



Buckeye Country Roads, Amish Country Adventure

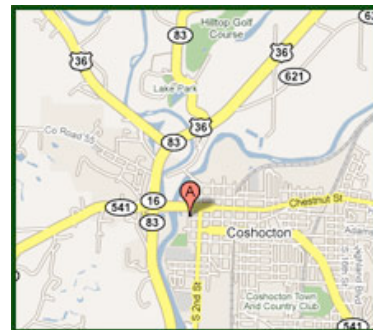
July 13-19, 2014

Rider's Handbook

Welcome to Buckeye Country Roads' 'Amish Country Adventure'. We're happy to have you on board, and look forward to sharing this week with you. As you refer to this handbook please make note of any questions you have, and do not hesitate to contact us at any point, either by email or by phone. The purpose of this handbook is to answer any questions you might already have and to assist you in your preparations for the ride. We advise that you copy this document to your smart-phone and carry it with you.

Directions to Coshocton

The gathering point for our ride is the Coshocton Village Inn and Suites, located at 115 N. Water St. in Coshocton, OH. Coshocton is located at the junction of State Routes 16 and 541, just south of US 36, approximately 75 miles east of Columbus and 120 miles south of Cleveland. The Coshocton Village Inn and Suites, a member of the Christopher Hotels group, is very conveniently located near Roscoe Village historical district just on the east side of the bridge that crosses the Muskingum River.



Arriving by Air

If you plan to fly, the nearest airport is either CMH (Port Columbus Int'l) or CAK (Akron-Canton Airport). In either event, you would likely rent a car at the airport and drive to Coshocton from there. If shipping your bike, our recommendation is to use a hard-shell case, which offers maximum protection and ease of packing. Alternatively you can procure a bike box from a local bike store. Ground shipping via FedEx or UPS is generally less expensive than checking the bike as baggage on the air carrier. Be sure to arrange ahead of time getting FedEx or UPS to pick up the bike at the Coshocton Village Inn following the ride.

Check-In and Initial Warm-up Ride

We will be checking riders in at the Coshocton Village Inn beginning at 11:00 a.m. on Sun., July 13. Some of you may wish to arrive the previous day so that you can have more time to explore Roscoe Village on Saturday. (Check the website at <http://www.roscoevillage.com/> for details). Call the Inn at (740) 622-9455 to make arrangements if you wish to come early, or book a room at one of the other near-by motels. When you arrive for the opening registration, please check in right away. We will staff the registration table until about 1:00, when the first day's warm-up ride will depart from the hotel lobby. Upon arrival the rooms will probably not be available, as one would expect. If possible, come prepared to ride or else pull some cycling clothes from your luggage, change clothes in one of the restrooms available for general use, and stow your luggage with the front desk. Or if you choose not to ride, feel free to don a swimsuit and enjoy the pool/hot tub/sauna. For the warm-up ride we will try to leave as a group at 1:00, though there is no pretense that the group will stay together very long! For latecomers who wish to ride, we will leave route maps and cue sheets in your rider bag at the front desk.



Daily Schedule

Our day will typically begin with breakfast, which you can eat at your leisure. All of our hotels offer complimentary hot breakfast buffets, so be sure to stoke the fire for the work that lies ahead. There is no set schedule—you ride at your own pace and travel whichever route (short or long) that you choose. The only expectation is that you will not want to miss the daily wine and cheese reception. This reception will be held at 5:00 every afternoon, except on the first day, when it will be held at 5:30 as a nice opening to our first dinner together. In addition to local area wines, we will also have beer available. And of course it has to be from the Great Lakes Brewing Co. in Cleveland. We will also have soft drinks and water available for those who prefer.

Rider Orientation

On Day 1 we will make brief introductions at our informal reception at 5:30, and our opening rider orientation will take place following dinner. Please be sure to bring your rider maps and cue sheets with you to the orientation so that we can introduce our system of maps, route markings, and directions to you. Each evening we will schedule a rider meeting before or after dinner in order to introduce the next day's ride, calling special attention to attractions, eateries, and logistical issues (such as route clarifications or potential difficulties). Please try to make these meetings if at all possible, though they are certainly not mandatory.

Hotels and Hotel Policies

Please respect the property and policies of the hotels in which we stay. Check with the desk before taking glass containers into the pool/hot tub area, for example, and abide by dress codes that may require that you not hang around the lobby in a wet swimsuit. Rowdiness and general unpleasant behavior will not be tolerated, and may result in possible expulsion from the tour. The hotels at which we will be staying are:

Coshocton: The Coshocton Village Inn and Suites, (740) 622-9455 (Sun. - Mon. nights)

Berlin: The Berlin Grande Hotel, (866) 539-8430 (Tues. - Wed. night)

New Philadelphia: The Holiday Inn Express, (330) 339-7731 (Thur. - Fri. nights)

If you do not have a personal cell phone, please make a note of these numbers and leave them with your home contact so that you can be reached in an emergency.



Parking for the Week

Beginning on Day 3 (Tuesday morning), we will be relocating from Coshocton to Berlin. You will begin by packing your gear and bikes onto your car (or put your bike onto our SAG vehicle) and driving to Lake Park, which is nearby. We will provide you with directions from the Inn to Lake Park at our first orientation meeting. If there are several persons sharing a car, you may choose to have one of you drive the car to Lake Park and the others ride over, after loading their gear in the car. Arriving at Lake Park, you will be asked to park near the luggage van and bring your luggage to the van to be loaded for the day. Be sure to have everything you need for your bicycle trip out of your luggage (such as cycling shoes, he says from experience!). You will meet up with your luggage when you arrive at the Berlin Grande Hotel. Your car, meanwhile, will spend Tues. through Sat. at the parking lot at Lake Park. This is a private campground with some security oversight, but of course nothing is fail-safe. Be sure to lock your car and place valuable items out of sight.

Routes and Route Markings

Every rider will be provided with detailed maps and cue sheets of our daily routes. In addition, we will make GPS files available to our riders in several different formats for those with Garmin or other devices. The routes will be marked with the standard BCR route marking: a picture of the state of Ohio with an accompanying arrow as to which way to turn or continue. Each day will feature a basic (shorter) route with an additional (longer) loop for those desiring more miles. The short routes will generally be in the 30 to 35 mile range while the longer routes will be in the 45 to 50 mile range. Our experience is that most will find the terrain sufficiently challenging and the attractions along the route so interesting that a 35-mile day will suffice. Hammer-heads, however, may appreciate the added miles, which usually feature an additional climb or two. The terrain can be quite hilly, and every day will yield one or two major climbs for everyone. Don't be too proud to walk your bike up a hill if your body starts screaming at you. But the scenery is fabulous!



Baggage

Each rider may bring two bags along, as needed, but please limit the weight of each bag to 35 pounds. Since you will need neither tent nor sleeping bag, we assume that your needs will be simple and modest. See below for suggested items to bring. On the days when we transition from one hotel to another (Days 3, 5 and 7), you will need to have your baggage packed and loaded on the luggage truck by 8:30 a.m. so that the truck can make it to the destination before the early-bird riders begin arriving. The luggage will be unloaded and placed in the lobby of the hotel. Since you may arrive at the hotel prior to rooms being available (sometimes not until mid-afternoon), you can find your bag and pull out swimsuits and use a common restroom to change and go swimming. Or, you may opt to do some exploring of the local area on foot; in all our host towns there are places to eat, drink, shop or sightsee within an easy walk from the hotel. It would be good to pack your bag so that you can easily find whatever you need upon your arrival at the hotel.



SAG Service

Who knows what 'SAG' stands for? Some say 'Support and Gear', others suggest 'Support Aid Group'. Frankly, we don't know. In addition to the luggage SAG, there will be road-side SAG service provided along the route. Given the relatively small size of our rides, such service may be limited to one vehicle, sometimes two. In addition to the vehicle SAG(s), one of the tour directors will be riding each day's route, and will try to provide information and service as needed. SAG service will be focused on the shorter daily routes. We will service the longer routes as needed, however. If you require SAG support and you see a SAG vehicle (van or car) approach, signal with thumbs-up or thumb-down whether you are OK or need assistance. If you do not see a SAG vehicle and need help, call the phone number of the person designated as that day's vehicle SAG on your map and cue sheet. The SAG vehicle will be marked with our side magnetic placards.



Private SAGs on the Route

We welcome non-riding spouses/partners (see our application form for discounted rates) and assume that such persons will have a car along on the route. With relatively small numbers, we are not concerned about your using the routes we designate for the cyclists. In fact, we assume you will follow the route and will be making plans to meet your riding partner(s) at specified locations. If you do

have a vehicle along and would not mind being enlisted to assist in the event of an emergency, weather-related or otherwise, please notify one of the tour directors upon registration or at your convenience, where we would love to have a contact number in case we need help in the event of such an emergency.

Riding with Children and Minors

Children under 18 must have an adult parent or guardian along on the ride, as per our waiver signed as a part of the registration process. We require that children under the age of 13 be accompanied by an adult parent or guardian at all times while on the route. We discourage the use of buggers and trail-a-bikes—trust us, you will not want to haul them up some of the hills anyway. Children under three years of age will not be permitted in buggers.

Rest Stops

There will be a rest stop at about the mid-point of each day's shorter route, or at approximately mile 15. The rest stops will be indicated on the daily cue sheets. Please look for the BCR van at the designated rest stop. The rest stops will have available a variety of snack items and fluids such as sports drink and water. We will also have a variety of snacks that may include some of our favorite candy bars and cookies (in case we get hungry), along with fruit, nuts, granola/power bars, peanut butter and jelly, etc. We provide this service knowing full well that, with all the places along the route to snack and eat, we will just be encouraging your over-indulgence! Please observe one courtesy request: When at a rest stop please remove your gloves and apply hand sanitizer before reaching in to the food! We will have hand sanitizer prominently displayed at each rest stop. Help us prevent the spread of unwanted bacteria that may make someone's ride miserable. Note that this rule comes from personal (bad) experience!



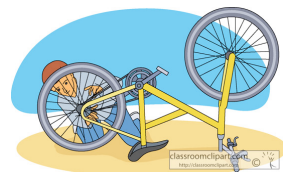
We Do Allow Wining (though No Whining!)

We encourage you, if you desire, to stop by designated wineries for responsible tasting and/or to purchase wine for your personal consumption. We will make arrangements to stop at these wineries to pick up your purchases and will hold them for you to the end of the week. These wineries will be reviewed during the evening rider meetings and are as follows:

- Day 1: Heritage Vineyard Winery
- Day 2: No winery, but we will pick up any purchases of baskets at the Longaberger Basket Co.
- Day 4: Gateway Wine shop
- Day 5: Swiss Heritage Winery, Silver Moon Vineyard, and Breitenbach Wine Cellars
- Day 7: Yellow Butterfly Winery and Raven's Glenn Winery

Emergency Bike Repairs

Everyone should be prepared to change a flat tire or at least carry the necessary tools and a spare tube. But otherwise we will be able to make some minor repairs to try to get you through the day's ride, and will assess a modest charge for any parts used out of our SAG inventory. In case of major repairs we will try to facilitate getting you and your bike to a local bike shop where more significant repairs can be made. Spokes are a particular challenge, since there are a myriad of types and shapes. We recommend you visit your local bike shop prior to the ride and bring along a couple of spokes for each of your wheels. This way you'll be prepared when we get to the bike shop and they look quizzically at your wheel and shrug.



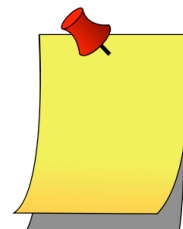
Your tour directors will be able to perform most minor bike adjustments at no charge, but we do ask that you bring your bike to the tour in "ready to ride" condition.

Meals

Three of the six dinners are included in the registration fee. We will be providing you with a separate list of restaurants we have found in Coshocton, Berlin and New Philadelphia for you to explore on the three alternate days. Our meals will be catered, and we trust you will find them delicious and fulfilling. Since this is Amish territory, the catered dinners will be of the "comfort food" variety. On your free nights you can feel free to let loose and have Mexican, Italian, or barbeque if you desire. You indicated to us on your application form whether you desired vegetarian or other preferences for meals, and we will try to honor your requests as fully as possible.

Messages, Information, and Emergency Contact

We assume that most folks will have cell phone access while on the tour, so there is a diminishing need for this sort of service. However, we will have a message board located conspicuously in the hotel lobby in which we will post any instructions, weather reports, or other emergency information. Please be sure to leave information for family or friends at home regarding hotel phone numbers, etc. Contact numbers of the directors, SAG driver, and local police will be provided on the daily maps and cue sheets.



Cell Phone Coverage and Wi-Fi Availability

All of our hotels have free Wi-Fi available. You may wish to bring a small lap-top computer along in order to take care of needed business in the evenings, download GPS routes, catch up on email, Facebook, etc. We will carry computers with us in the van, and will try to handle them as though they were our very own. Of course, if you wish us to transport your computer there can be no guarantee regarding its safety and security, and you do so at your own risk. But the risk may be worth it to you. Please put your name on your computer case, as we do not want to guess at matters of ownership! We will leave the computers with the hotel desk when the baggage is delivered. As for phones, we have found that Verizon gives very good coverage of the territory through which we travel while AT&T not so much. You may want to check on securing some sort of plan through Verizon if you have AT&T, or ride with someone who has Verizon! We have no firsthand information on the quality of coverage by Sprint or other carriers.

Encountering Bad Weather on the Road

As a general rule we ride rain or shine on the days when we move from one hotel/town to another. We will post weather warnings on the message board in the hotel lobby each evening and update them in the morning if needed. If you encounter bad weather we suspect you know the drill. At the first drop of rain we start scanning the roadway for an open garage or big porch. We recommend it! The vast majority of the time a cyclist seeking shelter from pouring rain will be welcomed by residents to spend time on a porch or inside a garage or barn, so don't be shy about seeking shelter. If caught in lightning, don't hide under a tree. In case of strong wind and potential tornado it may be necessary to seek shelter under some strong structure or in a low lying ditch (though watch for flooding!). If you choose to ride in the rain, remember that roads can get very slippery and your brakes will require pumping to be effective. In the case of a sudden major weather-related critical situation, we will attempt to SAG people as we can to a nearby town or to the hotel. In the evenings we will simply follow any emergency procedures in place at our hotel.



In Case of an Accident

Accidents do happen when you least expect. Joe and Rod will be delighted to recount their own war-stories, even ones happening on our routes! If involved in an accident or you come across one, please make sure the person is off the road, if it seems safe to move them, but use judgment if it seems they should not be moved. Call the emergency SAG number listed on the route map and cue sheet, and, if it seems serious enough, contact the emergency number, 911. Familiarize yourself with the laws governing the use of vehicles in the State of Ohio and obey the laws to the best of your ability. For the Ohio Vehicle Code, see <http://www.ohiobike.org/bicycle-law-digest.html>. This is a very helpful site prepared by the Ohio Bicycle Federation, giving the actual code and a brief commentary which explains its practical implications. In general, here are our expectations of every rider:

- Be familiar with and follow the safety letter
- Must wear helmet while cycling on the road
- Must obey the traffic laws of the State of Ohio
- Must obey the directions of the ride directors and staff
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- No use of cell phones or headphones while riding
- No disorderly conduct or rowdiness on the road or at the hotel
- Be very responsible concerning your visits to wineries on the route. If any concerns, call the SAG!!
- Repeated disregard can result in dismissal from the tour



Showers after the Ride

Showers will be available for your use at the end of the tour when you arrive back at Lake Park in Coshocton. Please bring a towel for your use and the needed toiletries (soap, shampoo, etc.), and have them readily available so you can easily access them along with clean clothing for your trip back home. We suggest packing a special bag for this purpose and leaving it with the car.

Preparing for the Tour: Body and Bike

Getting ready for a bicycle tour is always a good time to have your bike tuned up and lubed at the bike shop, especially if you have been neglecting the poor thing. Make sure your bike is in good condition, cables and brakes are in relatively good shape, you have the capacity to carry a pump or CO₂ cartridges and two water bottles. Bring at least two inner tubes with you as well as a couple of spokes for each wheel. Make sure your tires are in good shape and show no thin spots. If you're concerned about a tire but not yet ready to cash it in, bring another tire in your baggage in case you need it. Be sure to condition your body so that you can easily ride 35+ miles in a day, and include some hills in your training if at all possible. Get used to what hills feel like. Know and love the low gears on your bike!

What to Bring: Checklist

The Basics

Bicycle, multi geared
Helmet
Pump or CO₂ cartridges
Saddle bag and/or handlebar bag

Water Bottles (2)
Rearview Mirror
Identification, Picture ID
Insurance Card

Lock and Cable
Toiletries
Medicines
Sun Block & Lip Balm
Mosquito repellent
Cash and credit card
Towel for after the ride
First aid kit

Accessories

Ziploc bags
Sun glasses
Travel alarm
Flashlight and batteries
Swimsuit
Reading material
Hotel shower cap (makes a GREAT helmet cover for riding in rain)
Camera
Electronic devices, chargers, cables

Tools and supplies - recommended

Duct tape
Allen wrenches
Tube repair kit
Inner tubes
Spokes for each wheel
Rag

Tools – optional (we will have these things available)

Floor pumps
Screwdrivers – small Phillips and flat
Chain tool
Adjustable wrench
Spoke wrench
Pedal wrench (if you will be shipping your bike)

Clothes

Cycling jerseys (3-6) or T-shirts
Cycling shorts (3-6)
Street clothing shirts/tops (3-6)
Underwear (3-6 pr)
Long pants (1)
Casual shorts (2)
Arm and leg warmers/tights
Rain gear
Cycling gloves
Sweater/ jacket
Cycling socks (3-6 pr)
Street socks (3-6 pr)
Cycling shoes
Street shoes/sandals
Hat