

## Rider Instructions - 2016 San Diego Century Bicycle Tour

### PLEASE READ THE FOLLOWING INFORMATION CLOSELY!

1. The **2016 San Diego Century Bike Ride** will be held on Saturday May 21, 2016, **rain or shine**.
2. You must **check in** and pick up your bike number and course ID wristband
  - **FRIDAY May 20** – Revolution Bike Store, 235 S. Coast Highway 101, Solana Beach from noon to 7:00pm. Parking is available at CVS Pharmacy, one block south of Revolution.
  - **SATURDAY May 21** – MiraCosta College (MCC), 3333 Manchester Avenue, Cardiff (Encinitas) between 6:00am and 8:00am
3. **ON-LINE REGISTRATION IS CLOSED.** Riders not yet entered will be able to late register at Revolution Bike Store on Friday noon-7pm or MCC on Saturday 6am-8am IF NOT SOLD OUT. First come, first served.
4. **WAIVERS** - All riders MUST sign two waivers at check-in before being issued a number. Download the [2016 San Diego Century Event Waiver](#) and the [County of San Diego Waiver](#)
5. **FRIENDS AND FAMILY PICK-UP** - Packets MAY be picked-up for pre-registrants if they present the following at Packet Pick-up/Registration:
  - a) A copy of the Driver License of the registrant
  - b) Two (2) printed, signed waivers.Download the [2016 San Diego Century Event Waiver](#) and the [County of San Diego Waiver](#)
6. **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.
7. **BIKE NUMBER** – please attach bike number (self-adhesive strip on back) to the top tube of your bike. The telephone number for dispatch is printed on your number.
8. **ROUTE/CUE SHEET** - Courses are marked with signs at all turns and major intersections. Please print a copy of the route sheet for your route and bring it with you on the ride. Please go to the website at <http://sandiegocentury.eventmediainc.com/course-maps/> to download the Course Map and Course Description/Mileage Points.
9. **PRE-PURCHASED CLOTHING** - Pick up your order at the Merchandise Booth during registration 12-7pm on Friday or on Saturday 6am-4pm.
10. **SDC T-SHIRT, JERSEY & HAT** - Logoed SDC clothing will be available for purchase Friday & Saturday at the Expo.
11. **FINISHERS AWARD** - All riders receive a medal after crossing the Finish Line.
12. **TASTE THE HILLS FINISH PARTY** - All registered riders who participate in the event will receive \$5 in coupons for food from “Taste the Hills” gourmet food trucks. You will receive them with your medal upon finishing. **PLEASE BRING EXTRA MONEY WITH YOU FOR ADDITIONAL FOOD PURCHASES.**
13. **PARKING** – Free Parking is provided at MiraCosta College (start/finish), the Greek Orthodox Church, Redeemer Episcopalian Church and Encinitas Country Day School (all within 1/2 mile of the start). Follow instructions of parking monitors. MCC opens at 5:00am and is full by 6:30am. Greek Orthodox opens when MCC is full and is full by 7:00am. Redeemer starts after Greek Orthodox closes and after that Encinitas Country Day opens. If you arrive after 7:15-7:30am you may have to park at Encinitas Country Day, which closes **for the weekend** at 2:00pm. Or you can park on El Camino Real.

**14. START TIME – RIDERS WILL BE SENT OFF IN WAVE STARTS**

- 6:00am - First 105 mile wave released
- 6:45am - Last 105 mile wave
- 6:45am - First 67 mile wave
- 7:15am - Last 67 mile wave
- 7:15am - First 33 mile wave
- 7:30am - Last 33 mile wave

**15. CLOSING TIMES – The finish is CLOSED AT 5:30PM.**

Aid SAG stations along the course will close earlier:

- 16 mile @ 10:30am
- 29 mile @ 11:30am
- 42 mile @ 12:30pm
- 66 mile @ 3:30pm
- 80 mile @ 4:30pm

Riders unable to maintain pace on the course should make personal provisions for aid and SAG to be available past these times. See #16.

**16. SUPPORT -** There are on-course mechanical & SAG aid as well as SAG/aid stations.

- For **serious emergencies** during the ride, call 911
- For **mechanical breakdowns**, call or text the **event dispatcher at (760)542-8709** if the race vehicle has not stopped for you. This is an answering service and we will attend to your needs as quickly as possible.

**17. BACK-UP PLAN -** Please make arrangements 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:**

- This is a BIKE RIDE not a race and is held on an OPEN ROAD with motor vehicles. All riders must follow the RULES OF THE ROAD and all regulations as defined in the California vehicle code.
- Participants must follow all instructions of law enforcement and/or fire officials. All Public Safety vehicles have right of way at all times.
- All riders MUST be wearing an approved bike helmet on course.
- 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.
- Use the toilets provided at the SAG Stops only, please!
- All riders must stay on the right hand side of the road, not cross the centerline and should ride single file.
- If a rider cannot continue, he/she should move to a safe place off the road and signal a race vehicle for assistance OR CALL THE NUMBER PROVIDED.
- Wearing earbuds of headphones in both ears is prohibited

**PLEASE RIDE SAFELY AND BE CONSIDERATE OF OTHERS**

**- HAVE A WONDERFUL DAY ON THE BIKE! –**