

## **EVENT DAY - ARRIVAL AND CHECK IN**

**Saturday, April 14**  
**Staggered start times**

**Del Mar Fairgrounds - Paddock**  
**2260 Jimmy Durante Blvd.**  
**Del Mar, CA 92014**

### **Directions and Parking**

1. From Interstate 5, take the Via de la Valle exit and head west (a left turn from the freeway exit if you are northbound; a right turn if you are southbound).
2. Follow Via De La Valle and turn left into the **Solana Gate Entrance**.
3. Follow American Diabetes Association event signs directing you to participant parking. **(NOTE: Spectator parking is \$14 cash or card after 8:00am)**

### **Arrival and Check-In**

All riders are encouraged to arrive at least one hour before their designated start time. This ensures you have enough time before the ride begins to pick up your packet and turn in donations (if you have not already done so), as well as enjoy the start line festivities. Coffee and light snacks will be provided complimentary to registered riders.

<b>Route</b>	<b>Check-In:</b>	<b>Start:</b>
Century	5:00am	6:00am
63 Mile	6:00am	7:00am
30 Mile	8:00am	9:00am
5k Walk/Run	9:00am	10:00am
12 Mile	9:30am	10:30am

### **In order to receive your rider packet, you must:**

- **Raise the \$200 fundraising minimum (\$50 for participants 15 and under)**

**Turn in a completed Collection Envelope (available at Check In) with any remaining donations you may have**

### **Route Safety**

In case of an emergency always dial 911. In cases where emergency care is not necessary please call **Net Control at 619-248-8860** (this number is also found on the wristband you received at packet pick up). We have multiple resources to help you along the route. Here are the following Route Support options:

### **SAG (Support & Gear)**

These vehicles will be clearly marked and will patrol each route.

### **Route Closure and Cutoff**

The route closure time is 3:30pm. All cyclists must be finished by 3:30pm. All riders are asked to maintain a minimum 12.5 mph pace to complete their designated route in the time allotted.

### **Rest Stops**

We have provided multiple rest stops along the different routes. You will be able to find refreshments, basic first aid, a bike mechanic and restrooms at each rest stop.

### **Refreshments**

Red Riders, please remember to test throughout the day. The following items will be available at rest stops: Gatorade, water, bananas, oranges, peanut butter crackers, string cheese, Stabilize bars, Pickle Juice, glucose tablets & shots, salt, candy and juice.

## **EVENT DAY - AT THE FINISH LINE**

Join us for the party at the Finish Line! We will provide a healthy street taco lunch to all riders at no charge. Champions will receive a ticket for a free drink of their choice. A limited number of lunches may be purchased by non-riders for \$5/taco, \$5 for rice/beans/chips/salsa. **Cash, debit/credit card payments accepted for lunch and beverage purchases.** Here are a few more fun activities you can expect when you return:

- Live entertainment by Natural Selection from 11:30am – 1:30pm
- Champions VIP/Top Fundraiser Exclusive Area
- Health and Wellness Expo
- Baja Mex Street Taco Buffet and cash bar inside “17 Hands”
- Top Team Areas (\$5,000+)
- Living Red Appreciation Station
- Inflatable jumpy house for kids

## **RIDE SMART, RIDE SAFE**

A smart rider is a safe rider. Nothing is more important to us than your safety, so we’ve put in place everything we can to make sure you have a safe ride. You can do your part by following some simple rules of the road.

**Bike condition.** A properly tuned bike will set you up for a great experience on event day. We encourage riders to visit a qualified bike mechanic prior to the event to ensure your bike is in proper condition. Mechanics will address your bike’s tires, wheels, brakes, brake pads, chains, pedals, shifting mechanisms, brake levers, handle bars, saddle height and handle bar grips.

**Wear your helmet!** There’s no room for negotiation here. Helmets must be worn at all times while on your bike.

**Obey all traffic laws.** CHP will have a strong presence on all routes and will ticket riders who do not obey traffic laws. Bicycles should be treated just like any other vehicle on the road. The State of California legally treats bicycles the same as cars. This means you must stop at all stop signs and obey all traffic lights. Slowing down and rolling through an intersection (even when making a right turn) because there are no visible vehicles coming is NOT a stop!

**Use hand signals to indicate turns and stops.** Make the signal well before you turn or stop so you have time to return your hand to the handlebars.

**Ride single file.** We’re sharing the road with other vehicles. Keep single file so that others on the road can safely pass you. (And no drafting! If you don’t know what drafting is, that’s ok. That means you won’t do it.)

**Pass only on the left.** When passing another rider, take the following steps:

- 1) Check behind you to make sure there are no vehicles or other riders coming up from behind.
- 2) Pull out to the left of the rider you are going to pass.
- 3) Call out “passing on your left” to let him or her know that you are passing.
- 4) Pass the rider and pull back into a single file line.

**Use your voice to alert other riders.** Help each other out by alerting other riders to potential dangers along the route. When you see a pothole, call out “pothole” so others will know to look out or call out “car back” to alert riders ahead of you to a car approaching from behind.

**No phone calls while riding.** Cell phone and headphone use while riding is prohibited. If you need to make a call or answer your cell phone, pull off to the side of the road and dismount your bike before using the phone.

**Get out of the way when stopping.** If you need to stop at the side of the road, make sure you get far enough to be out of the way of other riders. Two easy signals will let SAG vehicles or bike mechanic volunteers know whether or not you need help. To indicate that everything is OK and you do not need assistance, hold the "thumbs up" sign. To indicate that you need help, raise your arms over your head and cross them at the forearm. This will let the route support team know that they should stop to help.

**Top eight things to bring to Tour:**

1. \$200 fundraising minimum (turned in on/before event)
2. Completed [Event](#) and [County of San Diego](#) Waiver
3. Your helmet. No helmet = no ride!
4. A well-tuned bike. Pack a spare tube, patch kit, pump and tire tools.
5. Medications and/or glucose meter and supplies. Carry your ID, a credit card/cash, and insurance cards.
6. Water bottle
7. Parent/guardian if under 18
8. Appropriate clothing. We ride, run and walk, rain or shine!