

FINAL RIDER INSTRUCTIONS

3rd Annual 2011 ELLSWORTH BICYCLES FIESTA METRIC CENTURY, Sat, Jun 11, '11

WELCOME to the Fiesta Metric Century. Thanks for joining us! For your safety, carefully read these instructions. Ride takes place **rain or shine**. Please check the [website](#) for any last-minute changes.

1. **Packet Pick up/Registration:** Riders may pick up rider packets, or register in-person, on **Fri, Jun 10, at the [Hampton Inn San Diego-Downtown](#)** located at 1531 Pacific Hwy, right across the street from the Start/Finish, from Noon to 8:00 P.M., or on **Sat, Jun 11 at the Start/Finish in the south lot of the San Diego County Offices Bldg, 1600 Pacific Hwy** from 6:00 - 7:30 A.M. Riders may pick up friend's packets with written permission (such as a printed email). See item # 14 regarding San Diego Waiver. Please arrive with full water bottles.
2. **Jerseys/T-shirts:** Riders who **purchased** a jersey on or before Apr 15, '11 will receive them at packet pick up. Jerseys **purchased** after Apr 15 will be in the 2nd production run to be mailed in Aug. Optional T-shirts will be available at packet pick-up.
3. **Bike Inspection:** All riders must individually insure their bicycle is mechanically sound and equipped with working brakes and fully serviceable wheels and tires. **WE STRONGLY RECOMMEND every rider get a professional bicycle tune-up and safety inspection prior to the ride. Replace any questionable components, especially tires!**
4. **Mechanic Support:** Bike Mobile, [Anywhere Bicycle Repair](#), and [Traction Bicycles](#) will be at the Start on Sat. At 7:00 A.M. they begin roving the course. Please pay them directly for any parts.
5. **Wristbands:** Loosely affix your enclosed wristband(s) to either wrist.
Red/White/Blue: Long Course pass to Rest Stops/Buffer. Validated at RS#3 for Full Course.
Yellow: Short Course pass to Rest Stops/Buffer. Short Course riders may not ride Full Metric.
Orange Smiles: Optional *extra* post-ride Mexican buffet pass. Removed after receiving meal.
6. **Bib Numbers:** Bib#'s (aka, helmet #'s) are assigned to each rider and are posted on the shadowtour.com website under "[Rider Lists](#)". To save time, locate your Bib# before arriving at packet pick-up. A cross-referenced Alpha Roster will be posted at packet pick-up.
7. **Full Metric Century Finishers Recognition:** **Full Course riders** (not Short Course) who complete the 62-mi route must have wristbands validated at RS#3 **and check-in w/vols** at the finish to record completion. Names/Cities of Full Metric Century Finishers will be posted online.
8. **Ride Photos:** [SportActionPhotos.com](#) is providing photography services. They post photos for purchase online by Bib#. Please affix your number on the **front** of your helmet before starting.
9. **Helmets/Safety:** Riders must wear a serviceable Snell-approved helmet while riding. **This is a "Rules of the Road" event. NO ROADS ARE CLOSED!** Share the road by riding on the far right side of the road, single file, and obey all traffic laws. Never gesture at, or harass, motorists.
10. **Red Zones:** **RED ZONES** are potentially hazardous areas. Use **EXTRA CAUTION**, reduce speed to max of 20 MPH, stay as far to the right as safely possible, and always ride single-file.
Red Zones for outbound & return sections of the routes:
Harbor Dr: Watch for old railroad tracks. To safely cross, slow down, aim front wheel at 90-degree angle (t-bone technique), or just stop and walk bike over tracks.
Bikepath: Watch for other riders & walkers in both directions. Use extra caution at entrances.
San Miguel Rd/Proctor Valley Rd: Narrow roads, stay as far to right as possible.
Otay Lakes Rd: Higher vehicle traffic at faster speeds. Use **extreme caution**, stay to right, ride single-file. Stop only at Rest Stop #3, at Thousand Trails.
11. **Parking:** Parking in the south lot of the San Diego County Offices Bldg is free for the day to participants on a "1st Come, 1st Served" basis. When the contracted portion of the lot is full, riders may park at a special rate of \$6/day. Ace Parking will be controlling parking. In the downtown area, **always park legally** and don't block business or residence driveways. Carpooling is strongly encouraged. Vehicles may not enter, or park in, the Start/Finish lane.

12. **Start Times:** Start window is 6:30 – 7:30 A.M. The City of San Diego requires wave starts of approximately 25 riders, beginning at 6:30 A.M. about every 3 minutes until 7:30 A.M. We strongly recommend Full Course 62-mile riders **DEPART AS EARLY AS POSSIBLE**.
13. **Weather:** Weather forecasts will be posted on the Shadow Tour website as the event nears. Temperatures will be much warmer inland, so be sure to drink lots of water at all Rest Stops.
14. **San Diego County Waivers:** All Riders & Volunteers must download, complete, and sign a [San Diego County Liability Waiver](#) at packet pick-up. This is a strict San Diego County requirement. If picking up a friend's packet, they must still complete and sign the waiver form prior to starting.
15. **Timeline and Time Cutoffs (Sat, Jun 11, '11):**

6:00 - 7:30 A.M.	Registration/Package Pick-up in south lot of SD County Offices Bldg
6:30 - 7:30 A.M.	Wave starts of 25 riders at 3-minute intervals
10:30 A.M.-1:30 P.M.	Post-ride Mexican Buffet in Start/Finish area
10:30 A.M.	Rest Stop #2, at Lower Otay Lakes, closes
11:30 A.M.	Rest Stop #3, at Thousand Trails, closes
Noon	Mandatory turnaround; all riders must be returning to Start/Finish
1:00 P.M.	Rest Stop #1/#4, at Bonita Plaza Sweetwater bike path entrance, closes
2:00 P.M:	Course and Fiesta officially closes. All riders must be off the bike course.
16. **Routes:** This ride is an out-and-back course, designed to allow you to ride any of the following distances with full support. Orange arrows on the road are the primary markers for the route.
 - 20 mile course: To Rest Stop #1, near mile 9, and back to Start/Finish
 - 45 mile course: To Rest Stop #2, near mile 23, left on Otay Lakes Rd, and back to Start/Finish
 - 62 mile course: To Rest Stop #3, near mile 32, and back to Start/Finish
17. **Rest Stops:** Four static Rest Stops support riders going out and coming back and provide opportunities to re-hydrate, carb up, and get course info. All Rest Stops have floor pumps, 1st Aid Kits, and a small supply of tire tubes. Always position bikes completely off main roads.
 - Rest Stop #1 (7:00 A.M. – 1:00 P.M.): At Bonita Plaza entrance to Sweetwater Bikepath (mile 9)
 - Rest Stop #2 (8:00 – 10:30 A.M.): On Wueste Rd (mile 23) in Lower Otay Lakes boat landing/park
 - Rest Stop #3 (8:30 – 11:30 A.M.): On Otay Lakes Rd, (mile 32) at Thousand Trails Store
 - Rest Stop #4 (7:00 A.M. – 1:00 P.M.): At Bonita Plaza entrance to Sweetwater Bikepath (mile 52)
18. **Route Markings/Cue Sheets:** Orange arrows on the road, signs & traffic cones with yellow arrows are used to mark course turns. Riders also receive a Cue Sheet and Course Strip Map.
19. **SAG Support:** Marked SAG vehicles will be roaming the course marked with orange magnetic signs. Wave them down if you have a mechanical problem, need water, or need assistance.
20. **Included Lunch:** All paid riders receive an included post-ride Mexican Buffet at the Start/Finish. Buffet is open 10:30 A.M. - 1:30 P.M. Cost for **extra** meals is \$15 in advance and \$18 on Sat.
21. **Trash:** **Please keep all your on-route trash.** Trash bags are located at all rest stops.
22. **Ride Momentos:** A limited supply of Jerseys and T-shirts will be on sale in Start/Finish area. Paid riders receive a Custom Fiesta Finishers Medal at the Finish Line and Pin at packet pick-up.
23. **Sponsors/Vols:** Our sincere **Thanks** to **Ellsworth Bicycles, Scripps Health, World Cycles, Team in Training, and all sponsors, exhibitors, and volunteers.** Volunteers are giving up their weekend to help you enjoy yours. Be courteous and let 'em know you appreciate them!
24. **Course Marshals:** Course Marshals are identified by Yellow Vests. Most volunteers are trained only with their station's operation. For higher support, ask for a Course Marshal.
25. **Share the Road:** **Ride single file at all times and stay alert for passing vehicles. Give extra room, if safely possible.** Ride to the right of the white line when safe to do so. Keep your cool if motorists honk, or behave aggressively. Use care and watch road surface for hazards.
26. **Emergency Numbers:** For emergencies dial 911. For mechanical/minor issues on the course, call one of the following Shadow Tour Staff/Vols: Jim (Staff) 858-692-6220; Matt (Traction Bicycles) 619-379-5150; Stu (Anywhere Bicycle Repair) 619-227-8646.