

**2017 Horsey Hundred
News to Use #6
Thursday May 25, 2017**

This is the final informational bulletin in a series leading up to Horsey Hundred 2017. You can access this informational bulletin as well as previous bulletins at any time by going to www.horseyhundred.com and scrolling down to the "HH e-blasts" button. If you registered recently, take a few minutes to look back at bulletins we sent earlier – they include lots of useful information for you!!!

Overall Schedule of Events

The overall schedule of events for the Horsey is now posted on our website. Check it out for a detailed list of what is happening when!

The Weather

We've been watching the weather closely and we're sure you have been too. Although not ideal, the forecast for Saturday has improved and rain chances have diminished a bit - regardless, it is likely that there will be rain and possibly storms at some point in some places during the day, so some of you will probably get wet or you may get caught in a storm. At the end of this newsletter, we've included information about the best way to stay safe if you do get caught in a thunderstorm, so please be sure to read that so you know what to do.

At this point, there are no plans to alter routes or change anything, however we will be diligently tracking the weather and if the need arises to make adjustments, we will communicate our decisions out on the course using our SAG vehicles, our rest stops, and through our emergency information system (see below to sign up if you haven't already).

Please note that our event has a strict "no cancellation" policy so we are not making weather related refunds.

We are working with the good folks at Georgetown College to make sure that those of you who are camping will have a safe place to shelter should the need arise, and plans are being made to relocate activities and events to inside locations to the extent that becomes necessary. Our goal is for you to stay safe and to have a great time this weekend by doing what we can to control the things we are able to - which unfortunately does not include the weather!

Check in for the Ride – What to Expect

Last Minute Registrations

If you have friends waiting to register last minute, **please encourage them to register on-line rather than in-line.** The only time we had lines last year was for walk-ups registering via paper form. They will save a few \$\$ and get on the road faster!

Paid Riders

Check in and dorm room/RV parking/Camping information pick up begins at 3:00 p.m in the Davis-Reid Alumni Gymnasium. Doors will not open early, however if you arrive early, plan to visit our vendor expo (located in the building next door to registration), which opens at 2:00 p.m. This will be our biggest and best vendor expo ever so don't miss it – You'll probably find some things you didn't even know you wanted!

Check in Process –

1. **Have your electronic or paper confirmation with you and ready for our check in volunteers** – If you can have your information at the ready, it will significantly speed up the process because our volunteers will be able to scan your confirmation to access your registration information. Everything will be electronic this year, and our volunteers will be using tablets and smart phones to check you in. If you don't have access to your confirmation it won't be a problem – We can find you using your name.

We will resend all confirmation e-mails immediately following this message. Look for the e-mail with the QR code:



2. **Waivers** – All participants **MUST** sign a waiver. If someone else registered you, **YOU MUST STILL SIGN YOUR WAIVER!** You can do that online by responding to the reminder e-mails or the link on your confirmation e-mail. **PLEASE do it in advance on-line rather than in-line!** NOTE: This is true even if your spouse is the one who signed you up!
3. **Please be patient!** - If you are there to check in right at 3 pm on Friday, please anticipate that there will likely be a lot of you, and expect that there may be lines for a while until we get through the initial rush. If you don't like lines, you can go back to the expo and browse for a while, or just take a seat under the big tent out back and relax until the rush is over. We will be there until 10 pm and there is no advantage to being among the first to pick up your wristband.
4. **Saturday morning** – If you plan to check in on Saturday morning expect that there may be lines between 7-8 am, and know that our volunteers will be working as quickly as they can to get everyone checked in efficiently. If you show up 10 minutes before you intend to start riding and expect you'll be able to park, get to registration, pick up your wrist band, get your bike ready and meet your friends, you will most certainly be disappointed.
5. **Getting your stuff** – When you check in, you'll be provided with your wrist band, your selected giveaway item (if you registered before April 17), breakfast tickets if you purchased meals, and any tee shirts or posters you purchased. **Everybody get a 40th**

Anniversary Coozie! There will be no packets. Based on participant feedback, many of you do not want or need maps or the other information we used to put in your rider packets – so we didn't stuff bags this year. Instead, the maps, information sheet, information from our photographer, and other goodies will be available for you to pick up during the check in process as you want and need it.

6. **Put your wrist band on immediately and keep it on all weekend** – Your wristband is the key to everything for the weekend – food, raffle tickets, SAG ... You get the picture. Please put it on and keep it on for the weekend. We have better quality wrist bands this year, so you shouldn't have issues with them coming off. **If you do not have a road ID or other form of identification you carry with you, PLEASE write your name and emergency contact info on your wristband before you put it on!**
7. **Camping and RV Parking** – If you reserved an RV or Camping site, please check-in at the Georgetown College table. They will provide tags, which you must be display on your tent or RV.
8. **Dorm Rooms** –
 - a. **Prepaid** - If you reserved a dorm room, you'll need to stop by the Georgetown College table to pay your key deposit (\$10 which will be returned when you return the key) and pick up your key. Representatives from Georgetown College will be there until Midnight. If you reserved a dorm room and anticipate arriving after midnight you can call 859 806 6142 to make arrangements to get your key.
 - b. **Walk up** – The folks from Georgetown College will handle all walk up purchases of dorm rooms. The inventory is very limited so make sure you have a back-up plan! The cost is a flat fee of \$50 for the weekend for 1 or 2 people, 1 or 2 nights.

Volunteers

Volunteers must also check in, however you will go to the Volunteer Check In Table, also located in the Davis-Reid Alumni Memorial Gymnasium. Volunteer check in will operate the same hours as rider check in.

Horsey Hundred Safety

Our local area police departments, various county sheriff's departments, emergency medical services and emergency management personnel have been working hard again this year planning for the 40th Annual Horsey Hundred. This year emergency notifications will be provided by the Woodford County Emergency Management Department. Please sign up for this free service to receive messages regarding weather conditions, road alerts etc. Please follow this link: [Emergency Notification Opt In](#) to opt in to this service. Also be aware that all information will be purged immediately following the event. As you can imagine, our local public servants are very busy with a wide variety of events in their communities on Memorial Day weekend, but the Horsey Hundred is a very special event to our local and county governments.

We will have law enforcement officers stationed at major intersections, additional officers and EMS patrolling the routes, numerous electronic message boards alerting motorists to be aware of cyclists, and to share the road ... and you may even see a helicopter flying around looking for any potential problems. As always your safety is our biggest concern.

During our planning meetings this year, several officers reported cyclists running traffic lights at some pretty busy intersections last year. We would like to remind you that, **as a cyclist, you still must obey all traffic laws, signs and signals.** Most of the traffic signals along the route are magnetic/pressure sensitive, so please be patient, this is not a race. Please remember to heed our road markings and pay attention when we tell you to go slow or use caution - warnings, pot holes and other information other than directional arrows are marked using white paint. Large areas of rough road may be marked with large white circles. Please slow down in these areas. We have also swept debris and gravel off roads, but we've had storms the last few days, and it may not be possible for us to get back around to everything so PLEASE just be very careful and watch out for each other. The safety crew of the Horsey Hundred Planning Committee hopes that you enjoy our beautiful Bluegrass State. Please be careful and remember always Share the Road.

Ride Reminders

It isn't a closed course! - With so many cyclists out on the road, it is sometimes difficult to remember that we are sharing the road with vehicles as well. We've tried to get the word out to local motorists so that they know our routes, allowing them to choose alternative routes if they're in a hurry. Please do be aware of traffic backing up and if it is feasible to do so, pull over when it is safe to let cars pass.

It Isn't a Race!!! - Please keep in mind that the Horsey Hundred is a touring ride, not a race. Our wish and hope is that you take your time, enjoy the scenery, visit with friends, stop at the rest stops, take photos, take breaks, and have a great time. Having said this we know that some of you will ride faster with others you enjoy riding with as a group, possibly in a pace line. If you choose to do this, please be respectful of others with whom you are sharing the road – both other cyclists and cars. Many of the roads our routes travel on are narrow country lanes, not wide enough for two vehicles. As you approach slower cyclists please provide audible warning that you are about to pass, and if it is a narrow road, wait until there is enough space and distance for your entire group to safely pass.

Riding on the Trail in Frankfort – If you are riding the 82 or century route, you will be on a multi-use trail in Frankfort. **PLEASE DO RIDE ON THE TRAIL RATHER THAN WILKINSON BOULEVARD!!!** The trail is really too narrow to ride two abreast, or to ride at a fast speed, so please slow down and be courteous when you are riding on the trail. The Frankfort rest stop is at the far end of the trail. If you choose to ride on the road despite our requests and route markings, you will miss the rest stop!

Steep Descents – There are some steep descents on the longer routes – We’ve marked them in various ways so you’ll have ample warning. PLEASE heed our warnings and go slow when we ask you ... We know what we’re talking about and with the likelihood that some of the roads will be wet, this is even more important!

Horses - There will be lots of horses along the route – And since we’re at the tail end of foaling season, you’ll likely see a lot of moms and babies out in the fields. **PLEASE, PLEASE, PLEASE** do not touch, pet or feed the horses. It is fine to stop and take photos, but farm owners have asked us to remind you that by attempting to touch or feed the horses, you could do unintended damage to them. Also, do not lean bikes against fences as horses love to chew on handlebars and seats and they can do a lot of damage pretty quickly!!!

Have Fun – First and foremost have a good time! Our scenery is beautiful, the weather is fabulous, there will be more cyclists on the road in central Kentucky than any other time in the history of our ride and, you will be a part of it. Thank you for joining us!

Inclement Weather Riding Tips and Emergency Notification Service

Our forecast has changed daily over the last week with the possibility of rain/storms on Saturday predicted at anywhere between 20% and 80%. As of this writing, the forecast is on the “more likely than not” end. The good news is that it will be warm regardless of the precipitation. In case the weather gods decide not to favor us this year, following are some tips for riding in the rain, and for making sure you stay safe if we do have a thunderstorm.

A reminder (we know - this is the second time we’ve mentioned this ... but we really want you to sign up!) that you can sign up for emergency alerts, including weather alerts during the event using this link [Emergency Notification Form](#).

1. Riding in the rain

- a. **Keep your core warm** – a waterproof vest or jacket, preferably a breathable one that allows sweat out, is key. Should you anticipate a rainy ride, wear neoprene booties, a hood (or showercap under your helmet) and a jacket.
- b. **Glasses** -In low light, clear or yellow lenses for eye protection are critical. It can be helpful to wear a billed cap under your helmet to improve vision.
- c. **Adjust for surfaces** - The road surface will be the slickest and most dangerous just after the rain has begun. During this time the rain will cause the oil buildup in the pavement to rise to the surface, causing the road surface to essentially become a giant oil slick.

Keep an eye out for little rainbow-edged patches on the street. This is an indication of an oil patch. Never brake or corner in the center of the roadway at intersections, as this is where autos leave the majority of their drippings. Make an effort to notice metal surfaces such as manhole covers or steel-grid bridge

decks, painted traffic markings, or wet leaves, as they all become very slick when wet.

- d. **Brake early** - most rims require a full revolution before the brake pads squeegee the water from the braking surface and begin stopping. Plan ahead and brake early.
- e. **Watch corners** - Cornering in the rain can be tricky and dangerous. Shift as much of your weight on the outside pedal as possible. Use body English to keep the bike more upright when cornering. Lean your body more than the bike. By doing this, you will be able to corner with a reasonable amount of speed, as the body will tend to remain balanced over the bike when the tires slide over painted lines and unseen oil patches.
- f. **Chain Lube** - use a heavier lube
- g. **Light it Up** – if it portends to be a gray day, put on front and rear lights to make you more visible to motorists.
- h. **Fenders** – consider fenders if planning a ride where rain is forecast

2. **Avoiding Lightning – And what to do if you get caught in lightning**

- a. Flash to Bang – When you see lightning count the number of seconds until you hear thunder. Sound travels at approximately 1 mile in 5 seconds, so a count of 15 seconds means the storm is about 3 miles away. **YOU SHOULD SEEK SHELTER IF THE TIME BETWEEN THE FLASH AND THE BANG IS 30 SECONDS OR LESS.**
- b. “When thunder roars, go indoors!” is a mantra reflecting that an inside location is safest.

Sadly, you are not safe anywhere outside, however sometimes, you may not have a choice. If there is no enclosed shelter:

- i. Do not shelter under isolated trees – better to go for a denser grove of shorter trees if possible
- ii. Avoid water
- iii. Avoid metal objects (including metal bicycles)
- iv. If there is no structure where you can seek shelter, find a relatively low spot or ditch and crouch down as illustrated here – this position is called the “lightning crouch” – Notice that the heels are together – this is important because the lightning can transfer from one heel to the other and go back into the ground rather than passing through your body.
- v. Do not keep riding your bicycle!
- vi. Do not lay flat on the ground – this is dangerous because if lightning hits the ground, it will travel through the ground and if you are laying down, the current could travel through the full length of your body
- vii. When riding in the Bluegrass, you can seek shelter in: a Bluegrass Bike Partner building,



a barn near the road, a front porch of a house, or a local business. Often if you knock on the door of a house, they will allow you to stay in their garage or front porch.

- viii. Stay inside until 30 minutes after you hear the last clap of thunder.
- c. If you are caught in a lightning storm and if you feel your hair stand on end, your skin tingle, or you hear crackling noises, crouch on the ground with your weight on the balls of the feet, your feet together, your head lowered and ears covered. Some experts recommend placing your hands on your forehead and your elbows on your knees to create a path for lightning to travel to the ground through your extremities rather than through your core (heart).

Event Survey

You will receive a survey from us a few days after the event. We encourage you to please take a few minutes to complete and submit it - Many of the improvements we've made over the past few years have happened because you've let us know that either we needed to fix something, or that you'd like us to consider an idea you have.

If there was something you thought we did particularly well please let us know - we are a completely volunteer run organization and lots of people have put in lots of hours to make sure you have the best experience possible ... hearing that they did well means a lot! Likewise, if you think we missed the mark on something, we want to hear that too because that's how we improve.