

FINAL RIDER INSTRUCTIONS

6th Annual FIESTA METRIC CENTURY, Sat, Jun 7th, 2014

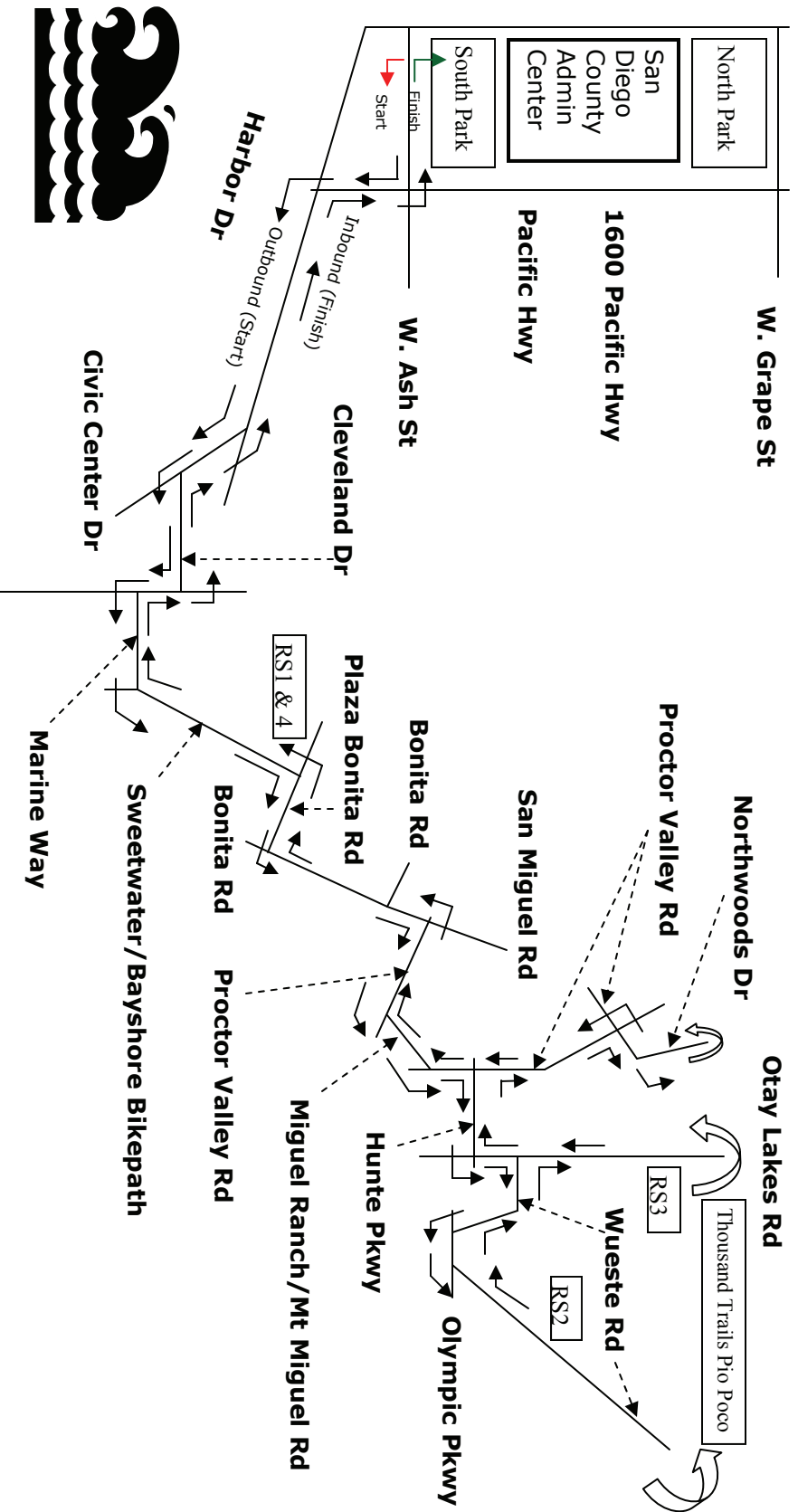
WELCOME to the Fiesta Metric Century! Thanks for joining us! For your safety, carefully read these instructions. Ride takes place **rain or shine**. Please check the [website](#) any last-minute changes.

1. **Safety: SAFETY IS PARAMOUNT!** Everyone must be Alert & Focused at all times. **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, point out obstacles to riders following closely behind you, and obey all traffic laws. Never gesture at, or harass, motorists. All riders must wear a bike helmet.
2. **Packet Pick up/Registration:** Riders may pick up rider packets, or register in-person, on **Fri, Jun 6, at the [Hampton Inn San Diego-Downtown](#)** located at 1531 Pacific Hwy, across the street from the Start/Finish, from Noon to 8:00 P.M., or on **Sat, Jun 7, at the Start/Finish on the southwest lawn of the Waterfront Park at SD Cty Ofcs Bldg, 1600 Pacific Hwy** (facing Bay) 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 Waivers. Please arrive with full water bottles.
3. **Jerseys/T-shirts:** Riders who **pre-purchased** Fiesta Metric Jerseys/T-shirts will receive them at packet pick up. Jerseys may also be purchased directly through Voler, see website for details. Limited quantities of Jerseys & T-shirts will be for sale at the event.
4. **Bike Inspection:** All riders must individually insure their bicycle is mechanically sound and equipped with working brakes & fully serviceable wheels/tires. **WE STRONGLY RECOMMEND every rider get a professional bicycle tune-up & safety inspection prior to the ride.** Replace questionable components, *especially tires!* Secure your bike **at all times** at the venue.
5. **Mechanic Support:** Matt from [Traction Bicycles](#) and will be at the Start 6:00–7:00 A.M. on Sat. At 7:00 A.M. he begins roving the course. Please pay Matt directly for any parts provided.
6. **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.
 - Blue Stars:** Post-ride Mexican buffet pass. Removed after receiving meal.
7. **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.
8. **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.
9. **Ride Photos:** [SCS Photography](#) is providing photography services. They post rider photos for purchase online by Bib #. Please affix your number on the **front** of your helmet before starting.
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:** Be on high alert for old railroad tracks at miles 3 & 5.6 (Civic Center Dr). You also cross them on the return ride. To safely cross, **slow down**, aim front wheel at 90-degree angle (t-bone technique), **or just stop**, dismount, and walk bike over tracks. Follow yellow route arrows on asphalt & use extra caution, **call out & point out** railroad tracks to riders behind you!
 - Bikepath:** Watch for other riders & walkers in both directions. Use extra caution at entrances.
 - San Miguel Rd/Proctor Valley Rd:** Narrow road sections, 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 RV Resort.
11. **Parking:** The new Waterfront Park has radically changed parking availability. Limited free parking in the underground lot at the south end (Ash St) of the SD County Offices Bldg is available on Sat to paid riders, "1st Come, 1st Served". **When all passes have been issued at the lot entrance, riders may park at the normal rate of \$20/day (pay at entrance).** **Remove bicycles from roof racks before entering.** If you don't have a pre-paid pass, you will

- need to pay for parking. **Park legally Downtown!** Don't block businesses/residences. Carpooling is strongly encouraged. More ABM parking lots are located on Pacific Hwy & Broadway.
12. **Start Times:** Start window is 6:30 – 7:30 A.M. The City of San Diego requires wave starts of approximately 25 - 50 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 & Time Cutoffs (Sat, Jun 7, '14):**

5:45 A.M.	Underground Park Lot opens, at South end of Waterfront Park (Ash St.)
6:00 - 7:30 A.M.	Registration/Package Pick-up in southwest lawn area of Waterfront Park
6:30 - 7:30 A.M.	Wave starts of approximately 25 riders at 3-minute intervals
10:30 A.M.-1:30 P.M.	Post-ride Mexican Buffet in Start/Finish venue
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 Plaza Bonita Sweetwater bike path entrance, closes
2:00 P.M.	Course & event officially closes. All riders must be off the bike course.
 16. **Routes:** This ride is an out & back course, designed to allow you to ride any of the following distances with full support. Yellow route 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 22, 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 Plaza Bonita entrance to Sweetwater Bikepath (mile 9)
 - Rest Stop #2 (7:30 – 10:30 A.M.): On Wueste Rd (mile 22) in Lower Otay Lakes boat landing/park
 - Rest Stop #3 (8:00 – 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 Plaza Bonita entrance to Sweetwater Bikepath (mile 52)
 18. **Route Markings/Cue Sheets:** Yellow paper arrows on the road surface and yellow/black arrow signs 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 Moment Cycle Sport, Team Fun, and all Sponsors, Exhibitors, and Volunteers.** Vol's 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 Telephone:** For emergencies dial 911. For mechanical/minor issues on the course, call Shadow Tour Staff/Vols: Jim (Staff) 858-692-6220; Matt (Traction Bicycles) 619-379-5150.

6th Annual Fiesta Metric Century Bicycle Route Sat, Jun 7, '14. San Diego/Chula Vista, CA					
Turn-by-turn Description. YELLOW arrows on road mark all turns. Yellow/Black arrow signs & cones also mark turns.					
62 mi	45 mi	20 mi	Turn	Street	Notes
0.0	0.0	0.0	Left	W. Ash St	START: 1600 Pacific Hwy, in SD County Ofcs Bld south Waterfront Park
0.1	0.1	0.1	Right	Pacific Hwy	
0.6	0.6	0.6	Left	Harbor Drive	Watch for old RR tracks, rough road surface, and construction zone
5.2	5.2	5.2	Veer Right	Civic Center Drive	Get in left lane, make quick left turn
5.2	5.2	5.2	Left	Cleveland Avenue	Watch for old RR tracks
5.9	5.9	5.9	Right	Bay Marina Drive	Get in left lane
6.0	6.0	6.0	Left	Marina Way	Caution 4 speed bumps ahead
6.5	6.5	6.5	Left	Enter Bikepath on left	Use caution at curb/gate. Red Zone 2.5 miles. Watch for cyclists & walkers in other direction. Ride single file to right. 20 mph max.
6.6	6.6	6.6	Straight	Bikepath under freeways	Do not go left onto bridges, straight 2.5 miles to Bonita Plaza
9.0	9.0	9.0	Veer Right	Plaza Bonita Road	Pass through gate, at sidewalk Y-Intersection go right
					NOTE: 20 MILE ROUTE TURN AROUND (Skip down to mile 51.9)
9.0	9.0		Rest Stop #1	Grassy area	Outside exit from bikepath
9.2	9.2		Right	Plaza Bonita Road	Follow sidewalk, connects to Plaze Bonita Road
10.0	10.0		Left	Bonita Road	Major intersection, obey streetlights
13.2	13.2		Straight	San Miguel Rd	At stoplight, Bonita Rd turns left DO NOT GO LEFT (golf crs on left side) REMAIN STRAIGHT onto San Miguel Rd
					Red Zone next 2 mi, narrow road, use caution, stay right, single file
14.1	14.1		Right	Proctor Valley Road	Red Zone continues, narrow road, use caution, stay right, single file
14.7	14.7		Left	San Miguel Ranch Rd	Hill begins, road becomes Mt. Miguel Rd, after climb descent to major int.
16.6	16.6		Left	Proctor Valley Road	Major intersection, obey streetlights
17.6	17.6		Right	Hunte Parkway	Major intersection, obey streetlights
18.7	18.7		Left	Otay Lakes Road	Move to left lane. Major intersection, obey streetlights
19.6	19.6		Right	Wueste Rd	Road to Olympic Training Center (3-mile out-and-back)
20.4	20.4		Left	Olympic Parkway	Quick left back onto Wueste Rd
20.5	20.5		Left	Wueste Rd	To park gate. Do not enter park.
22.0	22.0		Rest Stop #2	Lower Otay Lakes Park	Proceed straight to turn around point, then return to Rest Stop #2.
22.6	22.6		Turnaround	At park gate	Use caution making u-turn
22.6	22.6		Straight	Wueste Road	
23.2	23.2		Rest Stop #2	Lower Otay Lakes Park	Right into parking lot, quick left, Rest Stop #2 to far left under trees.
25.0	25.0		Right	Olympic Parkway	
25.1	25.1		Right	Wueste Rd	
25.8			Right	Otay Lakes Road	Red Zone 13 mi , use extreme caution, ride single file to right of white line.
	25.8		Left	Otay Lakes Road	NOTE: 45 MILE ROUTE TURN LEFT (Skip down to mile 39.6)
32.2			Rest Stop #3	Thousand Trails RV	Parking lot on right side, move bicycles completely off Otay Lakes Rd
32.3			Turnaround	Thousand Trails RV	Return on Otay Lakes Rd, use caution, stay right, ride single file.
39.6	26.7		Right	Hunte Parkway	Major intersection
40.6			Right	Proctor Valley Road	Major intersection. 62-mile course turn right.
	27.7		Left	Proctor Valley Road	NOTE: 45 MILE ROUTE TURN LEFT (Skip to mile 44.3)
41.4			Right	Proctor Valley Road	Road becomes Northwoods Dr.
42.0			Turnaround	Northwoods Dr.	Turnaround at T-intesection/entrance to trail head/open space. NOTE: Locals have stolen signs & removed arrows in past (sorry!).
42.5			Left	Proctor Valley Road	
44.3	29.8		Right	Mt Miguel Road	After climb, use extreme caution on descent: uneven curb height Becomes San Miguel Ranch Rd
46.2	31.7		Right	Unmarked T-intersection	Red Zone 2 mi., caution, narrow road, ride single file to right Becomes Proctor Valley Rd
46.8	32.3		Left	San Miguel Rd	Use caution 1 mile to stoplight
47.7	33.2		Straight	Bonita Road	Becomes Bonita Rd at stoplight, golf course on right side
50.9	35.4		Right	Plaza Bonita Road	
51.9	36.4		Veer Left	Plaza Bonita Road	Move to left lane after tall "Westfield Bonita Plaza" sign, then left. Watch carefully for sidewalk entrance to Sweetwater bikepath on left
51.9	36.4	9.2	Rest Stop #4	Grassy area	Entrance to bikepath
51.9	36.4	9.2	Straight	Enter Bikepath thru gate	Red Zone 2.5 mi, caution at gate, single file, ride to right.
			Straight	Bikepath under freeways	Do not go onto bridges, watch for bumpy surfaces.
54.5	39.0	11.8	Right	Marina Way	Caution going over curb, watch for 4 speed bumps
55.0	39.5	12.3	Right	Bay Marina Dr	Quickly move to left lane
55.0	39.5	12.3	Left	Cleveland Avenue	Watch for old RR tracks
55.7	40.2	13.0	Right	Civic Center Drive	Quickly move to left lane
55.7	40.2	13.0	Left	Harbor Drive	Red Zone 4 mi, watch for old RR tracks . 20 mph max. Stay LEFT of chain barrier. Narrow bike lane, uneven surfaces on Harbor Dr. Naval Base, shipyard, convention center on left side
60.4	44.9	17.7	Right	Pacific Hwy	Major intersestion N. Harbor Dr and Pacific Hwy
60.9	45.4	18.2	Left	Ash St	Stay in right lane, look for Finish/dismount point on sidewalk.
61.1	45.6	18.4	Right	Waterfront Park South	Watch for Vol's on sidewalk. Dismount point = FINISH!



Course Strip Map

2014 Fiesta Metric Century

San Diego, California

Saturday, June 7, 2014

