



**CYCLE of HOPE**  
Habitat for Humanity®  
East Bay/Silicon Valley

PRESENTED BY  
 **Patelco**  
CREDIT UNION

# 2019 ATHLETE GUIDE

Cycle of Hope is almost here, and we hope you're ready for a ride to remember. In this Athlete Guide, you'll find all the essentials you'll need to be prepared for the big day. But the most essential thing we hope you take away from Cycle of Hope is this: you are making a difference.

You're not just riding for the day. You're one of us. You're part of the movement of Habitat for Humanity, a movement that has served over 22 million people throughout the world. You are new walls raised and house keys in the hands of Habitat homeowners. You are a new lease on life and hope for the homeowners who, thanks to the repairs we make, can stay in their homes. You are the tools and skills that prepare more people for homeownership and other financial goals. You are part of the story of every Habitat family who has built and will build a stronger future because you decided to do something about this housing crisis.

Thank you for showing up, for riding with us, and for being one of us. Together, we ride.

## REGISTRATION & PACKET PICK-UP

### Online Registration Closing

Online registration will remain open through Friday, November 1, at 9pm. Remind your friends and family to sign up soon! Walk-up registrations are still available at Mike's Bikes Palo Alto (4233 W Middlefield Rd) on Saturday, November 2, from 11am to 4pm, and on event day, November 3, starting at 6am.

### Packet Pick-Up

All participants must pick up their ride packet. Please bring a photo ID to the pick-up location in order to retrieve your ride packet. Cyclists may pick up on behalf of another participant - a copy of the participant's photo ID is required (printed or electronic copy will both be accepted). For your convenience, we will have the following two dates/locations:

## Saturday, October 26

11am - 4pm

Mike's Bikes – Berkeley

1824 University Ave. Berkeley, CA 94703  
94303

## Saturday, November 2

11am - 4pm

Mike's Bikes - Palo Alto

4233 W Middlefield Rd. Palo Alto, CA

### Packet Pick-Up Parking

Parking is available in the parking lot located at each store or on the streets close by.

### Items You Will Receive at Packet Pick-Up

Your packet will consist of your event bib, event shirt, and goody bag. Participants will receive the shirt size they selected when registering. If you need to exchange your shirt size, you may do so on event day at the Information Tent after your event has started. Shirt size exchanges will be based on availability.

### Ride Category Changes

Switching from your registered distance to a different distance is permitted. You will be responsible for paying the price difference for any increase in distance, but are not eligible for a refund of price difference for a decrease in distance. For example, you are registered for the Century but would like to do the Metric Century. Fees will apply for switching UP to the Century (the difference between your original registration price, and the current registration price for the Century). There is no fee to switch DOWN to the Metric Century, 32-Mile or 17-Mile, and there is no refund of the price difference.

## EVENT DAY INFORMATION

***\*Please be aware the Daylight Savings Time starts on November 3. That means you'll be turning your clocks back an hour at 2:00 AM, the night before the ride. As excited as we are to see you at the event that morning, take advantage of the extra hour of rest before the big ride!***

Please arrive early to allow plenty of time for traffic, parking, and final preparations at the Start Line.

### Start/Finish Line Location & Times

3000 Hanover St. Palo Alto, CA 94304

\*Enter the parking lot from Hanover Street, look for parking directional signs.

Century 100-Mile Start Time: 7:00 a.m.

Metric Century 62-Mile Start Time: 8:00 a.m.

Intermediate 32-Mile Start Time: 9:00 a.m.

Beginner 12-Mile Start Time: 10:00 a.m.

Kids' Ride Start Time: 2:00 p.m.

### **Parking and Directions**

Free parking will be available at the event site. Look for signs that read "Rider/Spectator Parking."

### **Spectator Information**

Spectators are welcome and encouraged to cheer their rider on at the Finish Line. We want to minimize traffic on the route as much as possible. Family and friends are then welcome to stay for the post-ride festivities!

### **Gear Check**

Gear should be dropped-off at the Gear Check tent prior to entering the start corral. You can find Gear Check just north of the Start/Finish line. Please arrive early to check your bag and avoid the lines. Make sure to use THE PLASTIC BAG PROVIDED TO YOU AT PACKET PICK-UP. Simply attach the Gear Check label from your participant bib to the bag for identification. You must have a bib to use Gear Check.

All items checked must be reclaimed with your cyclist bib.

All unclaimed items at Gear Check will be transported to Mike's Bikes Palo Alto (4233 W Middlefield Rd, Palo Alto, CA 94303) for two weeks following the event. Unclaimed items will then be donated to a local charity. Do not give your items to any volunteer except those at Gear Check or at a course water station. Items checked at water stations will need to be picked up post-event at Mike's Bikes Palo Alto. Habitat for Humanity East Bay/Silicon Valley and High Altitude Special Events Management are not responsible for any lost or stolen items.

## **THE COURSES**

### **Course Maps**

Be sure to familiarize yourself with the courses prior to event day:

[100-Mile Century Map](#)

[62-Mile Metric Century Map](#)

[32-Mile Map](#)

[12-Mile Map](#)

## **Rules of the Road**

No streets or lanes will be closed on any of the ride courses. Therefore, all riders are expected to follow the rules of the road. Stay in the designated lane(s) for cyclists. Only two cyclists may ride side-by-side and we recommend single file when ascending or descending any hills.

## **Course Markings**

Signs will be posted at each turn along all ride courses. To ensure you stay on course, organizers recommend that riders load the [ridewithgps.com](http://ridewithgps.com) courses (links above) onto their phones to receive real-time turn-by-turn directions. Please only keep one ear bud in your right ear so you can hear vehicle and rider communication in your left ear.

## **Support on the Course**

All rides will be fully supported with water stations, course signage to direct cyclists at turns, and a network of EMS resources on the course and at the start and finish.

## **Restrooms**

All stations will have portable toilets.

## **Entertainment**

We want to keep you in the groove even on your breaks, so each water station will have music to keep you motivated. Eat, drink, and dance the day away with your fellow riders!

## **Course Nutrition and Hydration**

Water stations will have water, Nuun hydration drink, sweet and salty snacks, endurance and energy supplements, and peanut butter and jelly sandwiches at select water stations. A box lunch will be available on-course along the 62-mile and 100-mile course routes only.

- Metric Century 62-Mile Route: Mile 47 at Stevens Creek Lakeshore Picnic Area
- Century 100-Mile Route: Mile 61 at the Skywood Trading Post & Deli (La Honda and Skyline)

A hot meal will be waiting for ALL riders at the post-ride party!

## **Cyclist Expectations**

Mike's Bikes and staff will be providing SAG for the bike tour with equipment and supplies to service athletes for minor issues that they are unable to resolve, including flat tires and broken chains. All cyclists are asked to carry a spare tube, CO<sub>2</sub> cartridge, and anything else needed to change a flat or fix a mechanical issue.

## Technical Support

Technical support will be available at a stationary location at the Sarasota Gap Preserve Parking Lot on Skyline (Mile 36 of the 62-mile and Mile 75 of the 100-mile routes). Six SAG vans will be patrolling the course to assist with pick-ups and drop-offs.

## Event Status System

An Event Status System will be displayed at each water station indicating the status of the ride based on the current weather conditions. There will be a simple color-based warning system.

**GREEN FLAG:** Proceed as normal.

**YELLOW FLAG:** CAUTION - Slow down, use caution, and drink plenty of water.

**RED FLAG:** EXTREME CAUTION - Slow down, use extreme caution, and drink plenty of water due to dangerous weather conditions.

**BLACK FLAG:** STOP - Seek shelter immediately in the event of a weather emergency. The event has been canceled due to extreme conditions or course emergency such as lightning, tornado, or human disaster. Instructions will be announced via bullhorn at water stations from the station captain.

## GENERAL CYCLING SAFETY GUIDELINES & RULES

### Cycling Safety

We want to ensure all cyclists have a fun and *safe* experience at Cycle of Hope. Please review these safety tips and rules for event day.

### Closed Course

As with most cycling events, the roads will not be closed. Therefore, cyclists are required to follow the same rules and laws that cars follow. Stop signs and traffic signals must be obeyed. Cyclists must yield to pedestrians.

### Earphones

Due to the nature of this event and for the safety of all of our riders, we ask that no headphones be worn for music purposes. If you'll be using the Ride With GPS app to navigate course, that would be the only exception. Earbud should only be worn in one ear (right, away from traffic) and volume low so that you can hear other cyclists and surroundings.

## **Electric Bikes**

Electric bikes (e-bikes) will be permitted this year. All posted speed limits are to be followed.

## **Helmet**

YES! For your own safety, helmets are required at the Cycle of Hope. You will be removed from the route if you are not wearing a helmet.

## **Take the Lane**

Riders are asked to stay as far to the right of the road as safely possible and/or in designated bike lanes. There are a few exceptions in the law that allow riders to “take the lane”:

- Passing another cyclist (always pass on the left-hand side and announce before doing so, “On your left.” If you hear this, keep looking forward and hold steady, be courteous, and allow the rider to pass you.
- Preparing to make a left-hand turn
- When necessary to avoid certain conditions that make it unsafe to stay to the right (ie: potholes, etc)

## **Additional Safety Tips:**

Always ride with traffic, not against.

- If you need to stop for a repair or to rest, move up on sidewalk/off of road.
- Do not draft off of vehicles or follow cyclists too closely.
- Never ride more than 2 abreast.
- Always use hand signals when turning.
- Talk to other cyclists with signals (ie: pointing out gravel/objects, “car back,” “stopping,” signaling tracks, etc).
- Stay as visible as possible (safety lights strongly recommended, bright colored clothing, etc.).

## **You are Ready...But is Your Bike?**

To help ensure a fantastic ride experience, not only do you want to be physically ready, but your bike needs to be, too. Here are some things to remember and prepare before you take off from the Start Line:

- Nothing feels better than a freshly tuned-up bike. Feel free to contact any [Mike's Bikes](#) location to get yours in before the ride to have it checked.
- Always check your tire pressure, condition, and wheels before you ride.
- Check brakes for worn pads, cable tightness, alignment, locked in place after transporting.

- Check gears and shifting.
- Is bike fit comfortable?
- Check handlebars – make sure they are secure at headset.
- Always carry a spare tube, CO<sub>2</sub> canister/dispenser, patch kit, and tire lever in the event of a flat.

**Additional Resources** For additional information on cycling safety and rules in California, check out the Department of Motor Vehicles article, [Sharing The Road](#). In addition, Road ID has put together an informative brief video titled "[Group Riding- Tips for Cyclist - Road ID Rules of the Road](#)."

## RIDE SWAG

### 2019 Finisher Medals & Premium T-Shirts



## FINISH LINE & POST-RIDE PARTY

**Ride Finish** The course and finish line will be open until 6pm. Early starts are not allowed. After crossing the Finish Line, participants will receive a finisher medal, water, Nuun, and a catered lunch from Baja Fresh.

**Post-Ride Party** What better way to celebrate after a day of rewarding fitness activity than to enjoy a post-ride party on the beautiful grounds of Hewlett Packard? Stick

around after the event to join in on the fun! There will be a live band, beer, burrito bar, kids activities, and more.

**Family and Friends Welcome!** This free post-ride event welcomes all participants and spectators with great entertainment and fun. Not only will your loved ones be able to see you cross the finish line, they will also be able to participate in the great post-event activities. Meal and drink tickets will be available for purchase by spectators.

## **VOLUNTEER OPPORTUNITIES**

Calling All Volunteers! Do you have family or friends that would like to help us give cyclists a first-class experience? Have them join us for an amazing day and experience the thrill of this incredible event by volunteering. They can cheer you on and help support others in their inspirational determination to complete a Century, Metric Century, 32-Mile, 12-Mile, and Kids Ride. If you have family or friends that would like to volunteer, they can [Register Here](#).

## **CONTACT US**

If you have any questions about ride related details, please contact us at [info@highaltitudeevents.com](mailto:info@highaltitudeevents.com)

## **THANK YOU!**

Best of luck to all riders! On behalf of Habitat for Humanity East Bay/Silicon Valley and the event team, we thank you for riding Cycle of Hope and building a world where everyone has a decent place to live.