

# Cycle North Carolina Coastal Ride Rest Stop Duties

**Thank you so much for helping with the 14<sup>th</sup> Annual Cycle North Carolina Coastal Ride. Cyclists will set their own pace and replenish their energy at these rest stops, so rest stop volunteers are critical to the success of this event!**

## ALL REST STOPS

1. It is very important to keep rest stops clean and sanitary. There have been major problems on other rides due to unsanitary rest stops. Cyclists need to use hand sanitizer that is provided at the rest stop.
2. **Check all riders to make sure they are wearing appropriate wristbands!**
3. Take inventory of supplies given. **Look for the big RED bins. (Use the inventory checklist).**
4. Mix Powerade in 1 to 3 of the red Powerade dispensers, using stirring sticks. (one packet of Powerade per cooler of water and ice if ice is available)
5. Plain water and ice should be in the remaining red coolers. Determine if your rest stop has a water supply for filling coolers throughout the day. A hose and water key will be provided in the red bins if the rest stop has a water supply.
6. Set up coolers on the table so riders can fill their water bottles. A limited supply of cups will be provided to reduce the amount of trash at the rest stop. Encourage riders to fill their water bottles.
7. Place empty Powerade packs on the coolers with Powerade. Keep unused packs of Powerade in the RED bins until needed, so cyclists do not open the packs.
8. Ice should be kept in the ice chest provided and used for keeping soda and bottled water cold. (If it is cold outside, you may not need much ice.) ***Do not let the riders get ice from the ice chests. Dirty hands, gloves, etc. in ice coolers can result in dangerous bacteria that can be spread throughout the participants.*** A limited supply of ice will be provided.
9. Arrange snacks on table for easy distribution.
10. Fruit may be left in boxes to distribute without using table space. Riders prefer apples to be cut. Please use the cutting boards to cut fruit to avoid damaging our tables with cut marks.
11. Set up blue trash bins with liners (located in RED Bins). Blue recycling bins also need to be set up with the proper lids.
12. Maintain supplies throughout the day. Be sure to spread out the distribution of any “special” snack items (i.e. - cookies, doughnuts, etc.) throughout the day so late riders are offered the same foods as the first riders.
13. A first aid kit will be provided containing band-aids, peroxide solution and other general supplies. All of our route support staff will also have a medical kit in their vehicle.
14. Cycle NC Staff will be onsite to assist with the cleanup of the rest stop area and supplies. Please assist in organizing any remaining supplies, trash, recycling, etc. before leaving the rest stop at the end of the day. Any remaining water in the dispensers can be used to wash the outside of the coolers, the table and the inside of coolers used for Powerade. Clorox wipes will be provided and should be used to clean the coolers, dispensers, table, cutting boards, utensils, etc.
15. If you need to leave before the rest stop closes or before the Cycle NC Staff arrive, please make sure your rest stop is stocked and organized.

## FOR REST STOPS SERVING PB&J SANDWICHES

1. Begin making peanut butter and jelly sandwiches as soon as you arrive. Please wear gloves and use spatulas for spreading. Both of these will be provided in the RED bins. (For sanitary reasons, do not allow riders to make sandwiches or handle any of the unpackaged food.)
2. Paper plates will be provided for making and storing sandwiches. (These are not for riders to use.)
3. Please clean pb&j from knives, spatulas, table, etc. before the Rest Stop clean-up process begins.

For emergencies call 911 or \*HP. **For rest stop re-supply and/or questions dial 919-740-9944 for Chuck Hobgood, or the CNC Rider Services at 919-724-0299** if you are not able to reach Chuck. It can take up to an hour to get supplies to your rest stop if you need to be re-supplied. Thank you for volunteering for Cycle North Carolina. If you have not completed a volunteer form, please give your completed form to any CNC Staff Member. Your support is greatly appreciated. Have fun and thanks again!