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# BRAT

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BICYCLE RIDE ACROSS TENNESSEE

# Rider Manual

September 10<sup>th</sup> – 16<sup>th</sup>, 2021



T E N N E S S E E  
State Parks

# Table of Contents

Emergency Phone Numbers .....	3
Safety Rules .....	4
Route Markings .....	5
Cautions .....	6
Rider Information .....	7
Blue Light Patrol Vehicles .....	7
Cue Sheet .....	7
Information/Food and Beverages .....	8
Massage.....	8
SAG Vehicles .....	8
<u>Thank you to our Partners!</u> .....	9

# 2021 BRAT

Welcome to the 32nd Annual Bicycle Ride Across Tennessee (BRAT). The ride is hosted by the Tennessee State Parks. All proceeds benefit The Friends of Cumberland Mountain State Park, The Friends of the Cumberland Trail, and the Tennessee Park Rangers Association.

## Emergency Phone Numbers

Save these phone numbers in case there is an emergency and someone needs to get in touch with you:

**Heather Spiva (Ride Director): 615-306-0611**

**Anthony Jones (Co-Ride Director): 931-797-4129**

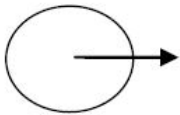
**Cumberland Mountain State Park: 931-484-6138**

# Safety Rules

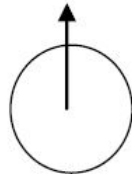
1. Obey all traffic signs and signals.
2. All riders must wear an ANSI or Snell approved helmet at all times when riding their bicycles. This includes riding in camp or cruising in town.
3. Ride single file when traffic is present. This means automobile and bicycle traffic.
4. Do not ride more than two abreast.
5. Ride as near to the side of the road as practical.
6. Signal and call out your moves, including “slowing” and “stopping”, to other cyclists.
7. Pass only on the left. Call out “on your left” when passing.
8. Give the other riders plenty of room. Most riding accidents are caused by cyclists bumping into one another.

## Route Markings

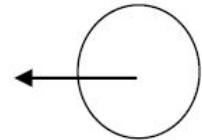
In most instances, the turn signals are painted on the pavement close to the right shoulder of the road. The route markings in some areas may be placed on signs located on the right shoulder of the road when it is not permissible to paint the symbols on the pavement. They will be marked as follows:



**RIGHT  
TURN**



**STRAIGHT**



**LEFT  
TURN**

The route will be marked on the road in the following manner:

1. The first route marker will be 100 feet prior to the turn.
2. The next route marker will be 20 feet prior to the turn.
3. The third route marker will be 10 feet after the turn.
4. Some turns, like those on downgrades, will have three [3] markers before the turn. The spacing will be 150 feet, 100 feet, and 20 feet prior to the turn.
5. When there is a long stretch of road that does not have any marked turns, there will be a straight-ahead marker every five [5] miles to confirm you are traveling in the right direction.

## **Cautions**

1. The ride will begin each morning at 7:00AM. Please do not start prior to this time as it is dangerous due to low visibility and route support will be not in place. If you leave prior to 7:00AM, you will be on your own.
2. Some driveways and side roads are not paved and the loose gravel is present in the roadway. Please exercise extreme caution when passing these areas. Road conditions can change rapidly due to traffic conditions and/or weather conditions. Ride wisely because it is impossible for ride staff to notify riders of all the hazardous conditions that you may encounter.
3. Some sections of the route have pavement and/or bridges that may require you to proceed with extreme caution. The narrative portion of your map may list sections of rough road and/or bridges that will request you to proceed with caution. Also, the caution warning may be painted on the road surface warning you of upcoming hazardous road/bridge conditions, if deemed necessary. Even though the ride staff will make every attempt possible to warn riders of the aforementioned conditions, it is still the responsibility of the participants to ride with care and watch for such hazards.

# Rider Information

## **Bicycle Mechanic**

Our bike mechanic's name is Carter Williams and he has been with the Bicycle Ride Across Tennessee for many years. All labor services are provided free of charge to riders, but tips are appreciated. He will be available throughout the ride, both out on the course and at camp, for those in need of parts and/or repairs. The availability of mechanical services and parts depends on your cooperation and your integrity. Please do not show up in need of an overhaul. Your bike should be in good shape before the ride.

## **Blue Light Patrol Vehicles**

These vehicles will accompany the riders along the route to provide emergency assistance, two-way radio communication, and traffic flow control at strategic points along the route. They will be operated by uniformed State Park Rangers who are commissioned law enforcement officers. Some are certified in emergency medical care as well. A rider needing assistance from a Blue Light Patrol Vehicle will stand on the side of the road with his/her hand placed on top of his/her head to indicate that he/she needs assistance. The presence of State Park Rangers along the route is very beneficial to riders because it raises the alertness of motorists.

## **Cue Sheet**

The route will be well marked, but it is always good to carry a map and the cue sheets provided to you out on the ride each day. All routes are on Ride With GPS where you can download to your GPS unit or accessible with the Ride With GPS app. Here is the link:

<https://bit.ly/21BRATRoutes>

If you choose to explore off the designated route, you will be on your own. Please do not get lost!

## **Information/Food and Beverages**

We will have an information table at camp each night. There will be someone available to help with any questions that you may have.

There will be additional items for sale at the park gifts shops. The gifts shops will have snacks, drinks, beer, and merchandise available.

## **Massage**

Terry Owens, LMT, became a Licensed Massage Therapist in 2004. He is a graduate of the Somatic therapy program at Roane State Community College in Oak Ridge Tennessee. His post-graduate training is in Reflexology, Healing Arts, Traditional Chinese Acupressure, MPS Therapy and Taoist Medicine. Terry is founder of Well by Nature, Dreamtime Coaching and owner/manager of Nature's Way Massage. Pricing: \$20 for 15 minutes and \$40 for 30 minutes

## **SAG Vehicles**

These vehicles will be with you during the ride to provide assistance to riders who have mechanical and/or physical situations. All SAG vehicles will have water, a limited first aid supply, and tire pumps. The SAG vehicles are not intended to be a taxi service. Tired riders who wish to ride in SAG vehicles must comply with driver's schedule. A rider needing assistance from a SAG vehicle will stand on the side of the road with his/her hand placed on top of his/her head to indicate that he/she needs assistance.

## **Social Media**

We want to see your Bicycle Ride Across Tennessee photos! Please tag us in your posts and use the event hashtags: **#BikeRideTN #BRAT2021**. Follow us at:

**Facebook**: Bicycle Ride Across Tennessee (BRAT)

**Instagram**: @BikeRideTN

**Twitter**: @BikeRideTN



# THANK YOU TO OUR AMAZING SUPPORTERS!

