

Rider Instructions – 2016 Bike The Coast Bike Ride

PLEASE READ THE FOLLOWING INFORMATION CLOSELY

1. The **2016 Bike The Coast** ride will be held on Saturday November 5, 2016, **rain or shine**.
2. **Wave Start Times:** Faster riders should try to get to the first wave of their distance.
 - a. 100 mile ride starts at 6:50am (First Light)
 - b. 50 mile ride at 7:45am
 - c. 25 mile ride at 8:45am
 - d. 7 & 15 mile ride departs at 9:00-9:15am with Celebrity Lead Riders
3. **Waivers:** all riders **MUST** sign a waiver at check-in before receiving a number.
4. **Wristband:** you will receive a colored wristband when you check in. Be sure to wear the wristband for the duration of the ride.
5. **Bike Number:** please attach your event ID to your bike.
6. **Route/Cue Sheet:** courses are marked with signs at all turns and major intersections. Download the route to your GPS or print a copy of the route sheet for your route and bring it with you on the ride. <http://bikethecoast.eventmediainc.com/course-maps/>
7. **SAG Stop River Route:** SAG stops at Foussat and Buchanan Park.
8. **SAG Stop Coastal Route:** SAG stops appear every 12-13 miles. They are located at Moonlight Beach in Encinitas and Performance Bikes in Sorrento Valley. There is SAG at Seagaze at 50 miles for the 100-mile route only, which includes a lunch, at the start of the second loop.
9. **T-Shirts, Jerseys, and Hats:** Bike the Coast clothing and merchandise will be available for purchase on Friday & Saturday at the Expo. The Expo closes at 5:00pm.
10. **Finisher's Award:** all riders will receive a Finishers Award after the finish. Awards and Lunch Food Coupons will be available at the Awards and Coupons tent in the Expo after the ride.
11. **Taste the Coast Food Coupons:** all registered riders who participate in the event will receive \$5 in coupons for food from "Taste the Coast" food vendors. Please bring additional money for food, and for the Beer Garden.
12. **Finish Party and Expo:** join us! Everyone is invited; this event is open to the public.
13. **Bike Valet Parking:** Free & safe bike parking just past the finish line. Leave your bike, take a bracelet, and enjoy the expo!
 - a. TIPPING FOR THE OCEANSIDE BIKE COMMITTEE RECOMMENDED!
 - b. **DO NOT LEAVE EASILY-REMOVABLE ELECTRONICS (GPS, ETC.) ON BIKE HANDLEBARS**
14. **Beer Garden:** everyone 21 years and older with a valid photo ID will be admitted to the Beer Garden. The Beer Garden benefits nolah.net (Rebuilding Homes, Restoring Communities)
15. **Start and Finish:** under the Pier on the Strand (Oceanside Pier, CA 92054)
16. **Parking:** exit I-5 at Mission Ave, and head west. There will be free and all-day paid parking. Do not park in 4-hour lots or red zones. <http://bikethecoast.eventmediainc.com/parking/>
17. **Closing Time:** the course and Taste the Coast Expo are closed at 5:00pm
18. **Support:** there are on-course mechanical & SAG aid as well as SAG/aid stations.
 - a. For serious emergencies during the ride, call 911
 - b. For mechanical breakdowns, if race vehicle has not stopped for you, call the event dispatcher at **(760)519-1410**. This is an answering service and we will attend to your needs as quickly as possible.
19. **Back-up Plan:** please arrange with family/friends to be picked up if you can't finish the ride. The ride shuttle is slow and can take a while before it reaches any given SAG stop.

PLEASE READ CAREFULLY AND FOLLOW

- This is a bike ride, not a race, and is held on OPEN ROADS with motor vehicles.
- All riders must follow the rules of the road, as defined in the California Vehicle Code:
- **Stop at ALL stop signs and lights, and ride within the bike lanes unless passing.**
- All riders must ride on the right-hand side of the road, not ride across the centerline, and should ride single file.
- **Follow traffic laws:** please do not be ticketed as Police and Sheriffs patrol this route during event day – WATCH FOR “TICKET ZONE” signs.
- Participants must follow all instructions of law enforcement and/or fire officials
Public safety vehicles have the right-of-way at all times!
- Riders agree to wear approved helmets while riding the bike in this event.
- All riders MUST have a helmet-number and wristband on the course for safety and access to SAG.
- Ride Marshalls will be on bicycles on the course
 - They will be wearing vests
 - They are cyclists like you, and are present to encourage safe and legal riding and to increase your safety
 - Please follow their advice, if offered
- We strongly suggest you bring at least TWO water bottles FULL of water/fluid as well as a cell phone.
- Use the toilets provided at the SAG Stops only, please!
- If a rider is unable to continue, he/she should move to a safe place off the road and signal a race vehicle for assistance, or call the dispatcher number: **(760)519-1410**
- Wearing earbuds of headphones in both ears is prohibited

PLEASE RIDE SAFELY AND BE CONSIDERATE OF OTHERS

- HAVE A WONDERFUL DAY ON THE BIKE! -