

RIDE THE ARTHRITIS FOUNDATION'S

# CALIFORNIA COAST CLASSIC

presented by  
**AMGEN**

**CALIFORNIA DREAMIN'**

★ 15<sup>TH</sup> CALIFORNIA COAST CLASSIC ★

**"DAY 3: MONTEREY TO BIG SUR"**



## 2015 RIDER HANDBOOK





# Table of Contents

**Introduction And Expectations ..... 3**

**Packing List ..... 6**

**Tips For Safe Cycling..... 7**

**Nutrition And Hydration Tips ..... 8**

**Rules Of The CCC Road..... 9**

**Communication On The Tour ..... 10**



# Introduction

The California Coast Classic Bicycle Tour (CCC) presented by Amgen has come a long way since its inaugural tour in 2001. Even as we look back at the changes that have taken place since that first ride, the one constant from one tour to the next is the need to communicate, as clearly as possible, what you can expect from your participation in the CCC. It is our hope that the following information will make it easier for you to prepare for the ride of a lifetime. Get ready to take the ride of a lifetime!

## GREAT EXPECTATIONS

### **What you can expect from us:**

The Arthritis Foundation has partnered with Iconic Adventures, a travel company, to assist us in day-to-day details of the tour while we are on the road. We are confident that the customer service focus will ensure that you find the time to explore and appreciate everything this tour has to offer: spectacular scenery, new friendships, challenging routes, a supportive crew, sleepy communities and life as a member of a traveling family made up of staff, volunteers and fellow riders.

In general, you can expect the following:

- Flexible, friendly and approachable crew
- A carefully designed, pre-determined route featuring eight scenic stops along the California coast
- Opening/Closing ceremonies
- Nutritious breakfasts and dinners, including vegetarian options
- Hot showers and restroom facilities each day
- Gear trucks to carry your camping equipment and personal gear
- Overnight camping accommodations. Hotel options are also available for a fee
- Daily Route Guides (DRGs) each day so you can navigate to your next destination
- Support during the day from staff and volunteers
- Technical / mechanical support and rider relief vans ensure a safe and fun ride for everyone, including a lift for the tired cyclist
- Basic emergency first-aid in each support vehicle and in end-of-day camp
- Mid-day and End-of-Day Checkpoints stocked with drinks and snacks
- Commemorative rider jersey, jacket, t-shirt and rider medallion

### **What we need from you:**

The Arthritis Foundation has designed the CCC to enable you to take full advantage of each day's riding by allowing you the freedom you desire to stop and explore each local community. We need to make the tour a safe and enjoyable one for every rider on the road, as well as for every community, volunteer, vendor and staff member involved.

**The Arthritis Foundation asks the following of each and every rider:**

- Ride legally, safely and courteously at all times
- Do not invite others to ride along with you on the tour that are not registered. This is a liability for the Arthritis Foundation and is not permitted.
- Have your bike professionally fitted to you and tuned up prior to the tour so that you can ride comfortably and energy efficiently as possible.
- Always wear your helmet when you are on your bike, even around camp.
- Make your clothing bright and visible. Remember, motorists may not expect to see you out there.
- Mirrors are strongly recommended on the tour. Use a mirror that attaches to your handlebars or helmet to increase your awareness of traffic and other cyclists.
- A taillight is mandatory. There will be some foggy mornings where this comes in handy. Make sure to purchase one before heading to SF if you don't have one already.
- Headphones are NOT PERMITTED on the tour. If you are caught wearing them, you will be asked to remove them.
- PACK LIGHT! Each rider is allowed to bring two medium sized bags (preferred) or one large bag, with a weight limit of 50 pounds that will be enforced. This does not include your tent or sleeping bag, but includes EVERYTHING else.
- Bring your gear to the gear truck each and every morning before 8:30am. This is also the time when we clear camp and drive to our next destination point.
- A white board will be displayed at end-of-day camp each day. Please be sure to read it for important information and messages.
- Be sure to sign in at midday checkpoint and end-of-day checkpoint every day. This is mandatory of all riders and essential to those of us providing your road support.
- Call the contact information located at the top of your DRG to let us know if you are off route, running late, have a problem, or need assistance.
- Alcohol may only be consumed when you have finished riding for the day.
- The CCC is a designated non-smoking event.

## THE RUDIMENTARIES

**Mechanical Services**

There is a fully stocked, mobile professional bike shop and mechanical support all along the tour. Mechanics are part of our support team. However, you are responsible for arriving at the start line with your bike in tip-top condition. Be sure to have it serviced by your local bike shop prior to your arrival in San Francisco. Along the tour, we provide the necessary basic mechanical support to keep you and your bike on the road. These services are free, but you will need to pay for all parts that are needed. Please make sure to bring the basics, such as spare tubes and CO2 cartridges.

**Emergency & Daily Communications**

Each day, the cell phone numbers for the support crew are printed at the top of your DRG. Cellular coverage can be limited in some areas, especially on day four from Big Sur to San Simeon, so if you don't get through at first, try again a little later. If for some reason you can't reach any of the road support team, call the Arthritis Foundation office at 800-954-2873 where you can speak with a live operator or have the option to leave a message.

## **Medical and Health**

It is vital that persons with medical conditions make them known to us before departure. The Arthritis Foundation has the prerogative to disqualify any rider at any time during the trip if the rider's continued participation will compromise the safety of the individual or the group. It is your responsibility, though, to ensure that you have discussed your participation in the tour with your doctor and that s/he has approved it.

Medical services provided by the staff will be emergency services only and limited to basic first-aid and life support procedures within the staff's capacity. All of the road support team and most at midday and end-of-day checkpoints are CPR certified. When possible, the tour vehicles will provide transportation to medical care facilities as needed. Local emergency transportation will be called in other cases. Each participant is responsible for costs of any medical care they receive beyond the basic services provided by our staff. Transportation home or to catch up with the ride in the event of a medical leave will be the responsibility of the rider.

## **Medical Insurance**

It is mandatory that all participants have medical insurance prior to the CCC. You must carry this information with you on the tour.

## **Personal Gear**

Each rider is responsible for bringing his/her own tent, sleeping bag and personal gear. Due to storage constraints on the gear truck and for the safety and health of the staff, each rider is limited to 50 pounds of luggage, excluding only your tent and sleeping bag. This can be divided into two medium sized bags, preferably with wheels. This weight limit will be enforced.

Do not bring valuable electronic items such as laptops and iPads, as your bags will be stacked from floor to ceiling on our trucks and fragile things can break.

Remember- you will be responsible for hauling your bag to and from the gear truck each and every day, so above anything else – make sure that it is a bag that you will be able to lift, carry and transport yourself.

## **Would I Be Ever Asked to Leave The Tour?**

We hope this to never be the case! However, the Arthritis Foundation reserves the right to ask anyone to leave the tour if their continued presence will, in our opinion, result in a negative outcome on the tour or any of the other people participating.

It is every participant's responsibility to help in this process by pointing out any behavior that isn't appropriate to the tour or the communities we travel through. If you are personally uncomfortable confronting a fellow rider or staff member, please do not hesitate to bring your concerns to the Tour Leader on the tour. S/He will be made known to you upon registering in San Francisco.



## Packing lists – what do I need?

You'd be surprised just how little you will actually need beyond the absolute basics. Laundry facilities are available along the route in a few locations so packing new clothing for each day is not necessary. Remember, you will be responsible for your bags so be sure you can lift, carry and transport everything you pack.

To simplify things, we listed the essentials below. The temperatures along the coast can range from low 50s to the 90s, so clothing layers are key!

### Apparel for riding:

- Helmet
- Gloves
- Cycling Shoes
- Padded shorts – 3 pair for the week or more
- Jerseys – 3 or more, the AF gives you one at registration
- Windbreaker (the AF provides you one)
- Socks
- Arm warmers (sold pre-tour)
- Rain gear
- Sunglasses

### Apparel for post ride:

- Shorts
- Jeans or long pants
- Shoes for walking and for showers
- Warm outerwear (hats, fleece, jackets)
- Swim suit – for the hot springs or refreshing ocean dip!

### Camping Equipment:

- Tent and insulated ground pad
- Sleeping bag
- Small pillow that inflates (or use a polar fleece!)
- Flashlight or headlamp
- Duct tape – lots of uses!
- Clothing pins to hang your damp clothes at camp
- Ear plugs if you are a light sleeper, or are next to someone that snores

### Other Essentials:

- Water bottles for your bike and around camp
- Small pump, spare tubes
- Tool kit for bike
- Bike lock for those stops along the way in town
- Any medical items you need regularly
- Sunblock (we will have extra at rest stops)
- Zip lock bags (great for keeping stuff dry)
- Towels for showers in camp – fast drying are great!
- Chammois Butt'r for those multiple days in the saddle
- Light for the back of your bike (this is mandatory)
- Laundry detergent and quarters



# Safety First On The Road

Safety is the single most important factor when considering the elements necessary to produce a successful bicycling event. It may sound crazy, but cyclists should try to make life easier for motorists. After all, it's in our self-interest to make the road a safer, more pleasant place. Here are 9 easy ways, according to Bicycling Magazine, to minimize the chance of issues on the road. These are particularly effective for new or casual cyclists who have yet to develop the necessary confidence, fitness, or bike-handling ability to be assertive in traffic.

## 9 easy ways to master safe cycling

- 1. Ride with traffic.** A bicycle is recognized as a vehicle in all 50 states, which means that cyclists are lawfully bound to ride just as if they were driving a car or a motorcycle. Cyclists have all the rights of motorists and all of the same responsibilities.
- 2. Keep right.** Barring potholes, storm gates, parked cars, glass, and other hazards, it's usually easier and safer to ride to the right. If there is no safe shoulder, however, ride as far to the left of the white road-edge line (or take the lane) as it takes to prevent drivers from attempting to squeeze past and put you in danger.
- 3. Use common sense about riding abreast.** It's enjoyable to ride side by side with a companion and carry on a conversation. Restrict your side-by-side riding to quiet, secondary roads. Even if you're alone, traffic may back up, especially on narrow, winding roads with limited visibility. Wave vehicles by when the path is clear. There is a three foot rule in California, less than 3 feet, take the lane carefully!
- 4. Don't force vehicles to re-pass you needlessly.** Let's say you're riding along a narrow, busy road and motorists are having trouble getting by. There are a half-dozen waiting at the next red light, all of whom have already patiently overtaken you. Make sure to maintain your place in line. One other courtesy at traffic lights – avoid blocking drivers who want to turn right on red.
- 5. Ride predictably.** Ride in a straight line and use hand signals and call out when turning or changing lanes. Motorists feel more comfortable dealing with cyclists who communicate their intentions.
- 6. Make yourself visible.** In conditions where motorists might not readily see you (a foggy coast morning, for example), it's a courtesy and plain good sense to wear brightly colored clothes.
- 7. Ride defensively.** Stay alert and anticipate the actions of motorists. Lift your nose off the handlebar and analyze traffic situations, just as you do when driving. One trick is to look drivers directly in the eye at intersections. How can you tell if a car is about to pull out? Watching the front wheels is the surest way to spot movement.
- 8. Be careful about “provocative” actions.** At a red light, even friendly drivers are likely to be irritated by a cyclist riding in circles in front of them. Similarly, if you lean on a vehicle at a stoplight, be aware that some drivers consider their cars extensions of themselves. You wouldn't want anyone leaning on your bike, would you?

Should a motorist cut you off or yell something at you, resist the urge to make an obscene gesture or shout profanities. You are representing the Arthritis Foundation while riding on the tour, and we want to ensure everyone is behaving as good cycling citizens! The best reaction is no reaction unless you are purposely being harassed. If so, get the license number and best description you can, and call the police from the next phone you see.

**9. Return the favor.** Cyclists appreciate little unexpected courtesies from motorists. You nod a thank-you to the driver who has the right-of-way but waves you through anyway. Try returning the favor. Who knows? That driver might look a bit more favorably on the next cyclist down the road.

Please try to follow these widely accepted, safe bicycling practices. Remember, you alone are responsible for your own safety while on your bike, so be alert at all times.

Additionally, cycling in pace-lines and after dark is prohibited on the CCC tour. This is to ensure your safety.

## FUEL YOUR CYCLING

Food is fuel, so keep your tank full. On your training rides and the tour, make sure to get enough calories and stay hydrated. Adequate hydration increases the distance you can ride. It lowers perceived effort and allows you to recover faster. Don't leave camp without at least one big bottle of water or sports drink. Remember, on the CCC we strongly suggest you have and use a minimum of two water bottles on your bike each day.

So how often should you eat and drink? The adage of "Drink before you're thirsty and eat before you're hungry" is sound advice. One rule of thumb is to take a big swig from your bottle every 15 minutes. You should consume about 20 ounces per hour, which is the content of one standard-size bottle. Drink more if it is hot and humid.

Bicycling Magazine recommends giving yourself about an hour for digestion before setting out on a ride. Then, when you are riding for two hours or more, nibble periodically throughout the ride. During the CCC, don't over eat at midday checkpoint. Your digestive system needs lots of blood to process the contents of a full stomach, which leaves less for your muscles. The result can be cramping and indigestion. The solution? Stuff your pockets, not your belly, and enjoy your snacks as you take in the scenery!

Rest is as important as time in the saddle. So, while you are on the tour, be sure to stop and rest often, just remember to keep your rest periods brief. Long rests allow muscles to cool down and you will have to warm-up all over again before continuing.

After a particularly long day of riding, take it easy the next day. We have designed the CCC to alternate long days in the saddle with shorter ones. Learn to shift down so you can get pretty good at spinning, i.e. holding your rpm's at about 90 (that is, your foot completes 90 full revolutions every minute).

Remember, the CCC is not a race and if a day is too tough because of an illness, injury or you are simply exhausted, consider taking a ride in one of the support vehicles. Just because you are not on your bike, doesn't mean you still can't be a full participant in the tour. There are lots of other important tasks that you can accomplish from the support vehicles, such as cheerleading!



# Rules for the CCC Road

## Traveling in a group

We are not simply individuals who happen to be traveling together on a bike ride; we are also a group representing the Arthritis Foundation and the bicycling community at large. For the most part, people along the way will interact with us on an individual basis, but they will react to us and remember us as a group. It is our goal to have a positive and pleasant impact everywhere we go.

## Courtesy

Every single community in which we stay puts in a considerable amount of time and energy, much more than most of us realize, to make our stay as comfortable as possible. Therefore, a simple thank you to any local person is always appreciated. If you find it easy to thank people, especially those who serve us, you will make the communities remember us as a unique and appreciative group.

## Quiet times

Quiet times at camp are 10:00 p.m. to 6:00 a.m. This time is important to the health and well being of many of your fellow riders. Also remember that other, non-California Coast Classic campers may not be ready to get up when we are getting ready to hit the road in the early morning. Please keep your voice down in public areas before 8 a.m.

## Clean-up

Because we are outside most of the time, it would be good to develop a habit of always putting your garbage in a trashcan or carrying it with you until you find one. Even a few riders can leave a mark if they are not conscious of their trash. Hopefully, we can leave every single campground cleaner than when we arrived. It's this simple: If you don't pick up after yourself, one of the staff or volunteers will have to.

## Visitors

We hope your trip will enable you to connect with people and places you haven't seen for a long time. If you are going to leave the ride to visit friends or relatives, please let us know. For logistical and financial reasons, we will have to charge your guests for all meals they have with us at cost. We need to know a month BEFORE the ride who will be joining you so we can provide our caterers with accurate headcounts. We will also do our best to provide information on local resources within each community we stay in, so please ask.

## Daily Route Guides (DRGs)

Each morning, at the gear truck, you will be given the day's DRG. The DRG has a written description on one side and a map of the route on the other. Emergency cell phone numbers will be printed along the top of the DRG. To avoid clutter, we don't include most local attractions on the DRG. Get this info at camp or when traveling.

The route outlined on the DRG is the official route and will be the only route that will be supported and serviced with our vehicles and road staff. If for some reason you choose a different route, you should inform us and make sure that you are capable of supplying whatever you will need for the day. Our vehicles cannot support you if you go off route.

## Your bike number

Every participant has a unique rider number that must be attached to both the front and rear of their bike via a colorful 5" square bike tag. This number quickly becomes a very important part of your experience. For instance, you will holler out your number to the mid-day checkpoint staff and also use it when you sign in at the end of each day. Messages will find their way to you via your number. For example, someone might ask us, "Have you seen John, he's number 49. I have a few hundred dollars I'd like to give him before sundown".



# Communications

## Keeping staff informed

Each day, we support the road until everyone is in camp and accounted for. Please use our communications systems to keep the road staff informed. Here are some particular times you should definitely call:

- You (or someone else) needs assistance, has a breakdown, has an emergency, or needs a lift.
- You are going to miss or be late getting through the midday checkpoint or end of day.
- You decide to go off route for some reason.
- You are lost or not feeling well

## The “White Board”

Look for daily information posted or written on the White Board located at check-in at end-of-day camp. Laundries, meal times, road conditions, the next day’s weather, etc. can be found on our boards. We put critical info on them, so please check the boards at least once a day.

Most of all have a great time out there! This experience is sure to be one that you remember for a lifetime, so make sure to savor every moment. On behalf of the Arthritis Foundation and the 53 million Americans that we serve, thank you for participating in the Arthritis Foundation’s California Coast Classic Bike Tour!