



POINT LOMA ROTARY CLUB
SERVING OUR COMMUNITY SINCE 1950



Family Ride

Rider's Guide



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About Ride the Point

Thank you for signing up to “Ride the Point” in support of pancreatic cancer research. The official name for the ride is the Jim Krause Memorial Charity Bicycle Tour of Point Loma. Jim Krause was a long-time resident of Point Loma, an avid cyclist, and a member of the Point Loma Rotary Club. He succumbed to pancreatic cancer, leaving a great legacy of service to the community. In his memory, his family and many friends are sponsoring the ride to highlight the beautiful cycling areas around Point Loma and surrounding neighborhoods, promote a healthy lifestyle, and raise awareness of pancreatic cancer.

This is an all-volunteer event, and proceeds will stay in the local community to fund pancreatic cancer research at UC San Diego Moores Cancer Center and other civic projects. Pancreatic cancer is the 4th leading cause of cancer-related deaths in both men and women. The overall 5-year survival for patients diagnosed with this disease is only 5.6 percent, and research over the past few decades has done little to improve these statistics. To address this need, a team of researchers at UC San Diego Moores Cancer Center is dedicated to the development and translation of new discoveries that will improve the outcome for patients with pancreatic cancer. You can learn more about Moores Cancer Center at <http://cancer.ucsd.edu>.

For over 60 years the Point Loma Rotary Club has participated in local, national, and international service projects. Local civic projects supported include leadership programs at local schools, Boy Scouts, YMCA, Point Loma Library, Point Loma Summer Concerts, Children’s Hospital, Humane Society, Meals on Wheels, Holiday Helping Hands, Shelter Box, Clean Water for Fiji, and Polio Plus. For more information on the Point Loma Rotary Club, visit www.pointlomarotary.org.

We hope you enjoy the ride, and let us know if there is anything we can do to make it better –

Sincerely,
Richard Stakelum, Ed.D.
Event Director



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Family Ride Event Schedule

Saturday November 14, 2015

6:00 am – Parking Lot Opens

7:00 am – Registration Begins

7:45 am – Opening Ceremonies

8:00 am – Ride Starts

10:00 am – Ride Ends

Participants are invited to join us at the after ride
expo in the North Promenade.



General Information

Safety

This is a ride not a race. **Riders are required to follow all traffic and safety regulations.** All riders must wear a helmet and other rider safety gear. Bike paths are open to other traffic including bikes, joggers, and pedestrians. All riders are required to have health insurance and carry cell phones. In case of accident, riders should call 911 for assistance.

Participants will ride single file on sidewalks and should adjust speed based on path conditions and traffic patterns. San Diego Police Department traffic controllers will be present at the start, finish, and at major intersections. Riders are required to follow traffic controller and volunteer instructions to ensure safety during the ride.

Security

Participants are required to present a valid picture ID at check-in and carry it with them throughout the ride. Riders are required to clearly display race sticker numbers on front of helmet, on bikes, and pinned to their backs throughout the ride.

Liability Waivers

Riders are required to sign the Participant Release Form which will be available at check-in. Parents or guardians must sign liability waivers for minors. Please bring signed form to registration and check-in.



Rider Code of Conduct

CODE OF CONDUCT

Safety is a core value on RIDE THE POINT. Your behavior will affect not only your safety, but the safety of those around you and the perceptions of the communities we ride through. We want each and every one of you to make it back safely to Liberty Station. !

The following is a list of safety guidelines and our Code of Conduct. All participants must understand and adhere to these guidelines on official training rides and on the event. Violation of any of these rules could jeopardize your participation in RIDE THE POINT, the safety of your fellow participants, and the future of the event.

1. Bicycles are vehicles under the California Vehicle Code and you are subject to all the rules and regulations of that code. Obey all traffic laws, traffic signals and signs. When on public streets ride as far to the right as is safely possible. Assume car drivers cannot see you.
2. Stop at all stop signs and stop lights unless instructed otherwise by SDPD Traffic Control officers.
3. Wear your helmet at all times when on your bicycle. This includes while riding in Rest Stops.
4. Ride single file and leave at least one bike length between you and the rider in front of you. No drafting. No pacelines. This is a RIDE not a RACE.
5. Communicate your intentions. Use verbal alerts to point out potential vehicle hazards. Use hand signals to indicate right turn, left turn, stopping or slowing. Alert others to potential hazards by pointing and/or calling out in a loud, outside voice.
6. Look behind you before passing to make sure it is clear. Pass only when it is safe to do so and pass only on the left. When passing, call out loudly, "On your left!"
7. Never wear headphones or ear buds while on your bike. The use of cell phones, iPods, mp3 players, radios, walkie talkies, handheld cameras or video cameras, or any other electronic device is prohibited while riding.
8. Control your bicycle: Keep at least one hand on the handlebars at all times.
9. RIDE THE POINT is an alcohol- and drug-free event. Do not consume alcohol or use recreational drugs on the ride.
10. Emergency Procedures: If an accident occurs requiring medical services, call 911 immediately and direct traffic around the scene. Get the participant's name and wait for emergency personnel to arrive. Do not move an injured person if they are unable to move themselves. Notify a RIDE THE POINT staff member.



Before the Event

Ride Start/Finish

The Family Ride will start and finish at the USS Recruit in Liberty Station next to the Homewood Suites hotel. **When driving to the event, please enter Liberty Station on Laning Road.**

Driving Directions

From Airport – take Harbor Drive North towards Point Loma; turn right into Liberty Station on Laning Road; turn right into Starbucks parking lot, continue past shops; USS Recruit is on the right.

I-5 N - take Pacific Highway exit; bear left onto Barnett Street; turn left onto Rosecrans; turn left on Laning Road; turn left in first drive after crossing Cushing Rd; continue past shops; USS Recruit is on the right.

I-5 S - take Rosecrans exit 20; turn left on Laning Road; turn left in first drive after crossing Cushing Rd; continue past shops; USS Recruit is on the right.

I-8 W - take Rosecrans exit; turn left on Laning Road; turn left in first drive after crossing Cushing Rd; continue past shops; USS Recruit is on the right.

Parking

Please use parking lot behind USS Recruit.

Registration Area

Registration and check-in area is located at the USS Recruit. See diagram on next page.



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11/9/2015



Things to Bring

- Bike
- Helmet
- Water Bottle
- Sunglasses
- Valid ID
- Cell Phone
- Credit Card for Purchases
- Cash for Raffle
- Camera
- Sunscreen
- Signed RTP Liability Release



Before the Ride

Registration

Registration and check-in will open at 7:00 am on the day of the event at the USS Recruit and close at 8:30 am. Participants will be directed to the waiver station to sign waivers and identify bib numbers. **REMINDER – do not enter the registration line before signing waivers and obtaining bib number.**

A parent or guardian must sign a waiver for each minor, and no minors will be allowed to ride without an accompanying parent or guardian. Participants must produce a valid photo ID and waivers to check-in.

Upon check-in, participants will be given ride numbers for helmet, back, and bike and directed to the start area.

Restrooms

Portable restrooms will be located near parking area. Other restrooms are located along the path.



During the Ride

Ride Start

Riders will be lined up along the path beside the USS Recruit. There will be a wave start beginning at 8:00 am.

Route Marking

Course Marshals in purple event t-shirts will be at major intersections and turns to assist riders. Ride Marshals wearing purple labels will lead and trail the rides, and will also be embedded with riders throughout the route.

Rest Stations

There will be a Rest Station providing water, fruit, and energy bars at the Cancer Survivors Memorial park. Station will also have first aid kits, pumps, and assorted tubes for quick repairs.

Support and Gear (SAG)

There will be a sweep vehicle to pick up stragglers and those needing aid. Riders will be given a number at registration to call in case assistance is needed.

Course Closures

Due to legal agreements and availability of volunteers, the Family Ride course cut off time is 10am. The intent is to ensure a safe ride at a reasonable pace.

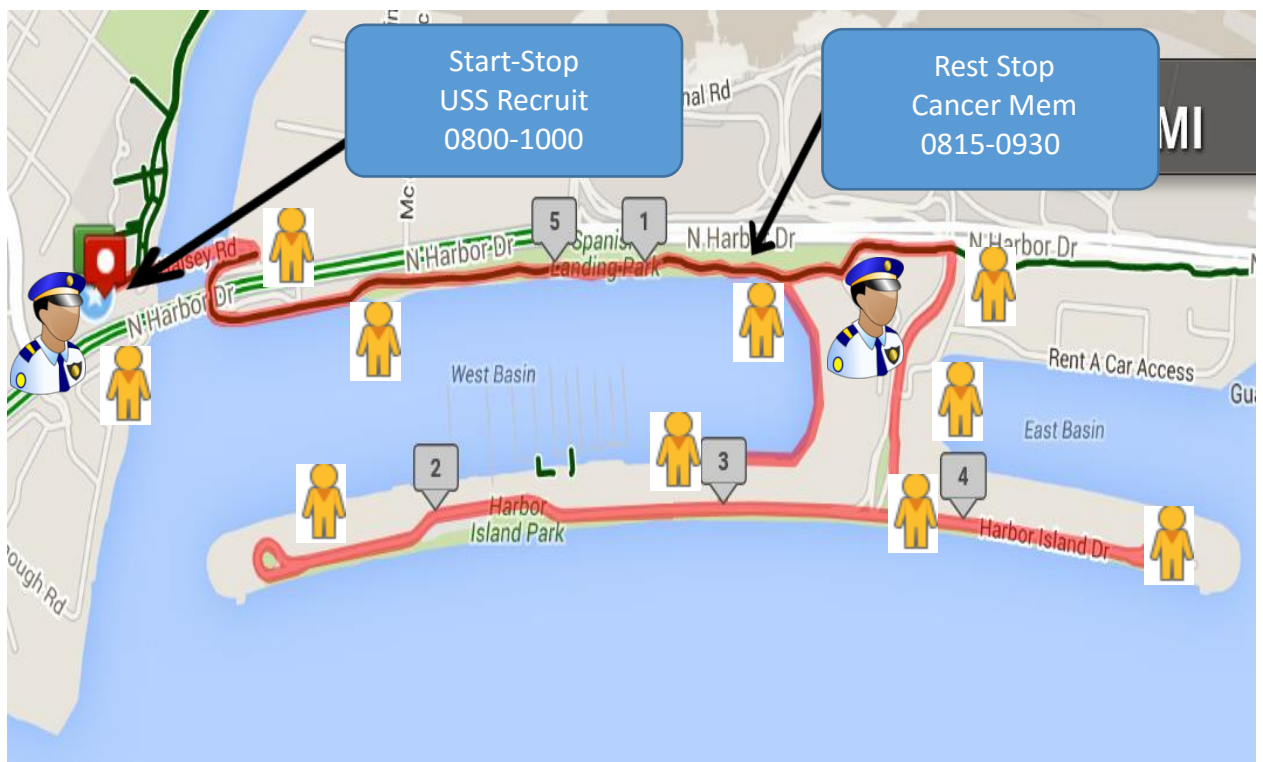
Ride Finish

The finish line is located in at the USS Recruit.



Family Ride Route

The Family ride will leave the USS Recruit and ride across Nimitz Bridge. It transits the Maritime Museum construction site onto Spanish Landing. It turns right onto the Sheraton Hotel property and follows the sidewalk along the bay to Harbor Island Drive. Once on Harbor Island, it transits the sidewalks along Harbor Island Park until the intersection on Harbor Drive. Take a left at the cross walk on Harbor Drive and return via Spanish Landing. See Family Route map below.



**** Family Riders MUST ride on sidewalks in a single file!***



After the Ride

Medals

Participants will be presented a limited edition Ride the Point event medal upon return to the finish area.

Check-out

Riders are required to check-out upon finishing the ride.

SWAG

Participants will be presented a bag with promotional and discount items at the expo area.

T-shirt

Participants will be presented a limited edition Ride the Point event T-shirt at the expo area.

Health Lifestyle Expo

There will be a healthy lifestyle expo from 9:00 am until 2:00 pm in the North Promenade. There will be vendors, fun activities for families, and live Music provided by Paul Hartley Band. A memory wall and photo booth are available for after-ride photos.

There is a silent auction for an heirloom handmade Jim Krause Memorial Ride the Point quilt. Bidders can sign up on the bid sheet if interested in buying this beautiful work of art, bidding begins at \$650.

There will also be a raffle for prizes, tickets are \$5 for 1 or 5 for \$20. Winners will be announced periodically and you must be present to win.



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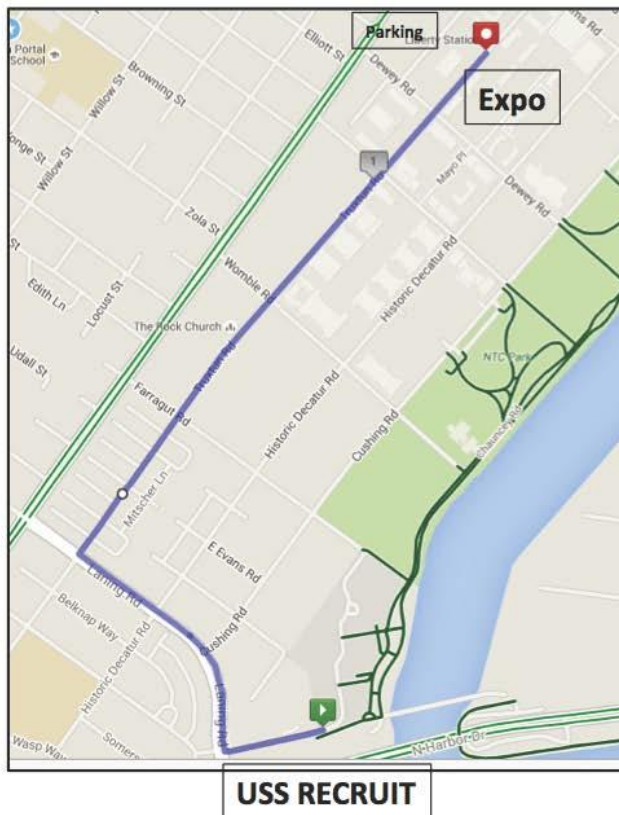
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Participants can also purchase event jerseys and hats with cash, check, or credit card.

100% of funds raised during the event are charitable contributions to the Point Loma Rotary Endowment Fund.

See map below for directions to the North Promenade Expo:



Head out of the parking lot towards
Laning Rd

Turn right onto Laning Rd

Turn right on Truxtun Rd
(third stop sign)

Continue straight, crossing
Farragut, Womble, Roosevelt, and
Dewey

Turn left into the parking lot on the
left, across from the California
State Parks Office

Walk towards the North
Promenade, between Truxtun Rd
and Historic Decatur Rd



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Thanks to Our Sponsors

Thank you
Point Loma Rotary Club
for supporting and
serving our community
for over 65 years.



The San Diego
Foundation
Growing a Vibrant Region

SDFoundation.org