

# **IRON LUNG RIDE**

**July 19<sup>th</sup>, 2025**

This document contains the following information:

Safety Plan

Bicycle Route Plan

Vehicle Plan (Traffic Control)

Volunteer Plan

Signal and Course Markings Plan

Course Maps (2025 course same as 2019 that is attached)

## **Safety Plan**

Along with planning an exceptional event, having a safe event is of utmost priority and focus. Non-compliance with safety standards will result in immediate disqualification of the offending team/rider and race numbers will be pulled. The safety plan focuses on 3 areas:

### **One: Safety of Cyclists**

- 1) Cyclists must wear a helmet at all times when riding their bicycle.
- 2) Cyclists must obey all traffic laws (route is along an open course with motorists). This includes stopping completely at all stop signs and yielding to motorists and pedestrians when appropriate.
- 3) Cyclists must ride single file and close to shoulder of road. Drafting with other teams is permitted.
- 4) Cyclists may not ride at night. At 4 pm the course is closed and the event is over.

### **Two: Safety of Support Vehicles**

- 1) Support vehicles must also obey all traffic laws including speeding.
- 2) Support vehicles may not impede traffic as part of this event. This includes following cyclists at slow speeds. When stopping to cheer for or support your cyclist, pull completely off the road and be aware of oncoming traffic.
- 3) Support vehicles must park in designated areas at all exchanges and at the start and finish.
- 4) Support vehicles are to clearly display the CAUTION BIKE RACE poster in the rear window. This poster is issued during packet pickup.

### **Three: Safety of Others**

- 1) Race course passes through cities and towns. Be respectful and courteous to everyone along course. Race participants are not allowed to urinate or defecate along the road and must use designated bathrooms and porta-potties or other restroom facilities.
- 2) Cyclists and support vehicles should always remain aware and alert and watch for surrounding traffic, pedestrians, equipment, etc.

In addition to focusing on safety for the cyclists, support vehicles, and others, event staff is taking the following safety measures:

- 1) All course marking signs dedicate the top third of the printable area to making everyone aware that a cycling event is taking place and to use caution. Signs read "CAUTION BIKE RACE" in large block letters and with yellow and red colors for visibility.
- 2) Two or more EMTs will travel along the course with the bulk of the cyclist group. They will be ready to respond alongside local emergency personnel in the case of an injury.
- 3) Vinyl posters are supplied to each rider to adhere to the back of their support vehicle that also read "CAUTION BIKE RACE." These posters are also on all staff and crew vehicles for greater awareness among local motorists.
- 4) Additional "Hazard Ahead" signs are created and placed in appropriate locations to warn cyclists of any potential danger ahead.

## **Bicycle Route Plan**

Cyclists are to follow the approved and permitted route. Directional signs will clearly mark route. If last minute course changes are required, signs will reflect alternate route and riders will also be notified.

Directional sign markings will be mounted on orange construction vertical panels.

Sign locations are detailed in the following maps. In addition, more signs may be used if determined.

Cyclists are to stay on roads unless otherwise told and should ride on the right side (with traffic).

### **Vehicle Plan (Traffic Control)**

All vehicles supporting cyclists or otherwise participating in the event are to obey all traffic laws and specifically should not speed or drive in any other dangerous manner in order to catch up to or support cyclists. Roads are not closed and vehicles do not have any special privileges they would otherwise have while participating in the event. Be safe and use common sense.

All vehicles are required to park in designated locations at the start, finish, and exchanges. These locations are identified in the maps.

Vehicle appearance and driving patterns must not distract other drivers or cause any nuisance to others.

Support vehicles are able to pull completely off the side of the road to cheer on cyclists or offer aid. However, in doing so, they are not permitted to disturb the normal flow of traffic.

Support vehicles are to clearly display the CAUTION BIKE RACE poster in the rear window so it is visible to other motorists.

Support vehicles are to follow the same route as the cyclists with the exception of old snow Basin road. Support vehicles will use Trappers loop.

### **Volunteer/Staff Plan**

Volunteers and staff will be needed to ensure a safe and organized event. Volunteer and staff will be located as course marshals in areas where the course is not clear and where safety concerns exist.

There will also be staff and volunteers at each of the water stations/exchanges to allow for appropriate and safe exchange between cyclists and ensure that rules are followed and the event is not causing a nuisance to local residents. Exchange volunteers will have a copy of all relevant permits associated with the event.

Two EMT's will travel along the course with the bulk of the cyclist group. They will be ready to respond alongside local emergency personnel in the case of an injury.

### **Signal and Course Markings Plan**

The full course will be fully marked with large signs. The purpose of the signs is to:

- 1) Indicate course directions to cyclists and support vehicles.
- 2) Make motorists and local residents aware of the race and encourage them to take extra caution.
- 3) Make cyclists aware of any upcoming hazards on the road.

No pavement marking or painting will occur to mark the course unless requested from permitting officials.

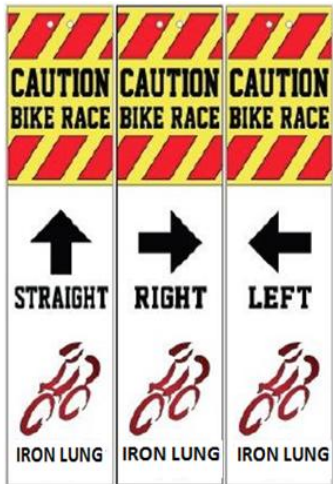
Course markings will be placed 24 hours or less before the event and will be taken down within hours of the last cyclists passing by.

Course markings will be placed in locations that do not interrupt normal traffic flow and are not intended to close roads or serve any other purpose than directing cyclists and warning others about the event.

Course markings will not use existing structures alongside the road or any private property. All markings will be fixed to orange vertical panel construction barriers supplied by the event staff.

The location of all signs is listed in the maps below. Additional signs may be used if needed to enhance clarity or safety of the course, or as requested by permitting officials, or to call attention to hazards or dangers.

Course signs are 8 inches wide and 36 inches tall and have the following images:



PP-Porta Potties

H2O-Water Stations

L-Left turns sign (pink-going out, black-coming in)

R-Right turns sign (pink-going out, black-coming in)

CBR-Caution Bike Race

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