Point Loma Rotary Club

Serving our community Since 1950

Rider's Guide

POINT LOMA ROTARY CLUB
SERVING OUR COMMUNITY SINCE 1950

Table of Contents

- About Ride the Point 3
- Event Schedule 4
- General Information 5
- Before the Event 7
- Things to Bring 10
- Before the Ride 11
- During the Ride 12
- After the Ride 16
- Sponsors 18
- Supporters 19
- Vendors 20

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About Ride the Point

Thank you for signing up to "Ride the Point" in support of pancreatic cancer research. The Point Loma Rotary Club is proud to host 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 past president 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. Ride the Point 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. With your support we have raised over $100,000 for pancreatic cancer research

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, Scouting, 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

Event Schedule

Friday November 9, 2018

1:00 pm – 6:00 pm Registration & Packet Pick-up

6:00 pm – VIP Reception

Saturday November 10, 2018

5:00 am – Parking Opens

5:45 am – Registration & Packet Pick-up

6:45 am – Opening Ceremonies

7:00 am – Metric & 25 Mile Ride Wave Start

8:00 am – Family Ride Start

8:00 am – Naval Submarine Base Point Loma Access Close – Detour Canon St

9:00 am – Expo Begins

10:00 am – Lunch & Beer Garden Opens

2:00 pm – Expo & Entertainment Ends

2:00 pm – SAG Support Ends

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. All roads and bike paths are open to other traffic including cars, bikes, 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 be riding in traffic and should adjust speed based on road conditions and traffic patterns. San Diego Police Department traffic controllers will be present at the start and finish, riders are required to follow traffic controller 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 numbers on front of bicycle and on helmet throughout the ride. **Riders will be required to pull off the road before entering Naval Submarine Base Point Loma to <u>show a picture ID</u>. There is no stopping, deviating from marked route, or photography allowed while on the base.**

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. 25/62 mile riders must also sign the Naval Submarine Base Point Loma waiver. Please bring signed forms to registration and check-in.

Photography

Event photographers will be stationed throughout the route, individual pictures will be available after the event on the Endurance Sport Photo web site**. Photography is not allowed on Naval Submarine Base Point Loma,**

and riders wearing GoPro or other wearable video or photography equipment must remove them during this portion of the route.

Restrooms

Portable restrooms will be located near registration and ride start. Other restrooms are located along the routes. Restrooms are located near every Aid Station. VIP restrooms are located in Oggi's Restaurant.

Types of Riders

Ride the Point is designed to meet the needs of a wide variety of riders:

VIP – The VIP category is open to anyone who chooses to contribute more for pancreatic cancer research. VIP benefits includes: VIP Reception, event jersey, concierge services, VIP parking, first start, luncheon, and special SWAG.

Metric Century – The 62 mile route is designed for experienced riders only with Category 5 climbs, KOM/QOM segment, and in-traffic riding.

Enthusiast – The 25 mile route is designed for the recreational rider with one hill climb and the rest of the route either downhill or on the flat.

Family Ride – The 10 mile route is designed for beginners and is on off-road bike trails and sidewalks. Riders are not allowed on streets for safety.

Before the Event

Ride Start/End

Ride will start and end in the Oggi's parking lot in Liberty Station. For GPS directions, use address: 2562 Laning Road San Diego, CA 92106. **When driving to the event, please drive to the parking area on Cushing Road where volunteers will direct you to the registration and start area.**

Transportation

Event is conveniently located near the San Diego International Airport and is accessible from major freeways.

Driving Directions to Start/Finish

From Airport – turn right onto Harbor Drive; after crossing bridge, turn right into Liberty Station on Laning Road; take the first right into the South Point shopping center. Oggi's parking lot will be on the left after passing the roundabout.

I-5 N – take Pacific Highway exit; bear left onto Barnett Street; turn left onto Rosecrans; turn left onto into Liberty Station on Laning Road; take the third left into the South Point shopping center. Oggi's parking lot will be on the left after passing the roundabout.

I-5 S – take Rosecrans exit 20; turn left onto Nimitz Blvd; turn left onto Harbor Drive; turn left into Liberty Station on Laning Road; take the first right into the South Point shopping center. Oggi's parking lot will be on the left after passing the roundabout.

I-8 W – take Ocean Beach exit; bear left onto Nimitz Blvd; turn left onto Harbor Drive; turn left into Liberty Station on Laning Road; take the first right into the South Point shopping center. Oggi's parking lot will be on the left after passing the roundabout.

VIP Parking

VIP parking is behind the USS Recruit – follow the directions to the start area; turn right behind the stern of the USS Recruit; follow the road around the starboard side of the USS Recruit.

General Parking

Enter Liberty Station on Laning Road and turn onto Cushing Road. General parking will be on the right in NTC Park with overflow in parking lot across Cushing Road. Follow the NTC Park bike path to the event start area. Parking near the start line is restricted to not affect local businesses and Conference Center.

Registration & Packet Pick-up

Packet pick-up will be available at Oggi's on Friday from noon until 6:00 pm and the day of the event from 6:00-7:00 am. VIP rider packet delivery will be arranged by the VIP Concierge prior to the event or at the VIP Reception Friday night. The registration and check-in area is located in the Oggi's parking lot. See diagram below.

Vendor Parking
Bike Parking
Start
Food
Registration
Family Ride
25/62 Mile
Media
VIP & Volunteer Parking
Rose's Nails
Ogg's Pizza & Pub Point Loma
Subway
USS RECRUIT
Harbor Greek Cafe
Smashburger
Starbucks
Issara Thai
Sushiya
N Harbor Dr

Things to Bring

- Bike
- Helmet
- Cycling Shoes
- Water Bottle
- Sunglasses
- Hand Pump
- CO2 Cartridges
- Spare Tubes
- Tool Kit
- **Valid Photo ID – required for Naval Submarine Base Point Loma access**
- Cell Phone
- GPS Device
- Credit Card for Purchases
- Cash for Raffle
- Camera
- Sunscreen
- After-ride Footwear
- Change of Clothes
- Signed RTP Liability Release
- Signed Navy Liability Release

* Moment Bicycles will provide pre-ride bike repairs.

Before the Ride

Registration & Check-In

Registration and check-in will open at 6:00 am on the day of the event in Oggi's parking lot and close at 8:00 am. Secure bicycle parking is available in the registration area, we appreciate riders not bringing their bikes to the waiver and registration lines. Participants will be directed to the waiver station to sign waivers and identify bib number. **REMINDER – do not enter the registration line before signing both waivers and obtaining bib number.** Once signed waivers are in hand and bib number determined, participants will be directed into the correct check-in line. Participants MUST produce a valid photo ID and waivers to check-in.

There will be several registration tables based on the ride option. There will be one table for VIP riders, and tables for the 25/62 mile riders arranged by registrant bib number. Upon check-in, participants will be given ride numbers for bike and helmet and directed to the start area.

There will also be a special table for same day registrations. Portions of the route are closed to same-day registrants and late starters. Parts of the route located on federal property on Point Loma will not be open after 9:00 am. Late starters and same-day registrants will be provided a detour route that bypasses the closed sections of the route.

Family Ride Registration & Check-In

Family ride registration and check will occur from 7:00 am to 8:00 am in the same location and process as above. Family riders will only need to sign the Participant Waiver. Parents and/or guardians must fill out a waiver for each minor participant.

During the Ride

Ride Start

25/62 mile riders will be lined up in lanes in the Oggi's parking lot. There will be a wave start beginning at 7:00 am. Order of start is VIP, followed immediately by other riders by class (A, B, C, D). Wave frequency will depend on vehicle traffic and riding conditions.

Route Marking

Highly recommend all participants download electronic route maps from Ride with GPS and set their device for turn-by-turn directions. Cue sheets and maps of routes will be available at registration. Routes will be clearly marked with yellow road arrows; signs and/or yellow arrow tape will mark turns. Course Marshals in event t-shirts will be at major intersections and turns to assist riders. Ride Marshals will lead and trail the rides and will also be embedded with riders throughout the route.

Aid Stations

There will be 5 Aid Stations along the 25/62 mile route providing water, Vitalyte Energy Drink, fruit, and energy bars. Stations will also have first aid kits, pumps, and assorted tubes for quick repairs. Rest stop #2 will also support a clothes drop in case riders want to drop excess cool weather clothing for pick-up at the bike corral the end of ride expo. The below table lists the locations and operation times of the Rest Stations.

Rest Stops/Water Stop

No.	Location	Hours Open
#1	Cabrillo Monument Visitors Center	7:00 - 8:30
#2	Robb Field (OB)	7:30 - 13:00
#3	North Mission Bay	7:45 - 9:45
#4	River Conservancy (out and back)	8:30 - 12:00
#5	Mission Trails Visitors Center	8:45 - 11:15

Support and Gear (SAG)

Moment Bicycles will provide bike repair assistance at the start and will have a repair van on call throughout the ride. There will be 3 sweep vehicles on different legs of the ride to pick up stragglers and those needing aid. Riders will be given a number at registration to call in case assistance is needed.

King of the Mountain (KOM)/Queen of the Mountain (QOM)

There will be a timed event from the Point Loma Tide Pools parking lot to the top of Cabrillo Road where the Stop Sign Ahead sign is located. Time trial participants must have Ride with GPS loaded on their Smart phone or GPS device and register on the web site.

The fastest timed male and female riders will be crowned Ride the Point 2018 KOM and QOM and will receive an event jersey. Check in with Timing tent before and after the ride for assistance and results. Results will be announced at the after ride expo during the noon presentations. For those using a GPS device other than Ride with GPS, GPX files must be loaded into Ride with GPS prior to noon to be considered for KOM/QOM competition.

Course Closures

Due to legal agreements and availability of volunteers, the below course cut-off times are provided so that riders can accurately gauge the level of support available on each leg of the route. Each cut-off area has an associated detour so riders can continue the ride, but at a reduced mileage. The intent is to ensure a safe ride at a reasonable pace.

Mile #	Location	Advisory
2.5 mi.	Rosecrans & Kellogg St (Navy base Gate)	8:00
5.0 mi.	Cabrillo Monument main gate	8:20
23.0 mi.	Pacific Hwy and OB bike path	9:45
28.3 mi.	River Conservancy Rest Area (outbound)	10:15
30.7 mi.	Mission Gorge and Zion St	10:45
33.8 mi.	Mission Trails Park West Entrance	11:00
51.3 mi.	Pacific Hwy and OB bike path (to the west)	12:30

Ride Finish

The finish line is located in the Oggi's parking lot. The 25 mile and Metric riders should continue down Harbor Dr and take a right turn into Spanish Landing; follow the bike trail around to USS Recruit.

Family Ride

The Family Ride will start and finish in the Oggi's parking lot, cross the street and ride along the USS Recruit. The ride will have a leading, follower, and supporting Ride Marshals. The ride is single file along the sidewalks of Harbor Island. SDTC will be stationed at cross streets. The Aid Station is located at the Cancer Survivor's Memorial and Rest rooms are available along the route. The route goes across the NTC bridge, Spanish Landing, and Harbor Island. Route Marshals will line the route at various point to provide direction and aid as needed.

RIDER 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 during 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 Traffic Control.

3. Wear your helmet at all times including 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. Yield and be courteous to pedestrians – your behavior represents the bicycling community and should leave a positive impression on participants and non-participants.

10. RIDE THE POINT is an alcohol- and drug-free event. Do not consume alcohol or use recreational drugs on the ride.

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 and Director at (619) 709-7087.

After the Ride

Finish Area

The finish area is just beyond the inflatable arch and in front of the inflatable Rotary Wheel in the Oggi's parking of Liberty Station. **Riders must dismount after crossing the archway.**

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. VIP check-out table will be located at the left entrance to Stone Brewery.

SWAG

Participants will be presented a bag with promotional and discount items upon check-out at the finish area.

T-shirt

Participants will be presented a limited edition Ride the Point event T-shirt upon check-out at the finish area.

Bike Corral

Participants can check their bikes into the Bike Corral while they attend the Expo, beer garden, or luncheon. Helmet numbers are your bike receipt.

Luncheon/Beer Garden

Riders will be directed to the Luncheon or Beer Garden at the end of the ride. The pre-paid and VIP luncheon bracelets and will be available at the entrance to Oggi's. Bibs have a tab that can be used for a free beer.

Health Lifestyle Expo

There will be a healthy lifestyle expo from 9:00 am until 2:00 pm in the Oggi's parking lot adjacent to the finish line. There will be vendors, fun activities for families, and a memory wall and photo booth available for after-ride photos.

There will also be a raffle for prizes, tickets are $5 for 6 or 25 for $20. Tickets can also be obtained by visiting the expo vendors. Please write your bib number on ticket when depositing in drawing container. Winners will be announced periodically and you do not have to be present to win.

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

Thanks to Our Sponsors

Stump's Family Marketplace	RXBAR	SDBC San Diego Bicycle Club	Second Chance	San Diego Gulls	Diamond environmental services 1998 20th 2018
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Yoga Arts	Vitalyte Sports Nutrition	Port of San Diego	Sycuan Band of the Kumeyaay Nation	Point Loma Credit Union Guiding you to your future.	the Y Peninsula Family YMCA YMCA of San Diego County
Top Jolt Cycle San Diego	Oggi's Sports | Brewhouse | Pizza	The Hobbery Motive is the Public Good MDCCCL	Moment Bicycles	K.Haggård Design	Alden MC
Patio					

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Thanks to Our Vendors

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