



**NEW RIDER
NOTES**
WWW.HABITAT500.ORG

New to the Habitat 500? Read on to learn more about some of the in's and out's of the event.

Topics include:

	<i>page</i>
ON THE ROAD.....	1
FUNDRAISING.....	3
TRAINING TIPS.....	4
WHAT TO BRING.....	6
CHECK IN / REGISTRATION.....	7
STUFF THAT'S GOOD TO KNOW.....	8

Have more questions? Don't hesitate to email Habitat for Humanity of Minnesota staff at Habitat500@hfhmn.org!

ON THE ROAD

HABITAT 500 RIDE...IT'S NOT A RACE!

We would like to remind everyone that the Habitat 500 is a bike RIDE and not a race. Please do not feel like you need to race through each day. There are plenty of places to stop along the route to take a break, drink some water, stretch and of course – EAT! This year's route is quite delightful with great amenities to check out along the way.

RULES AND SAFETY TIPS

1. You MUST wear a helmet (we do enforce this rule).
2. When passing another cyclist, call with an "On your left!"
3. Riders should ride single file on roadways.
4. Headsets, ipods, etc. are prohibited while riding. (This helps ensure riders will hear passing traffic, other riders and SAG volunteers.)
5. Medical Information should be carried on riders at all times.
6. Cyclists must ride on the right-hand side of the road and must obey all traffic signals and laws.
7. Be careful when you are in the "wake" of fast-moving vehicles (the wind may rock you).
8. Try to wear bright colors so you are visible.
9. Watch for soft shoulders, loose gravel, etc.
10. If you are a fix-it yourself person, a suggested carry-on safety pack includes: bicycle pump, spare tire, spare inner tube, inner-tube patch kit, Hex or Allen wrench, six-inch adjustable crescent wrench, extra brake pads, extra spokes and spoke wrench, pliers and screwdriver, cleaning rags... and last, but never least, WD40 and Duct Tape!
11. If you are not a fix it yourself person, we do have SAG vehicles and a mechanic monitoring riders during the ride.

HOW WILL I KNOW WHERE TO GO?

Maps and trip-tics will be handed out to you every evening when you check in. But don't worry if you are not a "map-person." Our ever so diligent route marking crew will be working very hard throughout the week to lead us all in the right direction.

While pedaling along, you will see yellow spray painted arrows directing you to continue straight, turn right or turn left. Below are samples of what those arrows will look like.

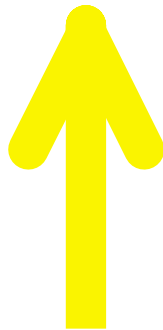
The arrows will be painted near the shoulder (where cyclists are riding). There will be several arrows in a row alerting you to upcoming right and left turns.

At times you may see writing along with an arrow, such as “in” or “out.” These messages are to help you navigate in and out of rest stop areas. You will also see messages along side arrows directing you to dinner and breakfast locations.

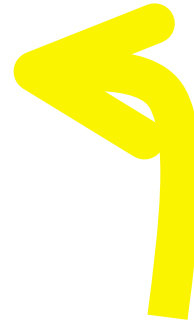
With the help of our trusty Caution Crew and SAG team, we are confident we will all have a safe and wonderful 500-mile journey.



Turn RIGHT



Go STRAIGHT



Turn LEFT

YOU REPRESENT HABITAT FOR HUMANITY 😊

It may be that some days on the ride all you'll be able to think about is getting to the next overnight/rest stop, taking off your sweaty helmet, and giving your weary body a break from your bike. But please keep in the back of your mind that we will be guests in the communities that we pass through, and that each of us is a representative of Habitat for Humanity while we're on this ride. Eyes and ears will be pointed in our direction, so smile (if your muscles will allow it), praise, and thank our hosts for their wonderful hospitality.

FUNDRAISING

ONLINE FUNDRAISING

Fundraising just got a little bit easier! Your sponsors can now make donations online at www.Habitat500.org. Direct them to click on the *Donate* button for instructions on how to make a credit card donation online.

Your donors will be linked to the Network for Good website where they can enter their credit card information over a secure server. They will also be asked to specify who the donation is for (they must enter your name and / or rider number).

Please note - Network for Good takes 4.75 percent as a processing fee. Donors are given the option of paying this fee in addition to their donation. (Our experience so far is that most donors do pay the fee!) You will be credited for the actual funds received (the donation minus the 4.75 percent fee – if not already paid by the donor).

TRAINING TIPS

Yes. You have to train. Of course you are busy, but there is no other way than to make time. Try riding to work. Use a bike ride to unwind after a long day, or start your day with a workout on your bike to warm and wake you up.

There is only one thing that will keep you riding 500 miles without too much difficulty, and that is time in the saddle. If you don't train adequately before the Habitat 500, those 500 miles will seem more like 5000.

Organized training rides will take place before the Habitat 500, but they will not prepare you for this ride if that is all you do. You must train on your own.

One final note on training: You will like it! Riding your bike will get you some exercise, some fresh air, and make you a less stressed and happier person.

RESPONSIBLE RIDING TIPS

- 1 Bicycles are legal vehicles on all Minnesota roads, except interstate highways. Bicyclists have all the same rights and responsibilities as motor vehicles, including the right to operate in a traffic lane.
- 2 Bicyclists should ride on the road, and must ride in the same direction as traffic. It's illegal and unsafe for bicyclists to ride against (facing) traffic.
- 3 Motorists must at all times maintain a three-foot clearance when passing a bicyclist. When a motorist is overtaking a bicyclist, the bicyclist has the right-of-way.
- 4 Bicyclists must obey all traffic control signs and signals, just as motorists. Plain and simple – it's the law. Motorists and bicyclists must follow the traffic rules, such as stopping at stop signs and traffic lights.
- 5 Bicyclists and motorists must yield the right-of-way to each other equally. Among the most common causes of bicycle-motor vehicle collisions is the failure of bicyclists and motorists to yield the right-of-way to each other.
- 6 Bicyclists must signal their turns and should ride in a predictable manner. Bicyclists must use proper hand signals when turning left or right, or changing lanes. Riding predictably means riding in a more or less straight line, avoiding abrupt swerving motions.
- 7 Bicyclists should always wear helmets. Properly fitted helmets save lives and reduce injuries.

*This information was prepared by the Minnesota Department of transportation
www.sharetheroadmn.org.*

DOES YOUR BIKE NEED A TUNE-UP?

Some of you may be noticing as your training progresses, that you are in need of some additional biking supplies and/or bike maintenance.

Take your needs to Sunrise Cyclery! Jamie McDonald, 15-year on-route mechanic for the Habitat 500 is the owner. Jamie can help you pick out what supplies best meet your needs. Or if your bike needs a tune-up before the big ride, he can get it in tip-top shape to help ensure a safe ride.

Also, if you need special parts and equipment – don't forget to stock up before the ride. Jamie is pretty amazing and can fix many a broken bike during the week of the ride, but if you need a specialty part for the repair he may not have what you need with him. Only so much stuff can fit in one truck – so be sure to bring what you need with you!

For more information, visit <http://sunrise-cyclery.com> or call 612-824-6144.

WHAT TO BRING

SUGGESTED PACKING LIST

The Habitat 500 is a week-long 500 mile bike ride. You should bring whatever it is that will make you comfortable for 500 miles on a bicycle. So, what do you need for 500 miles, one week, and some bonding time with your bike? Here are a few suggestions:

- Helmet (required!!)
- \$\$\$ (enough for lunches, souvenirs, etc.)
- Any bike parts that are unique to your ride
- Aspirin/needed medications
- Bike jerseys
- Camera
- Cell phone and charger
- Ear plugs
- Eye mask
- Emergency phone #'s
- Flashlight
- Gloves
- Hydration beverage powder of choice (you may have flavor preferences that are not available at rest stops)
- ID and Medical insurance card
- Mosquito repellent
- NuSkin for blisters
- Padded shorts
- Powder / cream for your rear
- Power strip / extension cord
- Rain / wind gear
- Sleeping bag, sheet, sleeping pad/cot/air mattress
- Small bottle of cold-water detergent (Woolite works great)
- Stamps to write postcards to your donors
- Sweater and / or Jacket (the nights and mornings can be cool)
- Sunblock and lip balm
- Sunglasses
- Tent (if choosing to sleep outside)
- Toiletries, washcloth, towel

HELP US REDUCE FUEL COSTS

Please pack as lightly as possible!

Each cyclist is allowed two duffle bags (maximum size 22" x 38") to hold all equipment including sleeping bag and tent. Bags should be securely fastened and clearly marked with a waterproof label stating your name and cyclist number. Please make sure to enclose breakables, such as eyeglasses, in hard cases.

Please be aware that the gear truck carries baggage as well as full water jugs! Waterproof bags and/or organizing your gear in zip lock bags wouldn't be a bad idea to ensure your gear stays dry.

Pack everything you need, but remember that yours won't be the only tired body that will be hauling those bags around!

CHECK IN / REGISTRATION

WHAT YOU NEED WHEN YOU CHECK IN

When you come to register, whether it be on Saturday evening July 10th or EARLY Sunday July 11th, you should come prepared. Having these items ready will ensure you will be processed quickly. Please bring the following:

- Photo ID
- Medical Insurance Card
- At least \$900 in pledges must be turned in before or at registration
- Any paperwork that has not already been turned in

STUFF THAT'S GOOD TO KNOW

TYPICAL DAY ON THE HABITAT 500

5:30-6 AM

Wake up, pack, and load your gear into the gear Truck. The truck must be loaded between 5:45 AM and 6:45 AM. You are responsible for loading your own gear into the truck.

6-7 AM

Feast on breakfast in camp or in a nearby location. (If you cannot make these hours for breakfast, then the morning meal is at your expense.)

7 AM Hit the road: Pedal, Pedal, Pedal...etc.

Mid-morning - Rest Stop #1 (~20 Miles)

Don't blow by the morning rest-stop...use it. Take a break, stretch, drink, have a snack, say hello to all the riders who were too groggy at breakfast to open their eyes. You may not feel tired yet -- using this rest-stop is a great way to remain that way.

Mid-day - Rest Stop #2 (~40 Miles)

The noon check point will generally be located near a food stop. You must check in with the staff at Rest stop #2. *Look for the volunteer holding the clipboard!* The support volunteers track every rider throughout the day. If we do not know where you are, the support volunteers will start to look for you. When everyone checks in, we can close the stops after all the riders are through.

Mid-afternoon - Rest Stop #3 (~60 Miles)

Take a break and relax. Eat, drink, be merry. You are almost finished for the day!

Late-afternoon - Rest Stop #4 (~80 Miles)

On a few of the days, there will be a fourth rest stop. Otherwise, watch for the roving Hydroman to help refuel you for the last few miles back to camp.

6 PM

The communications network closes at 6 PM. Riders should be off the road by that time. Arrive, set up camp, explore the neighborhood, rest, and take a much needed shower. Relax – maybe sign up for a massage!

6:30 –7:30 PM

All cyclists and support volunteers will be dining together at the community super typically hosted by a nearby church.

9:30 PM-5:30 AM

Quiet time in camp. Respect other campers' need for peace and quiet. Get some rest of your own.

Repeat for 7 days and 500 miles...go home having made an impact on affordable housing!

HOTEL INFORMATION

If sleeping in a gym or tent isn't for you, check out hotel options for each of the host cities online at www.habitat500.org -- click on "Community Info." Please remember you are responsible for getting yourself (and your gear) to and from the hotel.