PLEASE READ CAREFULLY AND FOLLOW

* Follow traffic laws: please do not be ticketed as Police and Sheriffs patrol this route.
* This is a bike ride, not a race, and is held on OPEN ROADS with motor vehicles.
* All riders must follow the rules of the road, as defined in the California Vehicle Code.
* Stop at ALL stop signs and lights, and ride within the bike lanes unless passing.
* All riders MUST be wearing an approved bike helmet on course.
* All riders MUST have a personalized bike card and wristband on the course for safety and access to SAG.
* We strongly suggest you bring at least TWO water bottles FULL of water/fluid as well as a cell phone.
* Wearing earbuds or headphones in both ears is PROHIBITED by law.
* Participants must follow all instructions of law enforcement and/or fire officials.
* Public safety vehicles have the right-of-way at all times!
* Ride Marshalls will be on bicycles on the course. They will be wearing vests. They are cyclists like you, and are present to encourage safe and legal riding and to increase your safety and reduce traffic tickets. Please follow their advice, if offered.
* Use the toilets provided at the SAG Stops only, please!
* All riders must ride on the right-hand side of the road, not ride across the centerline, and should ride single file.
* If a rider is unable to continue, he/she should move to a safe place off the road and signal a race vehicle for assistance, or call the dispatcher number provided on the bike cards.

PLEASE RIDE SAFELY AND BE CONSIDERATE OF OTHERS. HAVE A WONDERFUL DAY ON THE BIKE!

**2017 Bike The Coast Bike Ride**

1. The 2017 Bike The Coast ride will be held on Saturday November 4, 2017 rain or shine.
2. **CHECK IN** – You must check in and pick up your personalized bike card and wrist band.
FRIDAY Nov 3 – [Outside the Bandshell, Oceanside Pier](https://maps.google.com/maps/ms?msid=200332537897879679764.0004ccc560afd16b9253f&msa=0&ll=33.1952,-117.382307&spn=0.004695,0.008926) between noon and 7:00pm.
SATURDAY Nov 4 – [Betty’s Lot on The Strand](https://maps.google.com/maps/ms?msid=200332537897879679764.0004ccc560afd16b9253f&msa=0&ll=33.1952,-117.382307&spn=0.004695,0.008926), south of the Oceanside Pier, between 5:30am and 9:00am.
Please walk/bike only on Seagaze Drive, TURN RIGHT use the Strand to get to [Betty’s Lot](https://maps.google.com/maps/ms?msid=200332537897879679764.0004ccc560afd16b9253f&msa=0&ll=33.1952,-117.382307&spn=0.004695,0.008926).
3. **You MUST claim your ride number** BEFORE THE START TIME OF YOUR WAVE.
Pick up your ride number 1 hour prior to the wave start time of your distance (see wave start times below).
4. **WAVE START TIMES**– Faster riders should try to get to the first wave of their distance.
– 100 mile ride waves start at 6:50am (Civil Dawn)
– 50 mile ride waves start at 7:45am
– 25 mile ride at 8:45am
5. **Walk-Up Registrations**: online registration closes at 11:59pm on Wednesday Nov 1. If spots are still available, unregistered riders will be able to register on **Friday Nov 3** between noon-7pm outside the Junior Seau Recreation Center, or at Betty’s Lot on **Saturday Nov 4**from 5:30am-9am.  First-come, first-served.
6. **Waivers:** all riders MUST sign a waiver at check-in before receiving a number. A PRINTED and signed copy is required. Download the waiver: [Bike the Coast event Waiver](http://spectrumsportsevents.com/images/BikeTheCoast/2017/BTC17AWRL_Waiver.pdf)
7. **Packet Pickup for Friends and Family**: please present the information below to claim a packet for a pre-registrant:
	* A printed, signed Pick Up Authorization Form. Download the Authorization Form: Authorization Form
	* Copy of the registrant’s Driver’s License
	* Waiver, signed by the registrant. A PRINTED and signed copy is required. Download the waiver: [Bike the Coast event Waiver](http://spectrumsportsevents.com/images/BikeTheCoast/2017/BTC17AWRL_Waiver.pdf)
8. **Wristband:**you will receive a colored wristband when you check in. The wristband will get you into the aid stations on the course for which you have registered.
9. **Bike Card**: use twist ties to attach the card to the front of your handlebars. The telephone number for dispatch is printed on back of the card.
10. **Route/Cue Sheet:** courses are marked with signs at all turns and major intersections. Download the route to your GPS or print a copy of the route sheet for your route and bring it with you on the ride. <http://spectrumsportsevents.com/bike-the-coast>
11. **SAG Stops:** SAG stops are every 12-13 miles. They are located at Moonlight Beach in Encinitas and at Performance Bike Shop in Sorrento Valley. There is SAG at Seagaze and The Strand at 50 miles for the 100-mile route only, which includes sandwiches, at the start of the second loop.
12. **Pre-purchased Clothing:** pick up your order at the Merchandise Booth from 12-7pm on Friday or Saturday from 6am-4pm.
13. **T-Shirts, Jerseys, and Hats**: Bike the Coast clothing and merchandise will be available for purchase on Friday & Saturday at the Expo.
14. **Finisher’s Award:** all riders will receive Finishers Medal, and Food Coupons will be available at the Food Coupons tent in the Expo after the ride.
15. **Taste the Coast Food Coupons:** all registered riders who participate in the event will receive $5 coupons for food from “Taste the Coast” food vendors. Please bring additional money for food, and for the Beer Garden.
16. **Finish Party and Expo:** join us! Everyone is invited; this event is open to the public.
17. **Bike Valet Parking:** – Free & safe bike parking just past the finish line. Leave your bike, take a bracelet, and enjoy the expo!
	* TIPPING FOR THE BIKE VALET RECOMMENDED. All proceeds go to benefit NOLAH.
	* DO NOT LEAVE EASILY-REMOVABLE ELECTRONICS (GPS, ETC.) ON BIKE HANDLEBARS.
18. **Beer Garden:** everyone 21 years and older with a valid photo ID will be admitted to the Beer Garden. The Beer Garden benefits NOLAH.
19. **Start and Finish**: under the Pier on the Strand (Oceanside Pier, CA 92054)
20. **Parking:** exit I-5 at Mission Ave, and head west. There will be free and all-day paid parking. Do not park in 4-hour lots or red zones. Complete parking brochure, lots and pricing: <http://www.ci.oceanside.ca.us/civicax/filebank/blobdload.aspx?blobid=45116>
21. **Closing Time:** the course and Taste the Coast Expo are closed at 5:00pm.
22. **Support:** there are on-course mechanical & SAG aid as well as SAG/aid stations.
	* For serious emergencies during the ride, call 911.
	* For mechanical breakdowns, if race vehicle has not stopped for you, call the event dispatcher (619) 535-1825.
	* This is an answering service and we will attend to your needs as quickly as possible.
23. **Back-up Plan:** please arrange with family/friends to be picked up if you can’t finish the ride. The ride shuttle is slow and can take a while before it reaches any given SAG stop.