.

Information Brochure- Schedules and activities, your go to guide on all the activities you can enjoy.

Daily Map Brochures- Ride details for a single day on each brochure. Includes general map, highlights of the day, elevation, and rest stop information.

Lunch Meal Tokens- Weekend Registration (2 tokens), 6 Day registration (5 tokens), 3 Day Weekday registration (3 tokens), single day (1 token). These are like cash. Don't lose them. No replacements are available.

Breakfast Plan wristband- If you purchased a breakfast plan you will receive an additional wristband to wear.

Packets are distributed at Check-in. Look for the desk with your last initial. Riders must complete the online safety briefing prior to arrival at the event. We will verify completion prior to you picking up your packet.

Jerseys and T-shirts will be distributed at the Bike Virginia Store. Stop in any time during the event to get your gear (included with 6 day and weekend/weekday registrations made by April 1). Additional merchandise available for purchase.

You can enhance your ride materials with our Phone App on Guidebook. You will receive an email with specific links for downloading the app in the days just prior to the event.

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# GEAR

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## Security

Protect your valuables when on the tour. It's always a good idea to lock up your bike when it's unattended. Do not leave valuables in your tent. Our staff is around camp during the day, but we do not provide security of the camp area. At each camp location we provide a designated place to lock your bike.

Bike Virginia is a friendly and fun environment, but securing your own gear should be a priority for each rider. We cannot assume responsibility for stolen or lost property.

## Carry a Lock

Be sure to bring a lock to use around camp and to carry when you are on the route in case you want to leave your bike unattended.

## New Format- Your Car Every Day

Bike Virginia is using a new format in 2015. On Monday, June 29, all of us will pack up camp, jump in our cars and drive over to Headquarters 2. At Camp/Headquarters 2 you will drop your gear and park in a nearby lot. That gives you the freedom to carry extra gear, and use your car around town if you like.

*Riders move their car and gear to Kingsport on Monday for the second half of the event.*

Riding for Monday, Tuesday, and Wednesday will be based in Kingsport, Tennessee at the Allandale Mansion. We will not be returning to Camp/Headquarters 1 in Abingdon.



## No Luggage Trucks

Our new format puts you in control of your gear. You will be moving your car and gear on Monday, June 29. This also means on Wednesday when you are done riding, you pack and leave when you like, no waiting on Luggage trucks to arrive.

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# BUS TRANSPORTATION

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Riders can enjoy 2 bus service options on the 2015 tour free of charge.

## **Downtown Sightseeing Loops\***

- Abingdon 3-10pm Friday , 12-10pm Saturday & Sunday (1 hour loops include hotel drops)
- Kingsport 12-10pm Monday & Tuesday (1 hour loop)

## **Hotel Drop-off & Pick-up\***

- Abingdon 3-10pm Friday, 5:30-9:30am and 12-10pm Saturday & Sunday. Official hotels & downtown to 4-H Center (1 hour loop)
- Kingsport 12-10pm Monday, 5:30-9:30am and 12-10pm Tuesday, 5:30-9:30am Wednesday. No bus Monday morning or Wednesday afternoon. Official hotel to Allandale Mansion (1 hour loop)

## **Official Hotels**

Abingdon- Holiday Inn Express, Comfort Suites, Quality Inn & Suites, Comfort Inn

Kingsport- Meadowview Resort and Conference Center

\*Wristband required to board bus. No bikes. No bus Monday morning or Wednesday afternoon. You will need your own car those days.

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# MOVE DAY LOGISTICS

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On Monday, June 29, all of us will pack up camp, load our cars and drive over to Headquarters 2 at the Allandale Mansion. Moving your car forward to the next location gives you the freedom to carry extra gear, and use your car around town if you like. This also lets us finish at camp 2 on Wednesday so you can leave at your leisure.

The recommended Monday Schedule is as follows:

- 6-8am break camp, pack up the car. Enjoy breakfast in Abingdon (pre-purchased plan only).
- 6-9am drive to Allendale Mansion, drop gear using Gear Drop zone, park car at the designated lot, set up the camp or mark your spot with your gear.
- 9am- riding begins from Headquarters 2 at the Allendale Mansion.

### **Camp Closure at Abingdon**

The event headquarters and camp 1 will close at 9am on Monday, June 29. All cars, RVs, and camps must be off site by that time.

### **Camp Opens in Kingsport**

Event headquarters and camp 2 opens at 6:30am at the Allendale Mansion. Please do not arrive before that time.

### **Parking at Kingsport's Allendale Mansion**

At Camp/Headquarters 2 you will drop you gear and park in a nearby lot. Parking is in a paved lot, but you will have an option to walk through a field to camp. Please wear appropriate shoes each time and carry a flashlight for nighttime walking. The terrain is grassy and uneven, and may have hard-to-see hazards.

### **Showers and Services**

Showers will close in Abingdon at 8am. Showers will open in Kingsport at 1pm.

Hospitality services will be open starting at 6:30am on Monday in Kingsport.




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# RIDING

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You can enjoy a choice of various routes. Route options offer various distances and challenges. Use your Tour Maps to plan out your ride each day, you control your own destiny!

### **Pick Your Ride**

Consider the elevation profiles and difficulty rating plus mileage on each route you consider. The nice part about Bike Virginia is you can ride hard one day and relax the next, ride easy every day, or go hard all 6 days! Ride within your abilities, but enjoy the challenge, knowing we are there to support you along the way.

### **Color Signs**

Route options are marked like hiking trails. When you hike on marked trails there are often “blazes” or color markings on trees. We use a similar signing model using the colors: pink, red, blue, and orange.





Every ride begins and ends as “pink” and starts at headquarters. Follow the pink signs when you leave to ride. If you wish to take a shortcut or ride an extension you will be using a second color too.

For example, a red route might be the shortcut option. Start on pink, turn on red and follow red until it rejoins pink or arrives back at headquarters. ALL ROUTES START AND END WITH THE PINK ROUTE. As you pedal along you will see signs that indicate the start of a

particular route option (second color), you can choose to take the option or stay on the Pink, it’s your choice. Just remember to refer to your Tour Maps for details on options, some are short and some are long.

### GPS Files

Visit <http://bikevirginia.org/2015-tour/routes/>

Scroll to the bottom of the Routes Page. Select the route you want to download from our website

**Route Maps**

Click The Route You Want To Download

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
PINK 22mi	PINK > RED 20mi	PINK > RED 24mi	PINK > RED 11mi	PINK > RED 21mi	PINK > RED 28mi
	PINK 41mi	PINK 46mi	PINK 57mi	PINK 47mi	PINK 34mi
	PINK > BLUE 72mi	PINK > ORNG 93mi	PINK > ORNG 64mi	PINK > BLUE 62mi	PINK > ORNG 61mi
	PINK > ORNG 73mi			PINK > ORNG 102mi	
	PK > BL > OG 105mi				

*Please note that all routes are subject to change and approval by local and state authorities.*

Once directed to the “ridewithgps” website look at the upper right hand side of the page for a tab called “export”

- Once you select the export tab you can then decide which gps file is right for your device
- If you need an further assistance check out this link or simply ask ridewithgps for help, they are the experts <http://ridewithgps.com/help/get-the-most-out-of-your-gps-device>



## Lights and Colorful Jerseys

We strongly recommend that you use blinking lights while riding, even in bright daylight. Lights help you stand out against the background. A blinking white light on the front and a blinking red light on the rear of your bike make you much more visible.

Colorful jerseys in colors that stand out from your surroundings make you much more visible. The best colors are high-vis green, yellow, and orange. Don't make the mistake of wearing "road camouflage" and blending in, the colors that are least visible are grey, dark green, black, and navy.

## Policies and Laws

Please follow the ride policies and Virginia and Tennessee laws. We establish ride policy based on experiences with crashes and due to insurance requirements. We want everyone to have a fun and safe experience.

You are responsible for your own actions when on the road. If you violate laws you can and will be ticketed. Riders that fail to follow policies, laws, or endanger other riders will be removed from the event.

## Bike Smart Education

Riders can take part in 3 mini programs on bike education at our rest stops. Look for the Bike Smart Team as they do helmet fittings, and give rider education at rest stops. Take part in all 3 Bike Smarts and get registered to win a prize.

## SAG Support

SAG (stands for Support and Gear) offers transportation to cyclists that are stranded. SAG operates during route hours: Friday 12-5pm, Saturday-Wednesday 7am-5pm.

SAG vans or trucks are staged along the routes. Call or text for assistance. The SAG number is on your wristband & map.

Remember that SAG trucks are for those who cannot ride for physical or mechanical reasons. You can get a lift to the next rest stop where you can get further assistance, or put you in motion to return to headquarters. We SAG you to "transportation hubs" and congregate groups of riders to be transported. This keeps SAG trucks on route, in operation versus taking 1 rider back to headquarters and leaving portions of the route uncovered.

*Showing a "Thumbs Up" or "Thumbs Down" sign to a passing SAG driver tells them you are okay, or need help.*

## Crashes

Crashes can result from a variety of reasons including inattention, mechanical problems, road hazards, and collisions with cars, bikes, people, or dogs. Stay alert and ride within your limits. These are unfamiliar roads, give yourself extra time to descend, stop, and turn.

If you are involved in a crash and are injured requiring medical care call 911.

If your bike is damaged and you need transportation or are too rattled to continue riding call SAG Support. Please report all crashes with injuries to Hospitality Services (witness and crashed rider) so we can file proper reports.

*Participants should know how to change a tire. Each rider should and carry supplies & tools to make minor fixes.*

## Mechanical Assistance

SAG drivers may not be versed with bicycles. We rely on volunteers and community members to help

offer this service. They will not provide roadside repair because SAG trucks need to be in constant motion to serve the needs of all riders, and the drivers are not qualified to provide mechanical assistance.

Some SAG trucks will have basic supplies like food, water, tubes, pumps, etc., but do not depend on this, you should carry the supplies you need on your own bike.

### Repair Services

Repair services are offered by 3 providers during the event at multiple locations. See details to the right about their locations.

### Bike Rental

Sun Cycles offers a selection of rental bikes and bike demos. Try out something new, or rent a bike if your ride is in disrepair. Reservations recommended.

## REPAIR PROVIDERS

**Cycles Ed-** at a designated rest stop, then at camp in evening. Parts & fee based services.

**Bike SAG Guy-** circulating on route, then at camp in evening. Parts & fee based services.

**Sun Cycles-** at camp day and evening. Full retail shop. Fee based repairs. Bike Rentals.

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# ENTERTAINMENT & SERVICES

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Each day you can enjoy a variety of activities and services. You will receive a brochure with this information and can find it in your phone app.

## On-Site Activities

- Hospitality Center 10am-8pm Friday, 6-9am & 12-6pm Sat-Wed
- Vendors 10:30am-8:30pm (hours vary by vendor)
- Massage 1-10pm \*fee based\*
- Swimming 2-7pm Fri, Sat & Sun \*no fee\*
- Route Rap/Info Session 5:45pm daily in entertainment area.
- Live Music 6-8pm daily
- Flag Raising 6:45am Sat & Sun
- Campfire Sing Along 7-10pm Fri & Sat, only at campfire circle
- Meet George Hincapie 6:30-8:30pm Sat
- Ride with George Hincapie 8am Sun, mass start
- Low Ropes Course 1-5pm Fri, Sat & Sun, (4 groups, min=5 max=14), instructor included. Sign up at hospitality.\*no fee\*
- Zip Line 6-7pm, Fri, Sat & Sun, 2 sessions (12 persons each) \*no fee\* Sign up at hospitality.\*no fee\*
- Kingsport History Talk with Mike Harvey, 4:45pm Tuesday
- Tour Allandale Mansion, (at headquarters) reserve at hospitality, limited to 25 \*no fee

## Off-Site Activities

- Museum of Middle Appalachia [museum-mid-app.org](http://museum-mid-app.org) 10am-4pm Sunday Pink Route and Orange Route Self-guided, \*\$1, directly across from rest stop.
- Netherland Inn [thenetherlandinn.com](http://thenetherlandinn.com) 12pm, 1:30pm, 3pm Monday (1.5 hour tour) Red Route, \*\$4 Pay at hospitality. Walk-in may be possible. Grounds open to viewing at leisure. Bike security & portable toilets.
- Bays Mountain Planetarium 1pm, 2pm, 4pm Monday "Appalachian Skies" \*\$4, first come first serve. Driving required.
- Exchange Place - [exchangeplace.info](http://exchangeplace.info) Sullivan County's oldest home 1796, reserve at hospitality, limited to 20, Driving required. 4812 Orebank Rd. \*no fee\*

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# HEADQUARTER MAPS

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A local volunteer, Ken Maness, prepared a set of wonderful aerial videos of our Headquarters Locations for us. You can view the video at [youtu.be/JuYj9a\\_2YCQ](https://youtu.be/JuYj9a_2YCQ)

**Headquarters 1-** June 26-June 29 (am)

Abingdon- 4-H Center

Address:

25236 Hillman Hwy, Abingdon, VA 24210



