Difficulty (1-5): 3-4 (pay close attention to directions).

Traffic: Low traffic most places - Prospect Road is virtually no traffic but you must go around pot holes.

**“COWBOY ROUTE”**

**Start Location**: McDonald’s Parking Lot: 3860 West 95th St., Leawood, KS



*\*note: there are a lot of roads w/ the words blue and red coming up – note the differences in names*

Left / south out of the Parking lot on Mission > to College Blvd

Left on College (college turns into Red Bridge once you cross state line – stay on Red Bridge to Blue River Road

Right on Blue River Road (to Blue Ridge Blvd)

Left on Blue Ridge Blvd – go down about a block to Prospect.

Turn Right on Prospect (NOTE: there is no street sign when turning right – it’s a small road to keep an eye out for > if you look to the left, you will see a sign that says ‘prospect’. Still turn right onto this road)

Stay on Prospect and cross 129th st – prospect then becomes Robinson Pike Road.

Stay on Robinson Pike Road to Arrington Rd

Turn right on Arrington Road (it will wind around and eventually run back into Prospect).

Turn Left back onto Prospect (to 195th)

Turn Right on 195th (to State Line)

Left on State line (to 199th)

Red Bridge and Holmes = 5 miles out / 10 miles round trip

Blue River Road and Blue Ridge Road = 8 miles out / 16 round trip

Robinson Pike Road and Arrington Rd = 10 out / 20 RT

Prospect and 171 = 15 out / 30 RT

199 and State Line = 21 / 42 RT

199th and Metcalf = 25 / 50 RT

GARMIN LINK TO UPLOAD TO YOUR DEVICE:

[Cowboy Route- O/B](https://connect.garmin.com/modern/course/48691644)

**Road Cycling Safety**

**Aim to be self sufficient even when riding in a group.**

**Own your own safety**

**Every. Single. Ride.**

Must haves for outdoor riding:

● Helmet

● 1-2 water bottles (filled)

● Cell phone (in plastic bag to keep it dry)

● Money - cash / credit card

● Personal ID and Emergency Contact name / number to carry on your

person > either a Road ID ( purchased @ roadid.com) or write your name and

cell # + your emergency contact name and cell # on paper and put in a zip lock

to keep it dry. Carry it in your pocket.

● Personal ID and Emergency Contact name / number to put on your bike >

stick this where you keep your flat tire changing stuff.

○ Why? If you get in an accident and you’re taken from the scene without your

bike, not only do you want your bike back but you want the people remaining at

the scene to still have access to your emergency contact information so they can

make needed follow up calls.

● Route Map > know where water & snack refills are on your route

● Flat Tire Changing Items (even if you don't know how to use them yet) >

spare tube, tire levers, CO2 or portable pump. Any bike store can help ;) (Put

your ID + emergency contact info in with this stuff)

● Good bike lights and reflective gear > our goal is to be as highly visible

on our bikes as possible . Good bike lights can be expensive - but worth it >

you want them to light up like your life depends on it. Amazon and Garmin sell

bike light options. Bright helmets, clothing and shoes are helpful as well.

● Car Key Storage - can be helpful to let someone know where your car keys

are in case, god forbid, an accident happens and they need to move your car.

● Tracking options: Life 360, Road ID, and Garmin all offer tracking options.

● If not riding in a group, let someone know when and where you’ll be riding.

**Rules of the road**

**you will see lots of riders not following these rules**

**we give no shits about what others are doing**

**We will be the example out there & we will keep ourselves and each other safe**

● Ride to the right > do. not. drift. into the road.

● Single file > once out of traffic, 2 abreast is okay but stay to the right and get

into single file when cars are coming. We never win in a fight w/ a car.

● Communicate - yell, point, make eye contact > own your own safety out there

and do not assume other cars or bikers see or hear you. Confirm you are safe

to go .

**If an accident occurs:**

**Realistically, no two accidents will happen the same way so there**

**will be many game-time decisions. Here are some basics to consider:**

Priority: Scene Safety and Injured athlete care

● Make sure it’s safe for you to approach the athlete (ie don’t step into traffic etc)

○ this sounds obvious but in the moment our brains are super focused on

helping the injured person.

● If there is risk of spinal damage do not move the athlete at all - wait for

paramedics

**Decisions / Tasks (divide up if possible):**

● Do you need to call 911?

● Can we safely move the athlete (and bike) to a safe place out of the elements?

● Acute care - what does the athlete need immediately for wounds?

● Who can stay with the athlete and help give basic comfort and care

● Who can call the athlete’s emergency contact and/or deal with 911 call

● If there was a car involved, can get the name / contact info / insurance info of

driver (use phone to take pix of these)

● Is someone available to take pictures of the scene (license plate, bike damage,

person damage, etc)

● Figure out what to do with the athlete’s bike and possible car if they drove to the

ride start (may need to get keys from athlete).

● Write down what you remember at some point

Side note:

If an athlete has a crash, they are coming to an abrupt activity halt > their body may still be whirling from that - keep an eye out for reactions related to hydration, food needs, and core body temp.

Helpful items to keep in your car trunk for just-in-case:

● Towel or 2 you don’t mind getting dirty

○ uses: cleaning up an athlete, putting it down for an athlete to sit on, using

to help an athlete stay warm

● Plastic garbage bag (great for putting stinky shoes or helmets in)

● Basic first aid kit (can make your own or there are ready to go ones on Amazon)

● Clorox wipes - just for general cleaning after the fact (not for athlete wounds! Just

nice to have a way to wipe down your own hands, car etc after the fact).



#Grit #Hustle #Teamwork

Reminders:

**Must haves for outdoor riding:**

* Helmet
* 1-2 water bottles (filled)
* Cell phone (in plastic bag to keep it try)
* Money - cash / credit card
* Emergency Contact name / number (either an ID bracelet or carry this on paper in a plastic baggie)
* Route Map > know where you can refill water / snacks on the route
* Flat Tire Changing Items (even if you don't know how to use them yet) > spare tube, tire levers, CO2 or portable pump.  Any bike store can help ;)
* Good bike lights and reflective gear  > **our goal is to be as highly visible on our bikes as possible**.  [HERE](http://www.amphipod.com/products/vizlet-led-triangles-2-pack) are some good options for reflective gear to wear.  *Good* bike lights can be expensive - *but worth it* > you want them to light up like your life depends on it ;)

**Rules of the road** > you will see lots of riders not following these rules > we give no shits about what others are doing > **WE will be the example out there & we will keep ourselves and each other safe**.

* **Ride to the right** > do. not. drift. into the road!
* **Single file** > once out of traffic, 2 abreast is okay but stay to the right and get into single file when cars are coming.  For real - we never win in a fight w/ a car!
* **Communicate** - yell, point, make eye contact > own your own safety out there and do not assume other cars or bikers see or hear you.  Confirm you are safe to go.