## **GREAT PLAINS BICYCLING CLUB**

# Sag stop supplies starter kit

- 2 orange water jugs
- Hammer
- Hand sanitizer
- 1 collapsible trash container and trash bags
- Straps to anchor trash container to a post or something (its Nebraska, its windy!)
- Wet Wipes for hands and for clean up (Sanitary wipes)
- First aid kit
- Sunscreen (one tube or spray)
- plastic knives, forks, and spoons.
- 2 kitchen paring knives + a couple of cutting boards for slicing fruit
- tongs for pickles
- eyeglass wipes
- Kleenex
- tp (we took one roll for Firecracker 50)
- paper towels
- food server gloves
- 2 ice chests for ice
- Small cups for mix: 150 cups (skipping due to Covid, pre-packaged snacks only)
- Chairs (club has some plastic chairs): SAG volunteers may want to bring camp chairs
- 1 or 2 tables (one 6 ft table worked okay for the Firecracker 50)
- Feather & anchor (pound into ground)
- Canopy & anchors (the sandbags)
- Tire pump for flats
- A couple of water bottles to hand out/give away in case someone doesn't have one or they dropped one. (Bike Rack donated a few, use sparingly)
- Sag stop instruction sheet for each sag stop
- Aluminum foil: good for keeping bananas fresh among other things!!

## MAIN SAG STOPS for SPRING FLING NEED THE ABOVE PLUS:

- Extra chairs
- A grill & grilling equipment
- Cups, paper plates, napkins, plasticware

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## THE MAIN SAG STOPS FOR HEATSTROKE & SPRING FLING NEED:

- Grills & grilling equipment
- Heatstroke backdrop for people to take photos (for HS only)
- Extra chairs
- Cones for parking
- Cups, paper plates, napkins, plastic ware

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# IDEALLY: PUT EVERYTHING IN TOTES AHEAD OF TIME, LABELED WITH SAG DESTINATION



#### FOOD OPTIONS

- BOTTLES (3-GALLON) WATER (??? Per sag stop??)
- Ice 20 # bags (6)
- Gatorade—18 oz containers (that make 2 gallons found at Super Saver, & sports stores) I found 50.9 oz powder containers at Target (Frost flavor only)
- Bananas 40#: (should alert the grocery store a couple of days ahead): 2-3 boxes for HS
- Tangerines or cuties One bag per sag stop (small & easy to peel)
- Green grapes 4# (skipping)
- Fig Newtons 5 packages (will get the kind that is 2 in a package)
- Oreos and Chips Ahoy 10 packages (NOTE THERE IS SUCH A THING AS A PACK WI/ OREOS, & CHIPs ahoy (30 PACKS)
- Trail mix: individual packages from (Kirkland from Costco) (NOTE: Trader Joes has some trail mix that does not include peanuts. That avoids the peanut allergy problem)
- Pickles (we got 24 oz jars of sliced kosher dills at HyVee, saves the trouble of slicing) can still have small cups for drinking the juice
- Snack bars or other snack items: pre-packed snacks with nuts etc.
- Pretzels with peanut butter inside (found at Costco)
- ALUMINUM FOIL: good for keeping bananas fresh, among other things!!!

#### THE MAIN SAGS FOR HEATSTROKE, and SPRING FLING WILL ALSO HAVE:

- brats & buns
- ketchup, mustard, pickle relish etc.
- & watermelon

Take peanut allergy into consideration if necessary for volunteers

#### SUNSCREEN FOR ALL SAG STOPS

# **GREAT PLAINS BICYCLING CLUB**

# SAG STOP INSTRUCTIONS

# **SETUP:**

- The club will equip the stop with a canopy, table(s), a pump, first aid kit, & a porta potty, food, water, & serving supplies.
- SAG stop volunteers may want to bring camping chairs.
- Put a garbage bag in the folding garbage can. Use a bungee cord or tension strap to anchor the garbage can to the pole at the end of the canopy (or somewhere nearby)
- Make sure the porta potty has tp & hand sanitizer.
- Put a water jug at either end of the table(s) & put Gatorade powder by each jug
- Have riders add Gatorade directly into their water bottles (don't put it in water jugs)
- Keep a variety of food items available on the food table
- Make sunscreen & glasses wipes available, but not next to food
- Keep hand sanitizer at the end of the table for use by cyclists & SAG workers. Also keep paper towels &/or napkins & wet wipes available.
- If someone has a portable device with speakers, they may want to put together a playlist & provide music for your SAG location.
- Volunteers may be asked to take ride day photos. Someone may want to bring a camera

# **OPERATION**

- USE HAND SANITIZER after handling garbage or checking the porta potty for tp & hand sanitizer, & before handling food.
- WEAR GLOVES WHEN slicing fruit, or handling any unwrapped items.
- Slice a few bananas at a time: riders may only want to eat half at a time
- Use tongs for handling pickles; slice with paring knife; can serve slices in cups (can skip if we have pre-sliced pickles)
- Use the baster to get pickle juice out of the jar put in cup for riders to drink
- Use paring knives & cutting boards for slicing fruit. Wipe down cutting boards & knives before & after each use.
- Occasionally ask or check the porta potty to make sure it has tp & hand sanitizer.
- Use pump for changing flats & first aid kit for minor cuts, etc. Contact the Roving SAG as needed for more serious problems/ride back to SAC Museum. We will give you phone numbers in case you need to contact us.
- "Roving sags" will circulate on the route to see if your location needs more food, water or other supplies.
- Supplies include a couple of water bottles give away if someone doesn't have any water bottle

