

TREK Ride Ambassador Training and Information

Event Overview

Saturday, June 3th

6:30-10:05am

The Armed Forces Cycling Classic's Challenge Ride offers a closed course open to cycling enthusiasts of all abilities, from casual amateur to serious racer. Bronze, silver and gold medals will be awarded for those who can complete 3, 6 or 9 laps within the 3 hour course closure. All riders must be off the course by 10am.

This year's route is a closed, 10km between Crystal City and Rosslyn.

Map: <https://cyclingclassic.org/course>



Bike Ambassador Role

Your job is to participate in the Challenge Ride while helping cyclists with questions, mechanical problems or mishaps. This includes:

- Calling for emergency or mechanical help
- Making mechanical fixes on the road (if you have the skills)
- Setting the example for good ride etiquette
- Answering questions and giving advice to riders
- Cheering on participants and making all of them feel welcome

Group Ride Etiquette

Be predictable

- Riders expect you to continue straight and at a constant speed
- Signal your intention to turn or slow down before you do so

Use signals

- Use hand signals to indicate turns and point out hazards to others
- Left or right arm straight out to indicate left or right turn
- Left arm out and down with palm to the rear to indicate stopping

Give warnings

- Ride leaders (including pace line leaders) should call out right turns, left turns and stops in addition to signaling
- Announce turns before the intersections to give riders a chance to position themselves
- Try to avoid sudden stops or turns except for emergencies

Announce hazards

- Most cyclists do not have a full view of the road while riding in a group
- Announce potholes and other hazards so others can avoid them
- Call out the hazard and point down to it, either left or right

Change positions correctly

- Slower moving traffic stays to the right; faster traffic to the left
- If overtaken, keep traveling straight and the passing cyclist(s) will move around you
- Look to your left before passing, to ensure faster riders are not coming up
- Pass slower moving riders on the left; announce your intention to do so
- Announce passes on the right clearly as this is not a usual maneuver

Working in packs/pace lines

- When overtaking, let the cyclist(s) you are passing know a group is with you and give plenty of room so new riders don't get scared
- To move from the front, check traffic, pull out to the left and move to the back
- Only draft off of someone whose riding style or experience you trust
- Always inform the rider in front that you are on their wheel; between 6" and 18" back
- There is very little room for error when riding very close to others. Crashing in a paceline has a domino effect, which may knock down riders behind you

Stop off road

- When stopping for mechanicals or regrouping, always move clear off the road
- Only if conditions permit should you move back onto the road as a group
- Always yield to traffic in the roadway

Ride single file

- Ride single file between intersections; double up when the group stops
- When taking the lane, double up and take the whole lane
- SLOW DOWN IN DESIGNATED AREAS:

Watch for traffic from the rear

- The last rider should frequently check for overtaking vehicles (pace car, support vehicles, in this case)
- Announce "car back" clearly and loudly

SLOW ZONES

- Reduce speeds through designated areas (try to maintain 15-20 mph MAX)
 - Rosslyn U-Turn
 - RTE 1 Off-ramp onto 15th ST S
 - Through S/F area (from Crystal Drive to S Eads)

COURSE CLEARING PROCEEDURE

- 4-5 Ambassadors begin final lap at approximately 9:40am
- TREK Sag van will depart S/F line to clear course at 9:45am
- Ride at good pace (just under 20mph), inform riders you are overtaking that the course will be closing by 10am
- Riders who's pace appears to not accommodate finishing full lap within time cut, suggest they shorten route (ie, if they are heading NB to Rosslyn, have them go over to SB side of RTE 110 to return)
- Ambassadors should complete clearing lap by 10am, just ahead of TREK Sag Van

Incident Management

If there is a medical emergency

1. Secure the scene
Prevent any further injury by signaling to other riders that there is an accident and they need to slow down and go around.

For on-site Medical, contact Arlington County FD: Lt. Matt Orloski, ACFD, EMT, 571-789-0734

2. Make sure to let them know
 - a. Where you are located
 - b. What happened
 - c. How many are involved
 - d. Extent of observed injuries
3. For any incident that may require Police assistance, contact Arlington County Police: Lt Kevin Riley: 703-254-9971
4. Attend to the rider(s) until help arrives
Don't move the rider or attempt to treat them if you don't have professional training. Just talk to them and keep them calm
5. Fill out an incident report with Arlington Sports Staff Medical Liasson John Bryk: (703) 862-9466
6. Please refer media to ACPD (Lt. Riley) or Event Director if they have any questions regarding any incidents.

If there is a mechanical issue

1. Secure the scene
Get the bike and rider off the course to prevent injuries.
2. Make the repair or call for help
3. Stay with the rider until help arrives

Logistics for the Day

Check-in Process

- Arrive by 6:15am to check-in with Volunteer Coordinator
- Either bring signed Volunteer Waiver, or fill out upon arrival
- Proceed to TREK Ride Ambassador Station, located just past turn one, next to the Shimano Pit (TREK TVan) to receive your Ride Ambassador Bib and supplies (repair kit, first aid supplies)
- Assist riders in staging

What to wear?

Your favorite cycling cloths, and a Ride Ambassador Bib Numbers

What to bring?

Sunscreen, multi-tool, tire levers, cell phone

There will be water and nutrition but if you are particular, bring your own.

Contacts

Lt Kevin Riley
ACPD
703 254-9971

Lt. Matt Orloski,
ACFD, EMT
571-789-0734

Kevin Bueno
TREK Ride Ambassador Lead
571-265-5524

ADFD Event Medical Liaison
William Vichinsky: (570) 872-4887