

PowerAde should be mixed as follows: empty two, five gallon packages into the ten gallon cooler and simultaneously fill with water and ice. Stir while adding water until the powder is fully dissolved. Stirring spoons are in the supply box.

Your cell phone is your communication link to the rest stop coordinator, ride officials and emergency services if needed. If you need to contact the rest stop coordinator, please do not hesitate to use your cell phone. You will be given the rest stop coordinator phone number before the ride.

Medical team personnel (riders wearing red name badges) may be at your rest stop if any first aid situation occurs. If they require assistance, you may use your cell phone to call for help.

BRAG does not carry health, accident or automotive insurance. BRAG is not responsible for accidents or injuries. You should carry your own insurance coverage.

**You are the reason  
BRAG is s success.**

**THANKS for your help.**

**BRAG could not roll  
without you.**

**THANK YOU!**



*presented by*



**REST STOP BROCHURE**

We welcome your comments and suggestions.

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## REST STOP INSTRUCTIONS

Thank you for being here. Our riders could not roll without you. Now please go wash your hands.

Please arrive at your rest stop at least thirty minutes prior to the scheduled opening time in order to organize and prepare. Rest stop operating hours will be posted in the Ride Guide, please have one and reference it as you need to.

Please note these times are one hour longer than those listed in the Ride Guide. We do not publicize this, but it is to ensure we do not close a rest stop with riders still on the route. Please keep your rest stop open longer if it is raining or if riders are still coming by.

Staff name badges are in the supply box. While working, please wear a name badge. Return the badge to the box when you complete your shift so the next volunteer will have a name badge. Stay at your rest stop until the supply truck driver has come by to clean up the stop. He or she will need your help. The site must be left as clean or cleaner than when we arrived.

**ALL REST STOP VOLUNTEERS MUST WEAR LATEX/VINYL GLOVES WHEN PREPARING OR HANDLING FOOD OR ICE.** Please be aware that any volunteer, food handler or staff member who is ill should NOT prepare or handle food. We ask all volunteers to please help in reminding the riders to remove their gloves and wash their hands before approaching the food tables or coolers.

The water wand should be set up for riders to wash their hands and refill their water bottles and CameiBaks. Please place liquid soap on or next to the water wand. The volunteers may also use this water wand to fill the PowerAde coolers.

If trash receptacles are available, please remember to use trash liners and empty them as needed while the rest stop is open. Place the trash receptacles away from the food serving area to avoid congestion. If trash receptacles are not available, you may tie a trash liner to a leg of the tent.

Your site may have a dumpster or trash receptacle placed there for the day. Please make sure all trash is placed in the proper location. If there is no dumpster or trash receptacle, you may have to put the trash on the supply truck when you leave. Place all food, cookies, fruit, ice, etc. on a tarp included in your supplies. **DO NOT:** place these items directly on the ground. Use another tarp to cover these items.

If ice is available to riders, **ONLY** gloved volunteers may scoop the ice from open bags to fill the riders' water bottles. **DO NOT ALLOW RIDERS TO HAVE DIRECT ACCESS TO ICE BAGS.** Put ice on a tarp and cover it with another tarp. If the ice is touched by anyone other than a gloved volunteer, it must be poured out onto the ground.

If you don't have enough volunteers to scoop ice for the riders' water bottles, move the bags of ice out of reach of the riders. **DO NOT ALLOW RIDERS TO HAVE DIRECT ACCESS TO ICE BAGS.**

Cutting boards, paper plates and knives for cutting fruit are in the supply box. Please cut the fruit on paper plates placed on top of the cutting boards. Cut the fruit as needed as the riders take them. Please wash cutting utensils frequently during the day with soap and water, and at the closing of the rest stop, wash with the provided bleach cleaner. Please rinse the PowerAde coolers before you use them. After the stop closes, dump the contents and rinse them clean.

## REST STOP CHECK LIST

### Rest Stop Supply Box

- Cutting Boards
- Knives
- Paper Towels
- Plates
- Serving Utensils
- Bike Maintenance Kit
- Garbage Bags
- Hand Cleaner
- Large Mixing Spoon

### Banner Flag

Cones

First Aid Kit

Water Wand

Hose

Produce

Snacks

PowerAde

Access to Water

Coolers

Tables

Tent

Charged Cell Phone

Copy of the Ride Guide

Notes: \_\_\_\_\_

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