



Ride Partners



Welcome to the Ride 2 Recovery – 2017 California Challenge

Saturday, Oct 14 to Saturday, Oct 21

Before embarking on a serious training program, it is a good idea for everyone to get checked out by their doctor to address any current potential physical problems.

R2R is not a race. It is an experience that will challenge you physically, mentally, and emotionally. For most, riding with R2R means riding every mile. We understand and appreciate the dedication and support in your goal, but your health and well-being are also important to us. As you set your own goals and measure your accomplishments, remember, your success is not necessarily about riding every mile, it is about riding every mile you can while remaining healthy and injury-free.

R2R Challenges are not about how fast you can go, but rather about how to ride with a group. We usually have three groups of varying riding abilities lead by group leaders. You can ride alone at home, but on R2R Challenges, we ride in groups. You will find a group of riders that will work at close to your pace and you should work together – sometimes riding faster or slower to keep the group together. Riding in a group provides opportunity to draft (letting you use less energy), to get to know other riders, and most important of all, to have support vehicles with you.

If you are alone, you will NOT have any support with you. Support vehicles carry spare wheels, tool kits, first aid, drinks, and snacks. They also provide protection if you need to stop for repair or injury. If you are unable to ride for whatever reason, *the support vehicle will provide you and your bike with a ride to the rest stop or hotel.* R2R is a group ride. Take advantage of the opportunity to learn more about riding and to make new friends with similar interests.

PLEASE NOTE: Routes can change without notice. You must attend the Ride Briefing each day, which will give you details on changes and points of interests along the route. Routes are marked with ORANGE arrows painted on the road, and we will be escorted by American Legion Riders for most of the day.

PLEASE NOTE: During Challenges we have special JERSEY DAYS. These days refer to Ride 2 Recovery specific jerseys or current 2017 Ride 2 Recovery sponsors. If you are unsure about the appropriateness of a jersey please ask R2R Staff.

A Statement on our drug, medication, and substance policy

Participating in any Ride 2 Recovery (R2R) activity while on any substance that could possibly impair your ability to operate a bicycle is against the rules and policies of R2R and motor vehicle codes. Any person found to be impaired while riding, or would be found publicly intoxicated, can be removed from a R2R activity, and might have future invites revoked as well as future registrations flagged. Prescription medications must only be used in a legal and prescribed manner. Use of any prescription medication, regardless of legal status, in a manner, method, or area that could possibly affect the mental state or drug test of other participants, volunteers, guest, or staff will not be tolerated. Any person found to be utilizing medication in this manner might be removed from a R2R activity, have future invites revoked, as well as future registrations flagged.

Sample Daily Schedule: Please see below for Daily Departure Schedule

6:30 am	Breakfast (at Hotel)
7:00-7:30 am	Luggage out to the U-HAUL
8:15am	Ride Briefing (Your luggage must be in the truck)
8:00 am	Ride Start from hotel
3:00 pm	Arrive at Hotel (Please look for the luggage truck to pick your stuff and room assignments)
6:00 pm	Dinner
8:00 pm +	Post Dinner activity as available

There will be a ride briefing approx. 15 minutes before the start of each day...

On your first challenge of the year you will receive:

Cycling Jersey
Challenge T-Shirt
Cycling Bib Shorts



Luggage:

1 Large suitcase / 1 small backpack should be enough.
Plus if you have a bike bag or box.

If you have an accident during the ride:

**First Aid in each support
vehicle**

Expected Weather

Sunny with rain showers possible and highs in the
80s low in the 60s.

Suggested Packing List:

Bike Cycling Shoes Helmet Multi Tool 2-3 Jerseys (<i>Only One</i> will be Issued at Registration) 2-3 Shorts Cycling Gloves Bike Water Bottles <u>Warmer Clothing:</u> Light / Rain Jacket Arm and or Leg Warmers Cold Weather Hat	Chapstick Any Prescription Medications Hygiene / Shaving Kit 2-3 Appropriate Dinner Clothing Swim Suit (<i>optional</i>) Socks Camera Sunglasses Chargers for Phone / iPad / etc.
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Airport Arrival:

Shuttle from Airport to Hotel: On your Own

Arrival At Hotel / Rooming:

Please look for the RED WHITE & BLUE TRUCK known as the Challenger when you arrive to the finish each day.

There you will find your bags and rooming assignments.

DINNER: Usually 5:30 pm buses will depart from the hotel for dinner between 6-8pm.

NOTE: DO NOT charge anything to your room. You will be responsible to pay any charges to your room at check out.

To promote safety and camaraderie, please NO iPods or other musical devices while riding!

While Riding:

Ten Commandments of Bicycling

- I. Wear a helmet everyday
- II. Conduct an ABC Quick Check before every ride
- III. Obey traffic laws: ride on the right, slowest traffic farthest to right
- IV. Ride predictably and be visible at all times
- V. At intersections, ride in the right-most lane that goes in the in your direction
- VI. Scan for traffic and signal lane changes and turns
- VII. Be prepared for mechanical emergencies with tools and know-how
- VIII. Control your bike handling skills
- IX. Drink before you are thirsty and eat before you are hungry
- X. HAVE FUN!!

Rules of The Road

Cyclist fare best when they act and are treated as drivers of vehicles

- Obey all traffic signs and signals
- Ride in the same direction as other traffic
- Use hand and arm signals
- One hand on the handlebars
- Effective brakes

Efficiency On The Bike

Use lower gears

Newer cyclist tend to push too big of a gear; down shift and spin a smaller gear

Low cadence will cause you to fatigue faster and might cause knee pain

Try to spin about 90-105 RPMS; you'll have more energy and get a better workout

No Bull – AKA No Skateboarding

When stopped, don't push off the ground to get started

Leave one pedal in the two o'clock position; push down when you are ready to go

You will have enough momentum to balance and put your other foot on the pedal

Relax

You should be comfortable while you ride

Relax while you ride; it takes energy to grip the handlebar in fear

Change hand positions often

Relaxed riders are smooth and crash less often

Don't Rock The Boat

Make sure that your saddle height is adjusted properly

Too high and your hips rock; too low causes knee pain

You should have a slight bend in your knee at the bottom of the pedal, which increases efficiency

Avoid The Wall

Listen to your body while you ride to avoid hitting the wall of exhaustion

Eat before you are hungry and drink before you are thirsty to avoid fatigue

If you experience a lightheaded feeling, get off the bike and get some fluids

Weekly schedule and Routes:

Saturday, OCT 14 – San Francisco, CA.

HOTEL

Embassy Suites San Francisco Airport
250 Gateway Boulevard, South San Francisco, CA 94080

NOTE:

HOTEL PROVIDES SHUTTLE FROM **SFO** AIRPORT – On Your Own

SCHEDULE:

9:00 AM Riding staff meeting ready to ride
10:30 AM VOLUNTEER and STAFF CHECK-IN
SIGN WIAVER

11:00 AM – 4:00 PM R2R store hours **Monterey/Saratoga Room**

11:00 PM – 3:00 PM REGISTRATION:

LOCATION: **IN BOLD**

- WELCOME **Presidio Room**
- GOODIE BAG PICK-UP
- Hero Trak Registration 11:00-3:00 **Presidio Room**
- BIKE BUILD / BIKE FIT **in Tiberon/Sausalito Room**
- **Mechanics Class** Derailleur Adjustment 1:00 Aries at Challenge **Challenger**
- **Pushers Clinic**, 2:00 at Challenger Nate Dewalt at **Challenger**

3:45 **No Vet Alone Mentors Meeting** Katie Smith, Jayme Brown **LOCATION Presidio Room**

4:00 – 4:30 PM 1ST TIME RIDER Q AND A and **No Vet Alone** Jayme Brown **LOCATION Presidio Room**

4:30 – 5:30 PM Caravan Meeting TBD Joe Coddington Dave Hahn **Monterey/Saratoga Room**

5:30 – 6:00 PM Caravan Load cars. **UHAUL**

4:45 – 5:15 PM FIRST TIME RIDERS CLINIC: Jayme Brown

LOCATION: **Parking Lot at Challenger**

- MANDATORY FOR 1ST TIME RIDERS
- ALL ARE WELCOME

6:00 PM Staff meeting in Dinner room.

6:30 PM KICK- OFF DINNER:

LOCATION: **Grand Ballroom**

Orientation Presentation

SPONSORED BY: Ride 2 Recovery

Speaker: TBD

8:00 PM Staff Load Truck

LOCATION: TBD

LATE REGISTRATION IN ROOM AFTER DINNER FOR FLIGHT ARRIVALS AFTER 3:00 PM

Sunday, OCT 15 San Francisco, CA – Santa Cruz, CA 77 MILES R2R CHALLENGE JERSEY DAY

Taping/Sick Call: Night Before Bag Drop at Uhaul 6:15-6:45 Morning Reflection: 6:45

RIDE BRIEFING: 7:00 DEPART: Load Busses to VA 7:20 One Group: Depart VA at 9:00



MILE	TURN	INSTRUCTION	COMMENTS
0.0	Depart	Depart Embassy Suites San Francisco Airport 250 Gateway Boulevard, South San Francisco, CA 94080	9:00am depart one group
0	Start	San Francisco VA	
0.1	Right	Turn right onto Clement St	
0.3	Straight	Continue straight onto Seal Rock Dr	
0.4	Left	Turn left onto Alta Mar Way	
0.4	Right	Turn right onto Point Lobos Ave	
0.9	Straight	Continue onto U.S. Bicycle Rte 95	
2.6	Right	Turn right	
3.8	Left	Turn left onto Sloat Blvd	
3.8	Right	Turn right onto Great Highway Extension U.S. Bicycle Rte 95	
7.7	Right	Turn right onto Westmoor Ave	
7.7	Left	Turn left onto Skyline Dr	
9.4	Left	Turn left onto Crenshaw Dr	
9.5	Right	Turn right onto Palmetto Ave	
10.7	Right	Slight right to stay on Palmetto Ave	
11.9	Straight	Continue onto Clarendon Rd	
11.9	Right	Slight right onto Lakeside Ave	
12	Straight	Continue onto Laguna Way	
12.1	Right	Turn right onto Francisco Blvd	
12.3	Straight	Continue onto Bradford Way	
12.8	Left	Turn left onto Mori Point Rd	
12.9	Straight	Continue onto CA-1 S	
15.8	Right	Turn right toward CA Coastal Trail/Devil's Slide Trail	Caravan Diversion See DIVR 1 below
16	Straight	Continue onto CA Coastal Trail/Devil's Slide Trail	
16.2	Straight	Continue straight on CA Coastal Trail/Devil's Slide Trail	
17.3	Left	Turn left toward CA-1 S	
17.3	Right	Turn right onto CA-1 S	
22.4	Right	Slight right onto Capistrano Rd	REST STOP @ Mile 22.8 American Legion Post 474 470 Capistrano rd Half Moon Bay, CA
23.2	Right	Turn right onto CA-1 S	
24.4	Right	Turn right onto Magellan Ave	Caravan Diversion See DIVR 2 below
24.6	Left	Magellan Ave turns left and becomes Mirada Rd	
24.8	Straight	Continue onto Half Moon Bay Coastal Trail	

24.8	Right	Turn right stay on Half Moon Bay Trail	
25.5	Right	Right stay on Half Moon Bay Trail	
25.9	Right	Turn right stay on Half Moon Bay Trail	
26.8	Left	Left toward Half Moon Bay Trail	
26.8	Right	Right toward Half Moon Bay Trail	
26.8	Left	Slight left onto Half Moon Bay Trail	
27.2	Right	Right stay on Half Moon Bay Trail	
28	Left	Turn left onto Poplar St	
28.6	Right	Turn right onto Cabrillo Hwy S	LUNCH STOP @ Mile 50 HWY 1 5720 Cabrillo Hwy, Pescadero, CA 94060
74.8	Right	Turn right onto Swift St	
75.1	Left	Turn left onto Delaware Ave	
75.7	Left	Turn left onto Woodrow Ave	
75.9	Right	Turn right onto Errett Cir	
76	Right	Turn right onto California Ave	
76.2	Left	Turn left onto Bay St	
76.3	Right	Turn right onto California St	
76.9	Right	Turn right onto Walnut Ave	
77	Straight	Continue onto Lincoln St	
77.4	Left	Turn left onto Pacific Ave	
77.4	Right	Turn right onto Soquel Ave	
77.8	Left	Turn left onto Ocean St	
78	Arrive	1410 Ocean St Santa Cruz, CA	
78	Arrive	Hotel	Holiday Inn Express & Suites 1410 Ocean St Santa Cruz, Ca 95060 ETAF/L: 3:30-4:30

HOTELS:

NO TAG

**Holiday Inn Express &
Suites**

1410 Ocean Street

Santa Cruz, CA 95060

Special Event: HUB Social @ 5:30 150 Jewell St

Busses Depart: N/A Walk to Dinner

DINNER: 6:30pm

LOCATION: 150 Jewell St, Santa Cruz, CA 95060

SPONSORED BY: ELKS LODGE 824

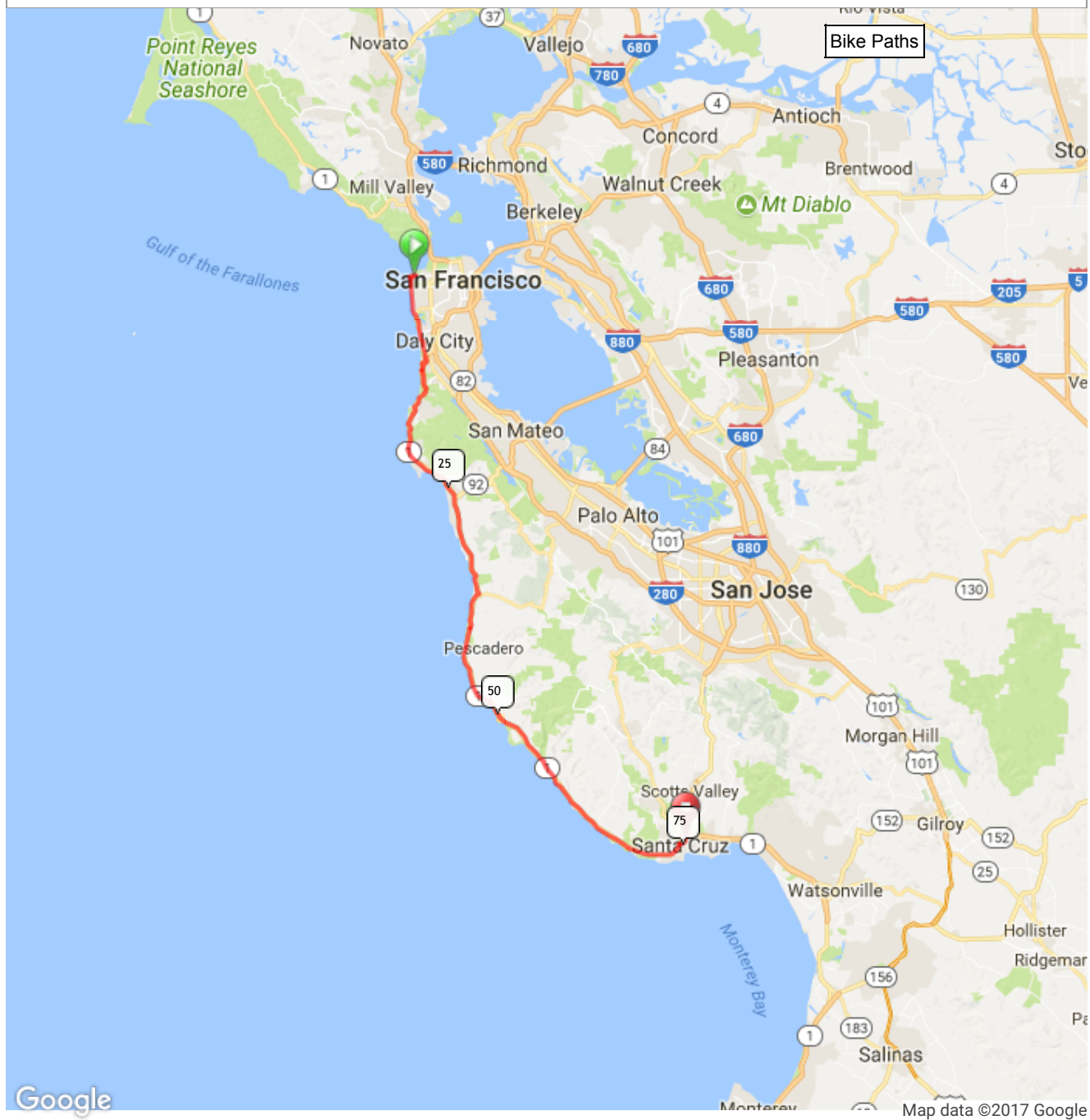
DIVR 1 At Mile 15.8 Riders will turn right Caravan will continue straight through tunnel. At Tunnel end Caravan will regroup with riders. Riders will come from Right Devils Side Trail. Caravan can pull onto shoulder or into Devils Trail Parking lot.

DIVR 2 At Mile 24.4 Riders will turn on to Magellan Ave caravan will Continue straight due to bike path. Traffic will be heavy. Caravan will turn Right on Poplar St and stage at Poplar beach parking lot.

Sunday, OCT. 15 Map

17 CAd11015 draft 2

75.8 mi, +4304 /-4610 ft



Monday, OCT, 16 Santa Cruz, CA. – Salinas, CA. 39 MILES PROJECT HERO HUB JERSEY DAY

Taping / Sick Call: Night Before Uhaul Bag Drop: 9:50-10:20 Morning Reflection: 10:30

RIDE BRIEFING: 10:45 DEPART: 11:00 D Group 11:30 1/2 Group

MILE	TURN	INSTRUCTION	COMMENTS
0.0	Depart	Depart Hotel Holiday Inn Express & Suites 1410 Ocean St Santa Cruz, Ca 95060 831-466-9100	
0.1	Straight	Make a U-turn at Plymouth St	
0.5	Left	Turn left onto Water St	
1.2	Right	Turn right onto Poplar Ave	
1.3	Left	Turn left onto Soquel Ave	
1.9	Left	Slight left to stay on Soquel Ave	
8.8	Right	Turn right onto Soquel Dr	
9.7	Right	Turn right onto Freedom Blvd	
10	Left	Turn left onto Bonita Dr	
11.1	Right	Turn right onto San Andreas Rd	
18.1	Left	Turn left onto Beach Rd	
18.2	Right	Turn right onto Thurwachter Rd	
18.6	Straight	Continue onto Mc Gowan Rd	
19.3	Right	Turn right onto Trafton Rd	
20.9	Left	Turn left onto Bluff Rd	
21.7	Left	Turn left onto Jensen Rd	
22.4	Right	Turn right onto CA-1 S	LUNCH STOP @ Mile 24 J & S Surplus & Outdoor Store 1956 CA 1 Moss Landing, CA
28.9	Left	Turn left onto Merritt St	
30.7	Straight	Continue onto CA-183 S/Castroville Rd	
38.3	Straight	Continue onto E Market St	
38.4	Straight	Continue straight onto E Front St (signs for Abbott St)	
38.7	Left	Turn left onto E Alisal St	
39	Right	Turn right onto Work St	
40	Arrive	Hotel	Hampton Inn 523 Work Street Salinas, CA 93901

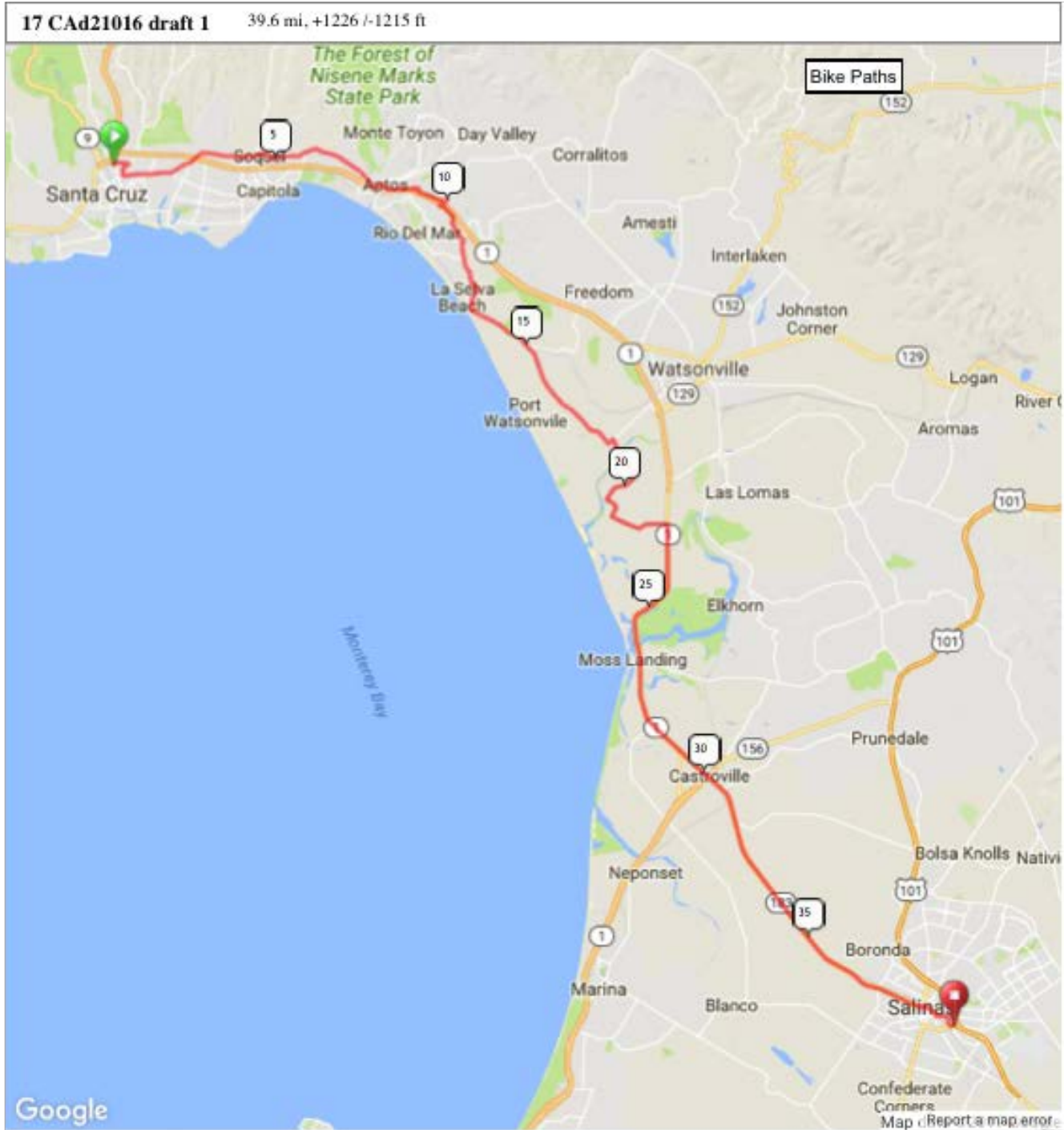
HOTELS:

NO TAG

Hampton Inn
523 Work Street
Salinas, CA 93901

Special event: Mental Skills Workshop - Stressors - Working to Mitigate Them: Conference Room
Monday October 16, at 4:00 pm First come First served
Buses Depart: None
DINNER: 6:00 PM
LOCATION: At Hotel Sponsored By: ELKS Lodge

Monday Oct 16 Map



Tuesday, Oct 17 Salinas, CA – San Simeon, CA 103 mil

BOEING JERSEY DAY

Taping / Sick call: Night Before Uhaul Bag Drop: 6:00-6:30 AM MORNING REFELCTION: 6:30

RIDE BRIEFING: 6:45 AM DEPART: 7:00 AM D GROUP 7:30 AM 1/2 GROUP

MILE	TURN	INSTRUCTION	COMMENTS
0.0	Depart	DEPART FROM Hotel	Hampton Inn 523 Work Street Salinas, CA 93901
0.1	Left	Turn left at the 1st cross street onto John St	
0.8	Left	John St turns left and becomes S Main St	
0.9	Straight	Continue straight to stay on S Main St	
4.3	Straight	Take exit 20 for Reservation Rd/River Rd	
4.4	Left	Turn left onto River Rd	
13.5	Right	Turn right to stay on River Rd	
20.9	Right	Turn right to stay on River Rd	
27.9	Straight	Continue onto Fort Romie Rd	REST STOP @ Mile 28 Wrath Wines 35801 Foothill Rd Soledad, CA
31.8	Right	Turn right onto Arroyo Seco Rd	
39.9	Left	Slight left onto Elm Ave	
40.1	Left	Turn left to stay on Elm Ave	
44.6	Left	Turn left onto 13th St	LUNCH STOP @ Mile 44.5 Patriot Park 1351 Oak Ave Greenfield, CA 93927
44.8	Right	Turn right onto Spark St	
44.8	Right	Turn right onto Santa Lucia St	
45	Right	Turn right onto Elm Ave	
45.8	Left	Turn left onto Central Ave	
52.9	Left	Turn left to stay on Central Ave	
53	Right	Turn right at the 1st cross street onto US-101 S	
55.9	Straight	Take exit 283 for Jolon Rd	
56.1	Straight	Merge onto Jolon Rd	REST STOP @ Mile 79 Fire Station 67820 Jolon Rd Lockwood, CA 93932
79.8	Right	Turn right onto Interlake Rd	
100.2	Right	Turn right onto Nacimiento Lake Dr	
101.9	Right	Turn right onto Heritage Rd	
102.6	Right	Heritage Rd turns right and becomes Resort Dr	
103	Arrive	Look for Buses	Lake Nacimiento Dock ETAF/L: 2:20-4:20

HOTELS:
NO TAG

Sands by Sea
9355 Hearst Dr.
San Simeon CA
93452
805 927 3243

BLUE TAG

Best Western-Cavalier
9415 Hearst Dr
San Simeon CA 93452
(805) 927-4688

RED TAG

Morgan Inn 9135
Hearst Dr
San Simeon, CA
93452

ORANGE TAG

Silver Surf Motel
9390 Castillo Dr.
San Simeon, CA
93452

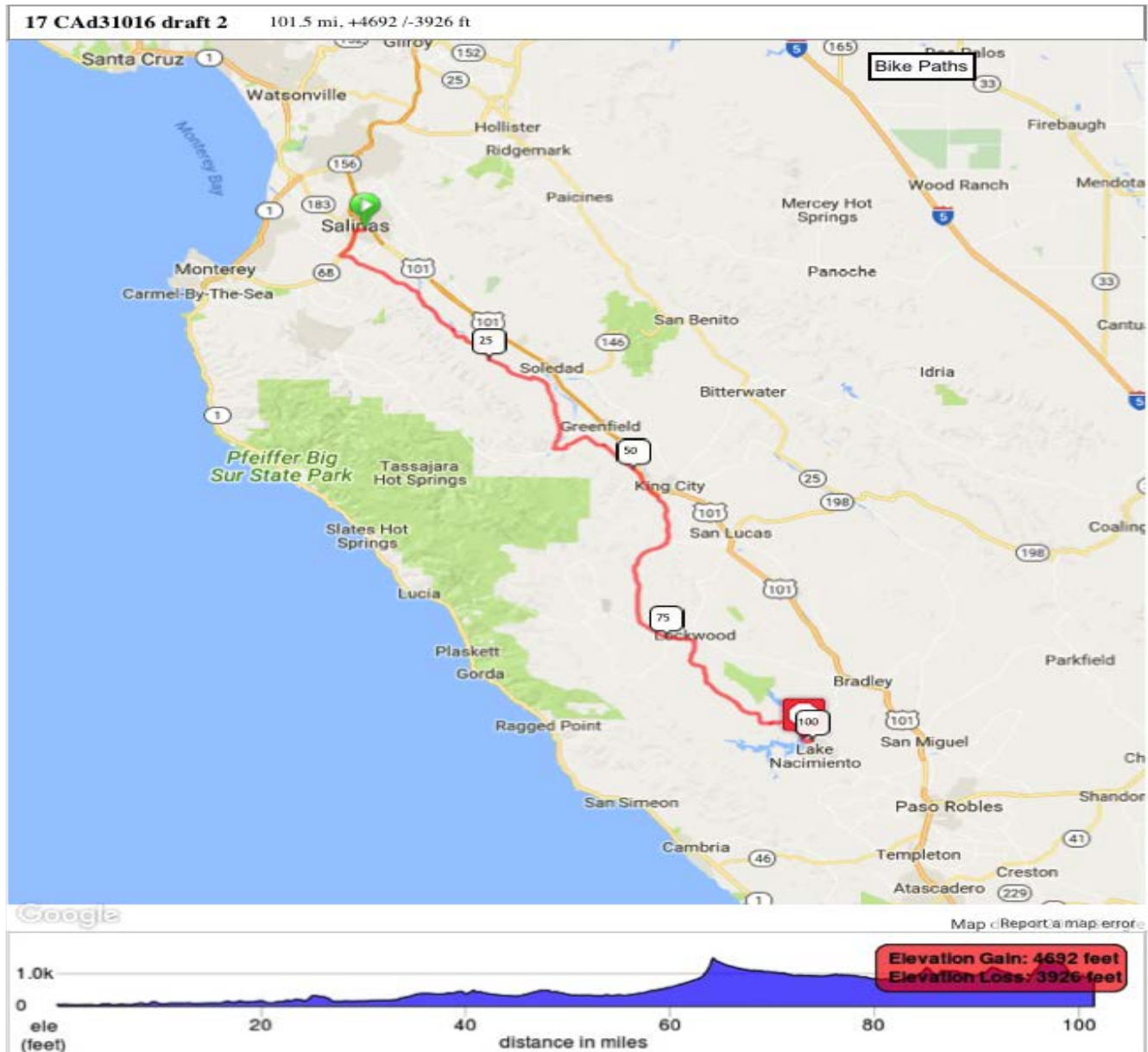
Busses Depart: 6:15 and 6:45

Dinner 6:30 and 7:00

LOCATION: 1000 Main St Cambria, CA

SPONSORED BY: Legion Post 432

Tuesday Oct 17 Map





Wednesday, Oct 18 **San Simeon, CA – Pismo Beach, CA** **54 MILES** **Sponsor and WOMEN'S Jersey**

Taping / Sick Call: Night Before Uhaul Bag Drop: 8:15-9:00 Morning Reflection: 9:15

RIDE BRIEFING: 9:30 DEPART HOTEL: Sands by the Sea 9:45 All Groups depart



MILE	TURN	INSTRUCTION	COMMENTS
0.0	Depart	DEPART Hotel Sands by Sea 9355 Hearst Dr. San Simeon CA 93452 805 927 3243	Depart 9:45
0.2	Right	Turn right out of parking lot onto Hearst Dr.	
0.2	Left	Turn left on Vista Del Mar Ave and immediate right onto CA-1 S/Cabrillo Hwy	
4.4	Left	Turn left onto Santa Rosa Creek Trail	
4.5	Right	Turn right onto Main St	
5.3	Right	Turn right onto Burton Dr	
5.9	Straight	Continue onto Eton Rd	
6.3	Right	Turn right onto Main St	
6.5	Left	Turn left onto CA-1 S	
18.2	Right	Turn right onto N Ocean Ave	
19.9	Straight	Take the ramp onto CA-1 S/Cabrillo Hwy	Rest Stop @ Mile 24.1 Morro Bay High School 235 ATASCADERO Rd. ETAF/L: 11:05-11:47 
25	Straight	Take exit 279A toward Main St	
25.2	Right	Turn right onto Main St	
25.4	Left	Turn left onto Quintana Rd	
25.8	Right	Turn right at Morro Bay Shopping Center	
26	Straight	At the traffic circle, take the 2nd exit onto Morro Bay Blvd	
26	Right	Slight right onto Quintana Rd	
28	Right	Turn right onto CA-1 S/Cabrillo Hwy	
37.2	Left	Turn left onto Highland Dr	
38	Right	Turn right onto University Dr	
38.1	Left	Turn left onto N Perimeter Rd	
38.5	Left	Turn left onto Grand Ave	
39.4	Right	Turn right into American Legion Veterans Hall for lunch	Lunch Stop @ Mile 39.4 American Legion Building 1661 Mill St, SLO ETAF/L: 12:15-1:30 
39.5	Right	Turn right onto Monterey St	
40.3	Left	Turn left onto Chorro St	
40.4	Right	Turn right onto Higuera St	
45	Right	Turn right onto Ontario Rd	
45	Left	Turn left to stay on Ontario Rd	
48.1	Left	Turn left onto Avila Beach Dr	
48.4	Right	Turn right onto Shell Beach Rd	
51.1	Straight	Continue onto Price St	
51.5	Right	Arrive at Pismo Lighthouse Suites	
54	Arrive	Hotel on right Pismo Lighthouse Suites 2411 Price St Pismo Beach CA (805) 773-2411	ETAF/L: 2:23-2:30

HOTEL:

NO TAG

Pismo Lighthouse Suites
2411 Price St
Pismo Beach CA 93449
(805) 773-2411

BLUE TAG

Best Western Shore Cliff
2555 Price St.
Pismo Beach CA 93449
805-547-2714

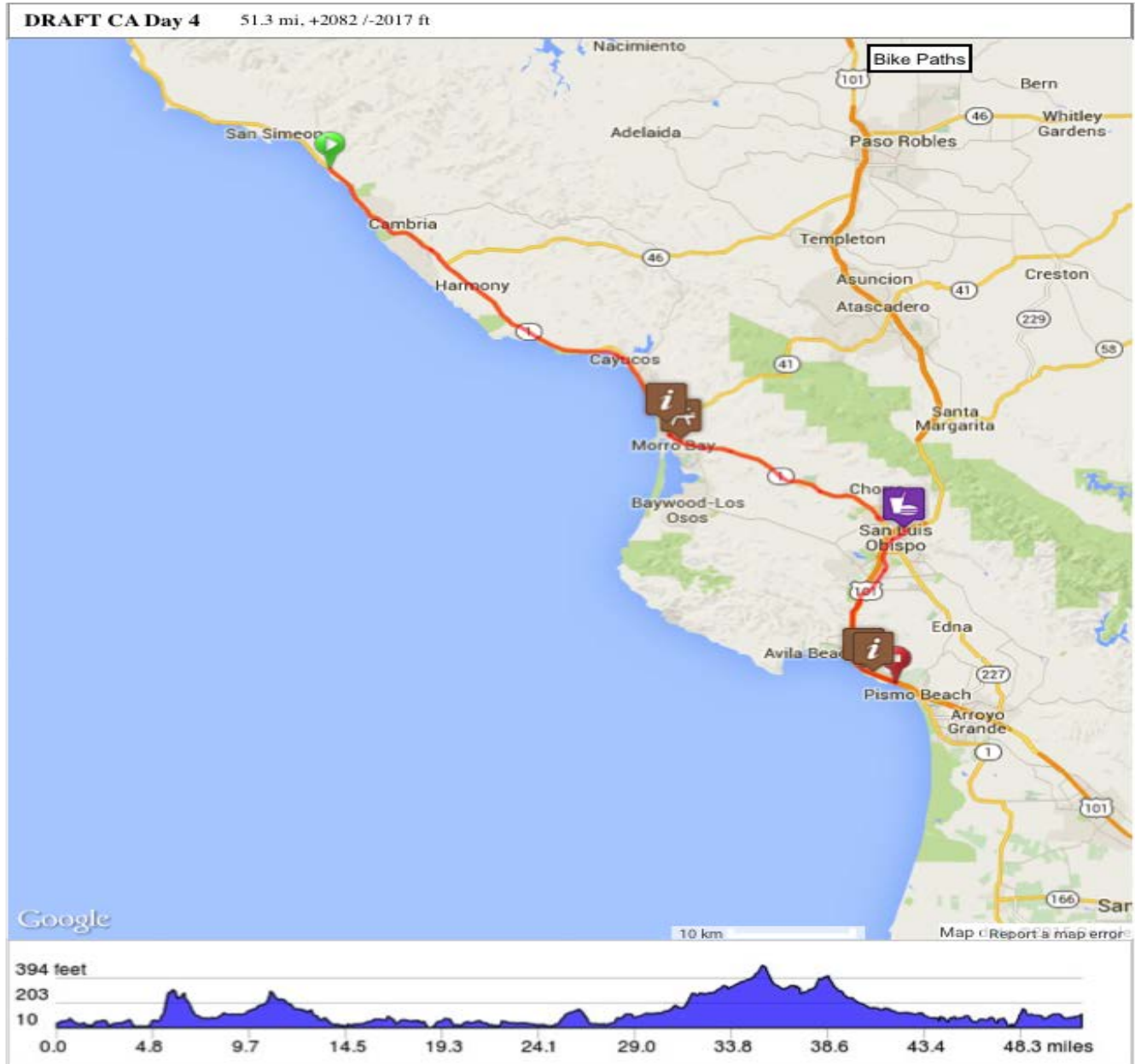
Buses Depart: 5:30 2 Shuttles

DINNER: 6:00

LOCATION: Pismo Beach Golf Course 319 CAL 1

SPONSORED BY: Kiwanis Jim Decco

Wednesday Oct 18 Maps




Thursday, Oct 19 Pismo Beach, CA – Solvang, CA 73 MILES Service Jersey Day

Taping / Sick Call: Night Before Uhaul Bag Drop: 8:00-8:45 Morning Reflection: 9:00

RIDE BRIEFING: 9:15 at Best Western DEPART HOTEL: 9:30 One Group



MILE	TURN	INSTRUCTION	COMMENTS
0.4	Right	Exit parking lot, head east on Price St. then turn right onto CA-1 S/Dolliver St	Depart Pismo Light House Suites 9:30
27.5	Left	Turn left onto Clark Ave	<u>Oceano Bike posse Meet up @ Mile 3.8</u> Oceano Elementary School 1551 17th St, Oceano, CA 93445 ETAF/L: 9:40-10:00
28.1	Left	Turn left at ALP 534 (145 W. Clark Ave., Orcutt)	
28.1	Right	After lunch take right to continue on Clark Ave.	<u>Lunch Stop @ Mile 28.1</u> American Legion Post 534 145 W. Clark Ave, Orcutt ETAF/L:11:03-12:02
28.7	Left	Turn left onto CA-1 S/Cabrillo Hwy	
32.9	Straight	Merge onto CA-1 S/County Rd 20/Cabrillo Hwy via the ramp to Lompoc/Vandenberg A.F.B	
39.4	Left	Turn left onto CA-1 N	
39.5	Straight	Make a U-turn	
39.6	Left	Turn left onto California Blvd	
39.6	Right	Turn right onto CA-1 S	
39.6	Straight	Make a U-turn at California Blvd	
46.1	Right	Slight right onto CA-1 S/N H St (signs for Lompoc)	
48.9	Left	Turn left onto E Ocean Ave	
50.2	Right	Turn right onto CA-1 S/San Julian Rd	
51.7	Left	Turn left onto Santa Rosa Rd	<u>Rest Stop @ mile 54.5</u> <u>Moos Lodge</u> ETAF/L: 1:18-2:16 
68.6	Straight	Continue onto Ave Of The Flags	
69	Right	Turn right onto E Hwy 246	
72.2	Right	Turn right into Hadsten House	Hadston House In 1450 Mission Dr Solvang CA 93463 (805) 688-3210 ETAF/L:2:17-3:06

HOTEL: NO TAG

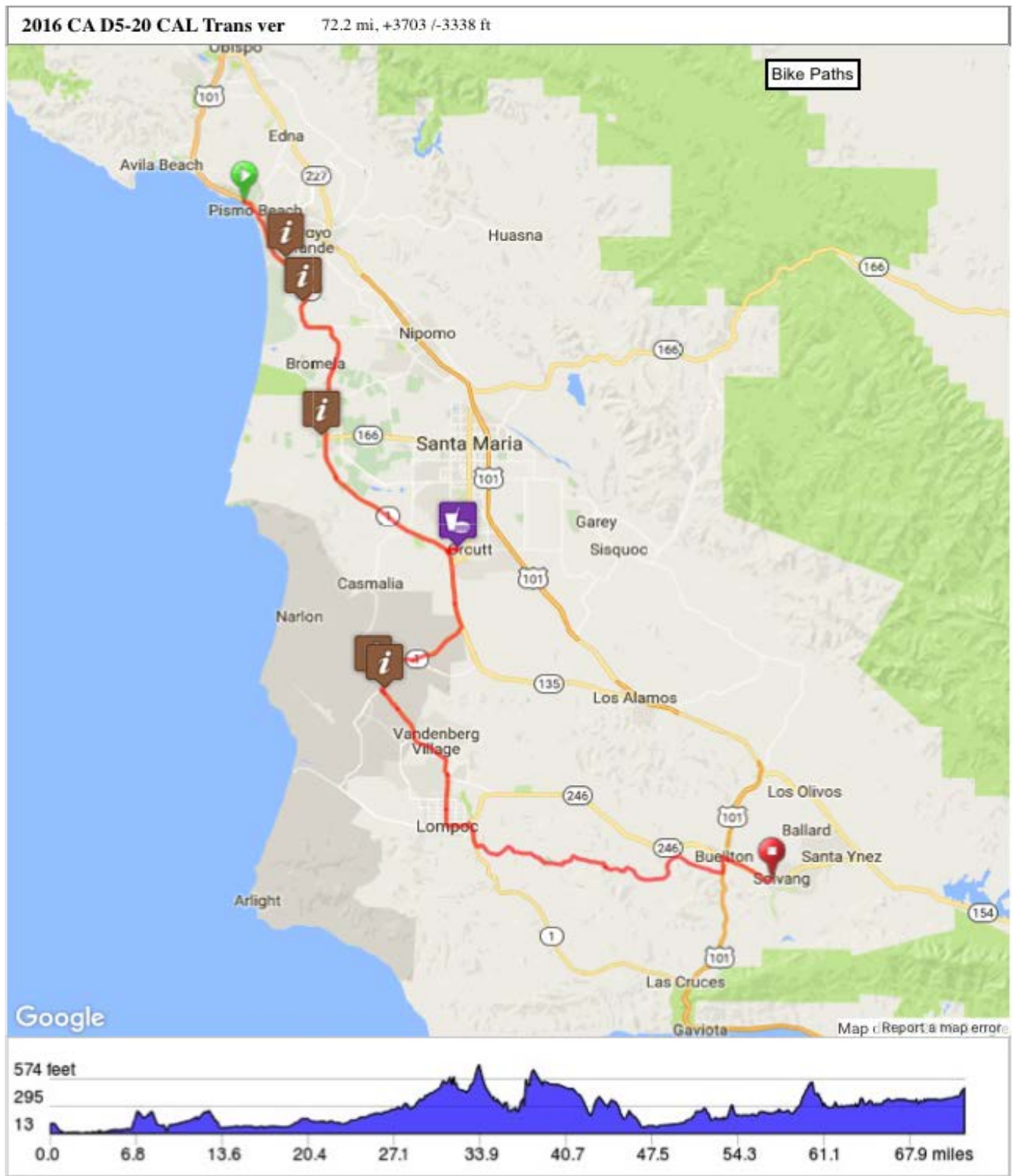
BLUE TAG

Hadsten House Inn & Spa
1450 Mission Dr
Solvang CA 93463
805-688-3210

Hotel Corque
400 Alisal RD
Solvang, CA

Walk to Dinner:
DINNER: 6:30pm
LOCATION: Veterans Hall



Thursday Oct 19 Map



Friday, Oct. 20 _____ **Solvang, CA - Ventura, CA** _____ **69 Miles** **R2R Special Jersey Sponsor Hero Track**

Taping / Sick Call: Night Before Uhaul Bag Drop: 8:15-9:15 MORNING REFLECTION: 9:30

RIDE BRIEFING: 9:45 DEPART HOTEL: 10:00 D Group 10:30 1/2 Group

MILE	TURN	INSTRUCTION	COMMENTS
0.0	Depart	DEPART FROM Hadston House In 1450 Mission Dr Solvang CA 93463	Depart 10:00 and 10:30
0	Right	Turn right onto CA-246 E/Mission Dr	
5.5	Straight	Continue onto CA-154 E	
17.8	Left	Turn left onto Stagecoach Rd	
21.7	Right	Slight right to stay on Stagecoach Rd	
21.7	Generic	Rest Stop on left (Stagecoach Rd./San Marcos Pass Rd.)	
23	Left	Slight left to stay on Stagecoach Rd	
23	Right	Turn right onto CA-154 E/San Marcos Pass Rd	Rest Stop @ mile 23 Stagecoach RD @ San Marcos Pass ETAF/L: 10:40-11:22 
30.9	Left	Turn left onto State St	
31.4	Right	Turn right onto S La Cumbre Rd	
31.7	Straight	Continue onto Las Palmas Dr	
34	Straight	Continue onto Roble Dr	
34.4	Straight	Continue onto Marina Dr	
35.3	Right	Turn right onto Cliff Dr	
37.5	Right	Turn right onto Meigs Rd	
37.9	Straight	Continue onto Shoreline Dr	
39.8	Left	Turn left onto Castillo St	
40.1	Right	Lunch	Lunch Stop @ Mile 40.1 Carriage Museum 129 Castillo St Santa Barbara, Ca ETAF/L: 11:57-12:50 
40.2	Right	Turn right onto Castillo St	
40.4	Left	Turn left onto W Cabrillo Blvd	
43	Straight	Continue onto Hot Springs Rd	
43.1	Straight	At the traffic circle, take the 1st exit onto Coast Village Rd	
43.8	Left	Turn left onto Olive Mill Rd	
43.9	Right	Turn right onto N Jameson Ln	
45.5	Right	Turn right onto Ortega Hill Rd	
46.3	Straight	Continue onto Lillie Ave	
47	Straight	Continue onto Via Real	
50.9	Right	Turn right onto Santa Ynez Ave	
51.1	Left	Turn left onto Carpinteria Ave	
53.8	Left	Turn left onto Rincon Rd	
54.4	Right	Slight right onto Rincon Hill Rd	
55	Straight	Continue onto Bates Rd	

55.2	Left	Turn left to merge onto Hwy 101 S/US-101 S	
59.4	Straight	Take the Pacific Coast Hwy exit	
59.8	Right	Turn right onto CA-1 S/Pacific Coast Hwy	
66.1	Straight	Take the ramp onto Hwy 101 S/US-101 S	
67.1	Straight	Take the Main St exit toward Ventura	
67.4	Right	Turn right onto US-101Bus/W Main St	
68.1	Right	Turn right onto US-101Bus/S Garden St	
68.6	Right	Turn right onto Figueroa St	
68.7	Left	Turn left onto E. Harbor Blvd.	
69	Right	Turn right into Crowne Plaza	
69	Arrive	Hotel	Crowne Plaza 450 Harbor Drive Ventura Beach, CA 93001 ETAF/L: 2:15-2:45

HOTEL:

NO TAG

Crowne Plaza
450 Harbor Drive
Ventura Beach, CA 93001

Walk to Dinner: N/A

DINNER: 6:30

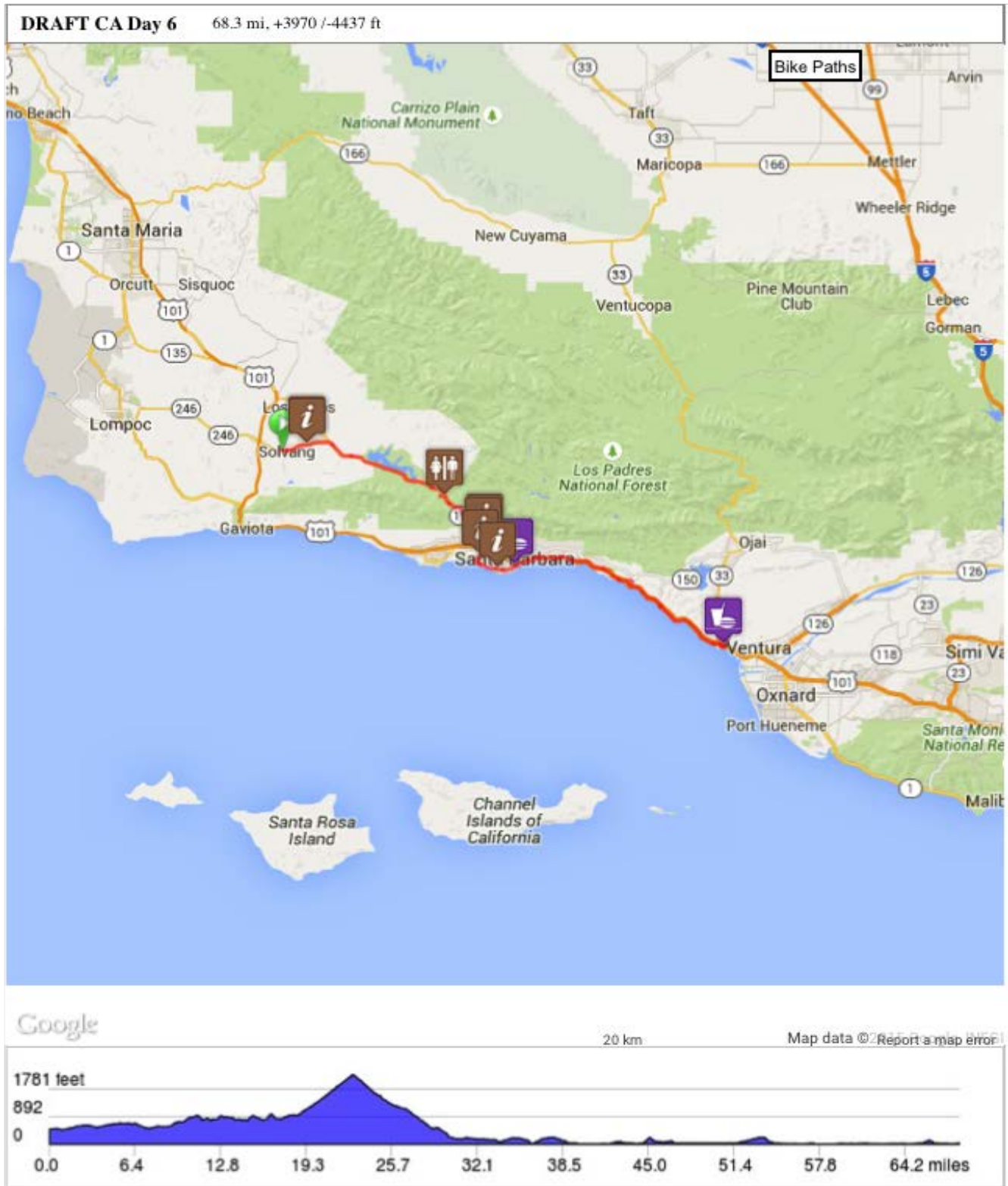
LOCATION: at Hotel

SPONSORED BY: Geico

Friday, Oct. 20 Maps

Ride with GPS - Map Your Bike Rides - View Elevation Profiles - Analyze Performance - Train Better

8/13/15, 10:25



Saturday, Oct. 21 Ventura, CA – West Los Angeles VA Center 60 miles R2R Challenge Jersey Day

Taping / Sick Call: Night Before Uhaul Bag Drop: 7:45-8:30 MORNING REFLECTION: 8:30

RIDE BRIEFING: 8:45 DEPART HOTEL: 9:00 One Group



MILE	TURN	INSTRUCTION	COMMENTS
0.0	Depart	DEPART FROM Hotel Crowne Plaza 450 Harbor Drive Ventura Beach, CA 93001	Crowne Plaza Depart 9:00
7	Right	Slight right onto S Harbor Blvd	
7.1	Left	Slight left onto W Channel Islands Blvd	
9.1	Right	Turn right onto N Ventura Rd	
11	Left	Turn left onto E Port Hueneme Rd	
11.6	Straight	Continue onto W Hueneme Rd	
15.8	Right	Slight right to merge onto CA-1 S/E Pacific Coast Hwy toward Santa Monica/Navalair Road	
24.1	Right	Turn right into Sycamore Canyon/Point Mugu	Rest Stop @ Mile 24.2 Sycamore Canyon Beach Point Mugu State Park ETA/L: 10:36-10:56
42.8	Right	Turn right to stay on CA-1 S/E Pacific Coast Hwy	
44.3	Right	Turn right onto Webb Way	
44.3	Left	Turn left onto Malibu Rd	
44.4	Right	Turn right into parking lot	Regroup @ Mile 44.4 Malibu Library ETA/L: 12:17-12:27 Departure needs adjustment
44.4	Straight	Exit parking lot and head north on Webb St. toward PCH.	
44.5	Right	Turn right onto CA-1 S	
54.8	Left	Turn left onto W Channel Rd/Chautauqua Blvd	
55.1	Straight	Continue onto Entrada Dr	
55.2	Right	Slight right to stay on Entrada Dr	
55.3	Right	Slight right onto Ocean Ave	
55.5	Left	Slight left to stay on Ocean Ave	
55.7	Left	Turn left onto San Vicente Blvd	
55.7	Generic	Meet Lt. Col. Friend	
59.4	Generic	SUPPORT CARS continue on San Vicente to Wilshire Blvd.	
59.4	Left	Turn left onto Darlington Ave	
59.4	Right	Turn right to stay on Darlington Ave	
59.5	Right	Turn right onto Bringham Ave	
59.5	Straight	Enter Eisenhower Gate BIKES ONLY	
59.9	Right	Turn right into parking lot #7	
60	Arrive	West LA VA Medical Center 11301 Wilshire BLVD LA, CA 90073	West LA VA Medical Center ETA/L: 2:00

FLY HOME LAX AIRPORT 12 MILES from VA

Thank you for your participation in the 2017 California Challenge.

Saturday, Oct. 21 Maps

