

Rider Instructions – 2015 Bike The Coast Bike Ride

PLEASE READ THE FOLLOWING INFORMATION CLOSELY

1. The **2015 Bike The Coast** ride will be held on Saturday October 10, 2015, rain or shine.
2. **CHECK-IN:** You must check-in to pick up your bike number and course ID wristband
 - a. **Friday Oct 9:** Bandshell, Oceanside Pier between noon and 7:00pm.
 - b. **Saturday Oct 10:** Betty's Lot at Seagaze St. and The Strand, south of the Oceanside Pier, between 5:30am and 9:00am. Please walk/bike only on Seagaze Drive, TURN RIGHT
3. You must claim your number **before the start time of your wave**. Check-in times:
 - a. 100 mile ride between 5:30am and 6:45am
 - b. 25 & 50 mile ride between 7:00am and 8:00am
 - c. 7 & 15 mile ride between 8:00am and 9:00am
4. **Wave Start Times:** Faster riders should try to get to the first wave of their distance.
 - a. 100 mile ride between 6:30am (Civil Dawn) and 7:20am
 - b. 50 mile ride at 7:00am
 - c. 25 mile ride at 8:10am
 - d. 7 & 15 mile ride departs at 9:00-9:15am with Celebrity Lead Riders
5. **Walk-Up Registrations:** online registration closes at 11:59pm on Monday Oct 5. If spots are still available, unregistered riders will be able to register at the Band
6. Shellon Friday Oct 9 between noon-7pm, or at Betty's Lot on Saturday Oct 10 from 5:30am-9am. First-come, first-served.
7. **Waivers:** all riders MUST sign a waiver at check-in before receiving a number.
8. **Packet Pickup for Friends and Family:** please present the information below to claim a packet for a friend or family member:
 - a. Copy of the registrant's Driver's License
 - b. Waiver, signed by the registrant
 - c. Download the waiver at <http://bikethecoast.eventmediainc.com/files/2015/10/BTC15AWRL.pdf>
9. **Wristband:** you will receive a colored wristband when you check in. The wristband will get you into the aid stations on the course for which you have registered.
10. **Bike Number:** please attach your bike number (self-adhesive strip on back) to the top tube of your bike. The telephone number for dispatch is printed on the name sticker on your number.
11. **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/>
12. **SAG Stops:** SAG stops are every 12-13 miles. They are located at Moonlight Beach in Encinitas and Performance Bikes in Sorrento Valley. There is SAG at Seagaze and The Strand at 50 miles for the 100-mile route only, which includes a lunch, at the start of the second loop.
13. **Pre-purchased Clothing:** pick up your order at the Merchandise Booth from 12-7pm on Friday Oct 9 or Saturday Oct 10 from 6am-4pm.
14. **T-Shirts, Jerseys, and Hats:** Bike the Coast clothing and merchandise will be available for purchase on Friday & Saturday at the Expo.
15. **Finisher's Award:** all riders will receive a Finishers Medal. Medals, and Lunch Food Coupons will be available at the Medals and Coupons tent in the Expo after the ride.

16. **Taste the Coast Food Coupons:** all registered riders who participate in the event will receive \$5 coupons for food from “Taste the Coast” food vendors. Please bring additional money for food, and for the Beer Garden
17. **Finish Party and Expo:** join us! Everyone is invited; this event is open to the public.
18. **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**
19. **Beer Garden:** everyone 21 years and older with a valid photo ID will be admitted to the Beer Garden. The Beer Garden benefits the San Diego County Bicycle Coalition
20. **Start and Finish:** under the Pier on the Strand (Oceanside Pier, CA 92054)
21. **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/>
22. **Closing Time:** the course and Taste the Coast Expo are closed at 5:00pm
23. **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)542-8709. This is an answering service and we will attend to your needs as quickly as possible.
24. **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

- **Follow traffic laws:** please do not be ticketed as Police and Sheriffs patrol this route.
- 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**
- Riders agree to wear approved helmets while riding the bike in this event.
- All riders MUST have a bike number and wristband on the course for safety and access to SAG.
- We strongly suggest you bring at least TWO water bottles FULL of water/fluid as well as a cell phone. In consideration of your safety, do not wear earpieces in both ears during the ride.
- Participants must follow all instructions of law enforcement and/or fire officials
 - **Public safety vehicles have the right-of-way at all times!**
- 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
- Use the toilets provided at the SAG Stops only, please!
- All riders must ride on the right-hand side of the road, not ride across the centerline, and should ride single file
- 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)542-8709.

**PLEASE RIDE SAFELY AND BE CONSIDERATE OF OTHERS
HAVE A WONDERFUL DAY ON THE BIKE**