

# Bike MS: COASTAL CHALLENGE



RIDER'S 2012 MANUAL

# WELCOME TO BIKE MS COASTAL CHALLENGE 2012

Thank you for everything you've done to get to this point! This will be an unforgettable adventure!  
Now, for the nuts and bolts of what you need to know:

- Check in for **ALL RIDERS** is 6:00 - 7:30 am
- Start time for **ALL RIDERS** is 7:30 - 8:30 am

**PACKET PICK-UPS** – Get your Participant Packet early! PLEASE NOTE: **You can only pick up your packet and you will need to bring your ID.**

- Saturday, September 22nd 11am-3pm  
National MS Society Office – 2440 S.  
Sepulveda Blvd. LA, CA 90064
- Wednesday, September 26th 4pm-8pm -  
Cynergy Cycles, 2300 Santa Monica Blvd.,  
Santa Monica, CA 90404
- Friday, October 5th 4pm-8pm – Marriott  
2055 E. Harbor Blvd. Ventura, CA 93001

**SATURDAY NIGHT FESTIVITIES!** After the Festival officially closes down on Saturday night (7pm) join us for some “after hours” festivities at the camp site.

**OKTOBERFEST THEME!** Pull on your lederhosen and oom-papa your way to Coastal Challenge! Decorate your team tent! Dress up! Whip out your accordion.



## RULES OF THE ROAD

Your safety is #1 at Bike MS events! Please read the following safety related information to help prepare yourself for a fun, SAFE, and enjoyable weekend. The Bike MS: Coastal Challenge Ride is conducted on open roads with vehicular traffic and thus you are subject to all traffic laws. Roads include both marked and unmarked hazards. Though we go to great lengths to make the ride as safe as possible, always remember that safety is in your own hands and please ride by these rules:

- You must wear a helmet at all times –  
NO EXCEPTIONS
- Carry ID and relevant medical information
- Rules of the road apply; same rights and duties as the driver of any other vehicle.

**OBEY ALL TRAFFIC SIGNALS!**

- Ride single file at all times
- Do not impede traffic
- Ride as far right as reasonable
- Obey all traffic lights, signs, and regulations
- Pass on the left only. Announce “on your left” before passing
- Use hand signals to indicate road hazards, stopping, slowing, right, and left turns
- Prepare properly – eat, hydrate, and plan for sudden changes in weather conditions
- Respect others: riders, volunteers, host communities, motorists, pedestrians, law enforcement, and the environment

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Riding safely and considerately is vital to your enjoyment and the safety of other riders. The future of cycling events in California depends on your cooperation with the rules above.

**Please Remember, DO:**

- Make eye contact with drivers
- Never assume motorists see you or that you have the right-of-way
- Expect the unexpected; your first responsibility is to avoid a crash
- Cross railroad tracks at a right angle
- Give course marshals your full cooperation
- Pull off the road completely when you stop. Being on the road, especially at rest stops, creates a hazard for both riders and drivers.

**Please Remember, DO NOT:**

- Wear headphones
- Draft behind cars
- Talk on the phone while riding

**WEATHER POLICY**

The event goes on rain or shine, so please plan accordingly!

**EMERGENCY NUMBER**

In case of emergency, dial 911 and then call Bike MS Dispatch at 310.481.1148. For non-emergency assistance, just dial MS Dispatch at 310.481.1148.

**FUNDRAISING REMINDER**

The fundraising requirement is \$350, regardless of age or route. This is in addition to the registration fee you paid at the time of registration. All participants **MUST** turn in this fundraising minimum by the day of the event (October 6, 2012) in order to participate in the ride. All donations received by October 31, 2012 are eligible for fundraising prizes and rankings.

**Under 18 Riders**

The minimum age requirement to participate in Bike MS : Coastal Challenge is 12 years old. If you are between 12 and 18, however, you will need to provide a notarized waiver prior to your participation in the bike event. Call us for a waiver to take to the notary.

**EVENT LOCATION**

San Buenaventura Park  
901 San Pedro St., Ventura, CA 93001

**PARKING**

Parking is available at San Buenaventura Park for \$10 (cash only) per vehicle per day. Overnight campers can purchase a pass for \$10 at any Packet Pick-up. Park hours are from 5:30am – 7:00pm. Street parking is also available.

**MEALS**

Continental breakfast will be served on Saturday and a hot breakfast will greet you on Sunday morning. We will also be serving lunch and dinner on both days of the ride. Snacks and drinks will be available at all rest stops. If you have special dietary needs please make sure to pack accordingly. Friends and family may make a donation at the Festival to receive meal tickets.

**SHOWERS**

Showers will be available on Saturday from 10:30am to 8:00pm and 11:00am to 3:00pm on Sunday at San Buenaventura State Beach. Please make sure to bring all of your toiletries.

**PACKING LIST**

Riding gear/stuff to carry with you on your bike

- Personal ID
- Rider and bike number  
(included in rider packet received at check-in)
- Emergency cash or credit card
- Car keys
- Cell phone
- Comfortable cycling shoes and socks
- Cycling jersey and padded bike shorts
- Helmet (REQUIRED TO RIDE)
- Sunglasses and sunscreen



- Lip balm
- Water bottles
- Tire pump, patch kit, spare tube
- Medications you may need
- Arm warmers/leg warmers
- Cycling gloves
- Windbreaker

### Personal items

- Toiletries
- Towel & washcloth
- Festival gear
- Change of clothes
- Jacket or sweatshirt Overnight gear (if camping)
- Tent
- Sleeping bag, sleeping pad
- Headlamp or flashlight

### RIDER WRISTBAND

If you have chosen the vegetarian option for your meals, you will receive a green wristband. Please bring ID to receive your Beer and Wine Garden wristband at the Festival. (Only riders who are 21 years of age and over are permitted to drink alcohol.)

### TEAM PHOTOS

Individual pictures will be taken each day, by our on-course photographer. Rider pictures will be available at [www.VelolImages.com](http://www.VelolImages.com) after the event.

Team pictures will be taken on Saturday morning between 6:00am and 6:45am and in the afternoon between 4:30pm and 7:00pm at the San Buenaventura State Beach festival area. These are the only two time slots for team photos so get your team together to capture the moment! Make sure to bring your own team sign.

### ON-COURSE RIDER SERVICES

#### Route Marking

There will be signage and/or volunteers on the road to direct you along the course. Since there are multiple

courses that share the same route, please make sure to follow directions for the correct course and always refer to your route slip. More specific information about this will be given before Ride Out.

### SAG Vehicles

If you (and your bike) need a lift up a hill, to the next Rest Stop, or to the daily finish, we will have several "SAG wagons" on the course each day to take you there. SAG vehicles are identified by a SAG vehicle sign on the side of each vehicle. To signal a SAG vehicle, follow these three steps: (1) move off the road and out of the path of other riders, (2) dismount and stand near your bike, and (3) use the "thumbs down" signal for the SAG vehicle. SAG vehicles will, generally, be available on the route and at Rest Stops. At peak hours, SAG vehicles may be full. Please have patience; another SAG vehicle will be by soon.

### Rest Stops

Rest Stops are located approximately every 10-16 miles throughout the course. Check your route map for exact locations. Be sure to stop, get a snack, use the restroom, and refill your water bottles. Each Rest Stop is staffed by volunteers handing out food and drinks.

### Bicycle 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 parts. Please be prepared to handle your own minor repairs - i.e. flat tires.

Thanks to our bike shop partners for providing us with skilled and friendly bike techs!

Newbury Park Bicycle Shop

Cynergy Cycles

Bike Effect

Westlake Cyclery

Win's Wheels

Ventura Bike Depot - Look for Bike Tech Jim! He will be riding alongside you.

## DAY BY DAY SCHEDULE

### Friday, October 5<sup>th</sup>

4:00pm - 8:00pm  
 Packet Pickup - Marriott Hotel  
 Rally and Free Pasta Dinner  
 sponsored by "Together in MS"  
 Marriott Ventura  
 2055 East Harbor Blvd., Ventura, CA 93001

### Saturday, October 6<sup>th</sup>

6:00 am	Bike Corral Opens
6:00 am - 7:30 am	Check-in opens for all riders
5:30 am - 9:00 am	Breakfast served
6:00 am - 6:45 am	Team photos
7:00 am	Opening ceremonies
7:30 am - 8:30 am	<b>ALL RIDERS DEPART</b> (30, 65 & 100 mile)
11:00 am - 7:00 pm	Festival & Expo open
12:00 pm - 6:00 pm	Food available at Festival
12:00 pm - 6:00 pm	Beer/Wine Garden open
1:00 pm	Tricycle race
10:30 am - 8:00 pm	Showers available at the San Buenaventura Park
3:00 pm	Beer stein relay
4:00 pm	Pretzel Toss championship
4:30 pm - 7:00 pm	Team photos
5:00 pm	Tricycle race
6:00 pm	Awards ceremony
7:00pm	Festival area & bike corral close Join us at the campground

### Sunday, October 7<sup>th</sup>

6:00 am	Bike Corral Opens
6:30 am - 8:00 am	Breakfast served
7:30 am - 8:30 am	<b>ALL RIDERS DEPART</b> (35, 60 mile)
10:00 am - 3:00 pm	Finish line entertainment & lunch
11:00 am - 3:00 pm	Showers available at the San Buenaventura Park

Thank you! Have a wonderful and safe Bike MS 2012!

## THANK YOU TO OUR GENEROUS SPONSORS

of Bike MS Coastal Challenge 2012!

Presenting



Honda of Thousand Oaks



Bike Shop Partners

