

# SAFETY - RULES and Guidelines

## On the Course: **IMPORTANT - PLEASE READ**

All roads on the course are **OPEN TO THE PUBLIC**. There will be police/monitors at intersections but it is imperative that riders respect all road users and place the highest priority on safety. **Ultimately the safety of the ride depends on the behavior of the riders themselves: Therefore:**

- **DO NOT CROSS THE CENTER LINE** - Riders need to ride no more than 2 abreast allowing faster riders to pass on the left without crossing the center line. (Once the riders stretch out)
- **WATCH FOR VEHICLES AND DOGS**
- **HOLD YOUR LINE and BE PREDICTABLE**
- **EFFECTIVELY COMMUNICATE to FELLOW RIDERS and CALL OUT HAZARDS**
- **OBEY ALL TRAFFIC LAWS**
- **BE EXTRA CAUTIOUS AT INTERSECTIONS**
- **No earbuds, headphones, or cell phones to be used while cycling.**
- **NO Tribars to be used while riding in a group**
- **Front and Rear Lights required by the Blue Ridge Parkway**

**Cyclists MUST OBEY Direction provided by the Assault Marshalls (in Orange Kits) & Authorities**

**UNSAFE Cyclists may be banned from future Assaults**

## At the Start:

Banners at the start provide guidance on where to line up based on estimated average speed for the first 25 miles of the ride. Please select the appropriate starting area to minimize bicycles passing during very crowded road conditions, improving safety at the start:

- **ORANGE BANNER:** A+ Level 25+ MPH first 25 miles
- **GREEN BANNER:** A Level 22-24 MPH first 25 miles
- **YELLOW BANNER:** B+ Level 19-21 MPH first 25 miles
- **WHITE BANNER:** B Level ≤ 18 MPH first 25 miles



Expect commuting traffic including school busses on the course during the first 25 miles. Watch for road hazards (gravel, potholes, lips on bridges, etc.) and be extra cautious and aware of your surroundings. The actions of each rider impact the safety of the entire group.

## Before the Ride:

**Equipment:** Make sure your bicycle and equipment are in working order. Check Brakes, Gear-train, Cleats, Pedals, etc. prior to the day of the ride so you have no surprises the day of the ride. Make sure your saddle bag is secure and bottles fit snugly. Identification - Please carry a Road ID or form of ID and emergency contact info.

**Lights:** The ride passes through tunnels on the Blue Ridge Parkway and the Parkway's policy states: The bicycle operator must exhibit a white light or reflector visible at least 500 feet to the front and a red light or reflector visible at least 200 feet to the rear during periods of low visibility..... or while traveling through a tunnel. **We recommend 150 lumens, daytime flashing lights & backup.**

## Nutrition:

The American College of Sports Medicine recommends 30-60 grams of carbohydrate per hour of exercise. The average person can process, or oxidize, only about 1 gram of carbohydrate per minute, no matter how much is consumed. The bottleneck isn't your muscles: it's your intestines, which can transport glucose from food you eat into your bloodstream only so fast. Dumping more carbohydrate into your gut doesn't necessarily increase the absorption rate, and it can increase your chances of an upset stomach. The following recommendations come from articles at active.com.

### Before the Ride:

A breakfast of about 500 calories rich in mixed carbohydrates, plus a little protein and healthy fat, approximately two hours before the ride. Example: Two pancakes, half a cup of berries, one cup of fat free yogurt, and a scrambled egg.

### During the Ride:

- **What to Drink:** For a 150 pound cyclist it is recommended from one 16 ounce bottle of low-carb, electrolyte hydration drinks per hour during cool weather to up to four 16 ounce bottles of low-carb, electrolyte hydration drinks per hour during hot weather.
- **What to Eat:** 30 to 60g of carbs per hour, total. Digestion can get harder as rides get longer, so eat more solids at the beginning of the ride, and switch to blocks, chews, and other easily digested foods during the final part of the ride. Just be sure to drink plenty of fluids to chase down gels, so you don't get GI upset.
- **Bonus Tip:** Supplement bars and gels with carb-rich, low-protein, moderate-fat "real" foods. Eat what tastes good so you keep eating.

## Final Thoughts:

John Bryan began the Assault on Mt Mitchell in 1976. In the 40+ years of the ride, thousands of cyclists from across the US, and numerous countries have taken that personal challenge. The Freewheelers of Spartanburg, and the City of Spartanburg are proud to continue to offer one of the most challenging one day cycling events in the country. [Riders' Safety is of paramount importance to us. We ask each rider to play a critical role in making this event as safe as possible.](#)

**RIDE SMART, RIDE SAFE & RESPECT EVERYONE ON THE ROAD!**