

bike MS WELCOME TO Bike MS LOS ANGELES

Los Angeles
2018

Weekend Timeline

SATURDAY, June 2nd

4:00—8:00 pm – Bike Corral is Open to Leave Bikes Overnight

4:00—8:00 pm Packet Pick Up Party at Brookside Golf & Country Club (1133 Rosemont Ave, Pasadena 91103)

Sponsored by Wescom Credit Union

6:30pm Opening Remarks & Most Inspirational Rider Award

SUNDAY, June 3rd

6:00 am – Site Opens (Breakfast, Bike Tech Services, etc.)

6:00 am - Light continental breakfast & coffee available

7:00 am - 100 Mile Cyclists to start line (no amplified sound is allowed so will be silent start)

7:15 am - ALL 100 Mile Cyclists must depart

8:00 am – Opening Ceremonies for 55 Mile & 30 Mile Cyclists

8:15 am – ALL Riders Depart

10:30 am to 12:30 pm – Lunch Open at site

11:00 am to 6:00 pm – VIP Lounge Open in UCLA Locker Room

11:00 am to 6:00 pm – Massage & Showers Open in Visitor Side Locker Room , VIP Lounge Open , Dinner, and Beer Garden Open

11:00 am to 7:00 pm – Vendor Expo, Dinner, and Beer Garden Open

4:00 pm – Jersey Fashion Show

6:00 pm – Route Closes - ALL Cyclists must be off Route

7:00 pm – Festival Area Closes

Fundraising Deadline

Fundraise \$1000 for a Prize Jersey

Fundraise \$2000 for a Top Fundraiser Jersey



You have until **July 30, 2018** to keep fundraising!



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On-Course Rider Services

Bike MS Emergency Number: 323-909-BIKE (2453)

Route Cues

Don't forget to pick up your route cues on Sunday morning at check-in! Although we are diligent about marking the route, arrows are sometimes moved or removed. To ensure you don't get lost, please pick up and follow your cues.

SAG Vehicles

Support and Gear vehicles are on the course to help those in need. For the safety of our riders and because of the narrowness of the route, personal SAG vehicles are not allowed. To signal a SAG vehicle, move off the road and out of the path of other riders, give a thumbs down or cross your arms over your head if there is an emergency.

Bike Mechanics

Mechanics will be on hand throughout the duration of the event for those in need of assistance. Repairs will be free of charge but you will need to cover the cost of any additional parts. Please be prepared to handle your own minor repairs, such as fixing flat tires. Bring tubs and tools.

Medical Service

Medics will be available at all rest stops and will have basic first aid items on hand. An EMT and volunteer medics will be available at the finish line. In case of an emergency, dial 911.

Rest Stops

Rest Stops along the route vary in distance from one another, check your route cues for distance between stops. Make sure you fuel up at the rest stops and use the bathroom, even if you don't have to. Check your route cues for exact locations and closing times. Each rest stop has a variety of food and drinks, a medical and a bike mechanic. Take care of yourself!

Rest Stop Timeline

RS #	Route	Rest Stop	Open Times
Water Stop 1	33	Field Elementary School	9:00am - 10:00am
1	33/55/100	Boys and Girls Club of Monrovia	8:00am - 10:30am
2	100	Paved Cut Out	8:30am - 11:45am
3	100	Oaks Picnic Area	9:00am - 12:00pm
Water Stop 2	100	Cut Out	9:15am - 12:30pm
4 & 6 (Lunch)	55/100	Glendora High School	9:30am - 4:30pm
5	100	Badillo Elementary School	10:30am - 3:30pm
7	33/55/100	Santa Anita Park Parking Lot I	9:15am - 6:00pm

ENTIRE ROUTE CLOSSES AT 6PM