



*East Coasters Bike Shops*  
Proudly Present  
*Mountains of Misery 2011*

## Cyclist Information Guide

Welcome Cyclists!

On behalf of the New River Valley Bicycle Association, the Mountains of Misery Committee welcomes you to the 14th Annual Mountains of Misery Century and the Eighth annual Double Metric Century.

We thank you for participating in this special event, and hope you have a wonderful and challenging ride, enjoying Southwestern Virginia along the way.

Please do not hesitate to let us know if you have any questions or concerns.

We welcome you to Montgomery, Giles, Craig and Allegheny Counties and hope you have a wonderful ride.

Thank you for coming!

*Anne Jones*

*Kelly McPherson*

Anne and Kelly, Ride Directors 2011

## **MOUNTAINS OF MISERY RULES & SANCTIONS**

Because of serious injuries, numerous traffic law violations by cyclists, and many complaints from the public, Mountains of Misery is taking a new approach to safety this year.

**Rules of the ride, with sanctions WILL be enforced, and law enforcement will be giving citations to riders who break the law.**

It is our responsibility to provide a safe ride to everyone – please do your part.

If you violate any of the rules of the ride, **you can be sanctioned with immediate ejection, no Finisher's Shirt, no posted finish time, and not being allowed to ride in future MOM events.**

Please review the rules below and seek assistance if anything is unclear.

**The Virginia State Police will be patrolling the course and controlling riders.**

**Officers will be enforcing the law for the safety of everyone.**

**If you violate traffic laws, you will receive a citation.**

**Mountains of Misery is not a race.** This is not a closed course. We are sharing the road with local residents who also have the right to use it.

Please read the next few pages carefully. **It is your responsibility to know the rules, the law, and the consequences.**

## EVENT RULES

- 1) You must wear an acceptable **helmet**.
- 2) You must wear a MOM bib, with the **number visible** from the back. **Bicycle numbers must be placed on the bike frame.**
- 3) You cannot wear headphones or otherwise impede your hearing.
- 4) You cannot accept assistance from a **personal SAG** vehicle. Personal SAG involves any vehicle which is on the course specifically to give you support, including but not limited to cheering, clothing, fuel, fluids, etc.

There are several opportunities near the rec center to see “your” rider...please stay off the course if at all possible. The more vehicles on the course, the greater the chance of an accident or incident.

- 5) You **must obey** the directions of Marshals:
  - a) Stop at intersections when directed to by a Marshal – they are **to stop you, not cars.**
  - b) Stop at a rest stop when directed to by a Marshal – there may be a **problem ahead.**
  - c) **Obey any other instructions** – this is for your safety and the safety of others.
- 6) **All SAG** (Support-And-Gear) vehicle personnel should be **regarded as Marshals** – you must obey their directions, for your safety.
- 7) The Race Director **may halt the ride, delay the ride or prohibit any riders to proceed past a certain point** due to severe weather, unsafe conditions or other emergencies – you must comply with these decisions, which Marshals will communicate to you.
- 8) **Be polite, respectful, and calm** with the public, whether on foot or in a vehicle – even if they are frustrated or verbal – please do not respond in kind.

### ***VIOLATION OF ANY OF THE ABOVE EVENT RULES IS CAUSE FOR SANCTION***

## SANCTIONS

A. Immediate ejection from the event. Your number and name will be posted on a white board at each rest stop (not seeing the board is not an excuse). If you have been sanctioned, you must give up your number and leave the bike course. A SAG vehicle will return you to the start.

The operating permit for MOM, from Virginia DOT, requires that we enforce rules and the law. If we eject you from the event for any reason, you must leave the course.

B. No famous Finisher’s Shirt.

C. Your finish time will not be posted or recorded.

D. In exceptional situations, you can be barred from future Mountains of Misery events.

## STATE LAWS

- 1) You must **obey all traffic laws**.
- 2) You must come to a **full stop** at stop signs, flashing red, or other traffic control devices.
- 3) You **cannot ride more than two abreast** – the peloton cannot block the traffic lane.
- 4) You **must allow vehicles behind you to pass you**, by forming up single file.
- 5) You must **stay on your side** of the double-yellow line **at all times**.
- 6) When you hear sirens and see lights, you must **pull over to the side of the road and stop** to allow emergency vehicles behind you to pass safely.
- 7) **You cannot litter** – this includes dropping your wrappings from energy bars and gels.

***VIOLATION OF ANY OF THESE LAWS IS CAUSE FOR A CITATION***

## LAW ENFORCEMENT

- A. We have hired the Virginia State Police to “ride” with us and enforce the law. They will be on the course riding motorcycles and in cars.
- B. They will write citations for violation of any law, particularly for the above traffic laws.
- C. Any participant who is cited by any law enforcement officer during this event will ALSO be sanctioned by Mountains Of Misery.

## SAFETY TIPS

- Wildlife does not know we are having an event – apparently they cannot read our signs. **Riders have been critically injured** by wildlife suddenly entering the roadway. Stay alert.
- **There are dogs on this course** – not all property owners control their dogs, and some do not want us on their roads. Stay alert.
- SAG vehicles and course marshals are in vehicles with flags and/or **flashing amber lights**.
- Marshals are at each intersection and each rest stop, wearing **high visibility vests**. Any of these people can help you.
- If you need non-emergency assistance, give a **Thumbs Down** to SAG vehicles.
- In case of an emergency, **call 9-1-1 and then MOM Control at 540-315-4357 (HELP)**. You can also text MOM Control. MOM Control has constant communication with the Virginia State Police (VSP), who will be located throughout the course.
- Your cell phone **probably won't work most of the time**. Much of the course is beyond cell service.
- SAG Vehicles and Rest Stops have **Ham radios to report emergencies**. Most Marshals can get help via Ham radio, so just ask.
- Help us keep this beautiful and challenging ride on public roads – be an ambassador for all cyclists and **greet everyone you meet with a smile and a big Thank You**.

We cannot continue to operate Mountains of Misery without the approval and support of the Public!

- **RIDE SAFE**
- **BE ALERT**
- **FOLLOW THE RULES**
- **OBEY THE LAW**

\*\*\*See Addendum A at end of Manual for specific Examples of Rules Violations\*\*\*

## Mountains Of Misery Start Procedure

The ride start will be staggered by waves leaving 5 minutes apart. Each wave will contain approximately 100 riders.

There is no advantage to being in one wave over the other...our first priority is for a safe and fun ride.

REMEMBER - THIS IS NOT A RACE!

Riders will gather in the paved/gravel area next to the Newport Recreation Center – **not on the roadway.**

Each group of riders will be checked as they enter the start area.

Riders will be allowed onto the road/start area by number only.

Our goal, with the wave start is to string the riders out as fast and as safely as possible in order to eliminate congestion – creating a safer ride for everyone.

WAVE	START TIME	NUMBER OF RIDERS
1	7:00AM	1-119
2	7:05AM	121-200
3	7:10AM	201-300
4	7:15AM	301-400
5	7:20AM	401-500+

Please remember the wave number that you started in, because you will have to provide your wave number at the finish line so that your finishing time will be listed correctly.

Please be patient at the start area and polite to the volunteers.

## **Mountains Of Misery Course Information**

The Century route is approximately 103 miles. The Double Metric is approximately 128 miles.

\*\*\*The split for the Century and Double Metric occurs at the 28-mile mark. Please be aware of turning cyclists, and cyclists reentering the Double Metric Course from rest stop 2.

### **Rest Stops:**

There are 10 Rest Stops approximately every 10-15 miles throughout the course.

Rest stops will be equipped with food, water, sodas, Gatorade, HEED, Hammer Gel, Endurolytes and other items.

Some rest stops will have tools.

### **Support and Gear (SAG) Vehicles:**

SAG, Mechanical Support, and HAM vehicles will be roaming the course.

SAG and Mechanical Support will have yellow flags for identification, and HAM (communication) will have identification marks on the vehicle windows.

If you have any problems along the route please notify SAG, HAM or Rest Stops immediately.

For assistance, give a "thumbs down" signal.

**There are NO personal SAG vehicles allowed on the course.**

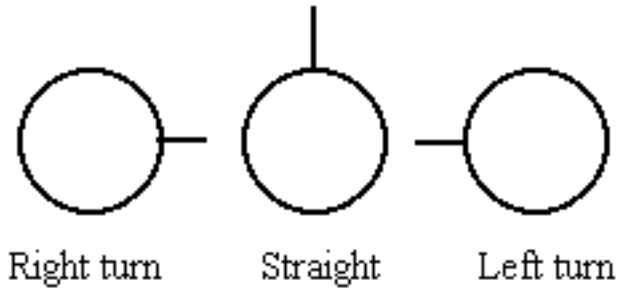
Having a personal sag vehicle on the course will mean an automatic disqualification of the rider.

**Course Identification:**

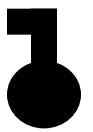
Dan Henry Markings will be the main source of course identification. In some instances there will be signs and flaggers, but look for the Dan Henry Markings first.

If you make a turn and do not see a Dan Henry Marking, double-check that you made the correct turn.

Dan Henry Markings:



**OR**



**(Left)**



**(Straight)**



**(Right)**

## **Severe Weather Policy:**

Shelters have been arranged at most Rest Stops in the case of severe weather such as thunderstorms.

If, after seeing lightning, you cannot count to 30 before hearing thunder, **seek shelter** at a rest stop or nearby building. If you are not close to a rest stop and cannot find shelter in a building, follow this guidance from the National Weather Service:

If caught outdoors and no shelter is nearby:

- Find a low spot away from trees, fences, and poles. Make sure the place you pick is not subject to flooding.
- If you are in the woods, take shelter under the shorter trees.
- If you feel your skin tingle or your hair stand on end, squat low to the ground and make yourself the smallest target possible.

## **Mountains Of Misery Finish Line Procedure**

When you finish, volunteers will take your bike, hand you your bag (see below), and give you your FINISHER shirt.

**\*\*\*Please remove computers and personal belongings from your bike, empty your water bottles, and make sure your bicycle number is attached to your frame).**

Your bike will then be safely transported to the Newport Rec. Center (Start Venue).

You will be asked your wave number, and whether you need first aid assistance.

A changing area will be provided.

Massage therapists available for \$1.00/minute (please have cash).

Food will be provided at the finish for all riders

There will be a Shuttle Service to take you back to the start area.

Shuttle service to Newport will leave approximately every 15 minutes, beginning at 10:30AM and ending at 6:45PM.

The finish line closes at 6:30PM; no personal services will be available after that time.

### **Newport Bicycle Pick-Up:**

You must provide your name & show your Rider Bib Number (or identification) in Newport to claim your bicycle.

**BICYCLES WILL NOT BE RELEASED WITHOUT THIS INFORMATION. NO EXCEPTIONS.**

This is for your benefit.

**Please enter to the rear of the Newport Rec Center to claim your bicycle.**

*Do not go to the truck.*

### **Family, Friends and Fan Clubs:**

All spectators must park at the Newport Rec Center or Newport Ballfield.

Parking at the top of Mountain Lake is reserved for hotel staff and guests, and event support vehicles.

Shuttle service to the finish leaves from Newport approximately every 20 minutes beginning at 10:30AM.

Shuttles for participants, spectators, and bicycles from Mt. Lake to Newport will begin at 11:00AM.

Shuttles leave approximately every 20 minutes or as needed.

**Bags:**

We advise having a gym bag, containing a change of clothes, sent up to the finish.

Bags will be collected Sunday morning at the start area before the ride. Find the big Penske Truck.

No paper or lightweight plastic bags will be accepted.

Bags need to have your name and bib number on them. Tags and markers will be available if needed.

## **Mountains of Misery Schedule of Events**

Saturday, May 28<sup>th</sup>

3:00-8:00pm: Registration and packet pick-up for Mountains of Misery at the Inn at Virginia Tech in Blacksburg.

5:30-7:00pm: Event dinner will be held at the Inn at Virginia Tech in Blacksburg. Enjoy the all-you-can-eat pasta dinner. \$20.00

7:00pm: Mountains of Misery Pre-Race Misery - Highly suggested for ALL MOM riders. The meeting will take place at the Inn at Virginia Tech.

Sunday, May 30<sup>th</sup>, 2010

5:15am: Breakfast offered at Inn at VT

6:00am: Packet pick-up for Mountains of Misery Ride at the Newport Rec Center.

7:00am – 7:20am: Start in waves as described in the above table.

## Addendum A

### Violation Examples:

#### EXAMPLE #1

*An irritated citizen in a car honks when you don't immediately let them pass you on John's Creek, and as they pass you they yell at you through the window. You give them the finger, and keep riding.*

What Happens?

- If a law enforcement officer sees this, the driver may get a citation.
- You can be ejected from MOM, you don't get the Finisher's shirt, and you don't get your time posted.

*Why? You violated **Rule #8 – Be Polite.***

#### EXAMPLE #2

*You take a turn in New Castle after a short, fast descent. A county sheriff's deputy pulls you over and gives you a citation for unsafe speed. You plan on fighting it in traffic court because you don't think you were speeding.*

What Happens?

- You are ejected from MOM, you don't get the Finisher's shirt, and you don't get your time posted.

*Why? **Our new policy is: If you ARE cited, you WILL BE sanctioned.***

*We want you to err on the side of caution and avoid being cited in the first place.*

#### EXAMPLE #3

*You are pumped up after leaving the Start, and within a couple of miles you catch up with the next wave of riders in front of you, and form a pace line. You're riding single file, but your pace line overtakes another pace line and while passing them, you cross the double-yellow centerline.*

What Happens?

- A Virginia State Police motorcycle riding behind you will probably note all of the bib numbers in your pace line, and write citations for all of you for unsafe lane change.
- You are ejected from MOM, you don't get the Finisher's shirt, and you don't get your time posted.

*Why? You violated **Law #5 – The law regarding crossing the yellow line.***

#### **EXAMPLE #4**

*You have had a tough day, and you are trailing most of the other riders. When you get back into Newport, a Marshal tells you that you have missed the 4:30pm cut-off for starting out on the last part of the ride. You tell the Marshal you don't care, you've come this far, and you're going to keep going, as a private citizen.*

What Happens?

When you finally arrive at Mountain Lake, you will find out that you don't get the Finisher's shirt, and you don't get your time posted. Finish Line Closes at 6:30PM

**Why? You violated *Rule #5 – Obey Marshals* and *Rule #7 – The Race Director may prevent riders past a certain point.***

*When you signed up for MOM you became a participant – you can't leave the event "to be a private citizen" without leaving the course. You stayed on the course, and endangered yourself MOM Control's ability to continue getting a VDOT permit for this event.*