

#R2RUHC

Welcome to the Project Hero 2018 California Coastal Challenge



Welcome to the Ride 2 Recovery – 2018 California Challenge

Sunday, Oct. 14th to Sunday, Oct. 21st

Before embarking on a serious training program, it is a good idea to get checked out by your doctor to address any current and/or potential physical problems.

R2R is not a race. It is an experience that will challenge you physically, mentally, and emotionally. For most, riding in a Project Hero R2R event means riding every mile. We support, understand, and appreciate the dedication toward your goals, 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 making every mile you ride count and 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 will usually have four groups of varying riding abilities led 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 fit 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), get to know other riders, and most importantly, to have support vehicles with you.

Do not ride alone; you will NOT have any support. 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 brief at the beginning of 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 American Legion Moto Riders will escort groups for most of the day.

PLEASE NOTE: During Challenges we have special JERSEY DAYS. These are Ride 2 Recovery/Project Hero specific jerseys or current 2018 Ride 2 Recovery/Project Hero sponsors. If you are unsure about the appropriateness of a jersey, please ask Project Hero 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 Project Hero/R2R and motor vehicle codes. Any person found to be impaired while riding, or would be found publicly intoxicated, can be removed from a Project Hero/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 and/or drug test of other participants, volunteers, guests, or staff will not be tolerated. Any person found to be utilizing medication in this manner might be removed from a Project Hero/R2R activity, have future invites revoked, as well as future registrations flagged.

Description of a Typical Daily Schedule:

A typical challenge day starts with breakfast available at the hotel, unless otherwise noted. This is typically scheduled to start at 6:00am. The emailed plan of the day will have specific time scheduled. You can come at your leisure to enjoy breakfast. Ride brief will be 15 minutes before the first ride group departs. The start times will be posted in the emailed plan of the day and announced at each night's dinner. Rest stops and lunches will occur on the ride route. We will arrive at the hotel around 3pm. There will be a hotel key table at each hotel where you will pick up your key and get your room assignment. (No Bikes at key table) Dinner each night will be at 6:30pm, unless otherwise announced. You will be made aware if there are buses required. Your evening will be free after dinner unless there is an activity scheduled. We encourage you to meet new friends and talk to each other.

On Your first Challenge of the year you will receive:

1 - Cycling Jersey

1 - Cycling Bib Shorts

Note: For the 2018 California Challenge you will **only** receive the 2018 Challenge jersey and bib-short if you have **not** already received one from the **Gulf Coast, Texas Challenge** or **Memorial Challenge**. If you have them please bring them to the event since you will not receive any.

If you have an accident during the ride:

1. First Aid is in each support vehicle
2. Alert Caregivers / Medical on the ride
3. Call 911

Expected Weather

TBD



Your Luggage Allotment:

1 large suitcase, 50 pounds max / 1 small backpack
Additional: Bike bag or box

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: Arrangements are **NOT** being made by PH Staff. **Make plans to get yourself from airport to hotel.**

Arrival At Hotel / Rooming:

Please take your bike to the mechanics only if you need mechanic work performed on your bike. There you will find your bags and hotel key table for rooming assignments and room key pickup. **NO BIKES AT KEY TABLE!!!** Please take you bike to your room unless there is a designated bike room listed in the ride guide or you are directed otherwise by Project Hero Staff.

DINNER: Usually at 6:30 pm. Buses will typically depart from the hotel for dinner between 5:30 and 6:00pm.

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!**

Ten Commandments of Challenges

- I. Wear a helmet everyday
- II. Conduct an ABC Quick Check before every ride
- III. Follow your group ride leader
- IV. Ride predictably and be visible at all times
- V. Be on time
- VI. Scan for traffic and signal lane changes and turns
- VII. Point out road hazards
- VIII. Keep one hand on the handle bars
- IX. Drink before you are thirsty and eat before you are hungry
- X. HAVE FUN!!

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 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

Start at the same time

Don't wait for a gap to open in front of you to start

All riders starting at the same time means you won't have to close gaps

This will save you a lot of energy

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, slightly bend your knee at the bottom of the pedal stroke

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 drink fluids

STRAVA?

Do you use the [Strava](#) app? We encourage you to join and join our Project Hero (National) club and come ride with us! Ask a staff member for more information.

Arrival Schedule:

Sunday Oct. 14th – Santa Cruz, CA

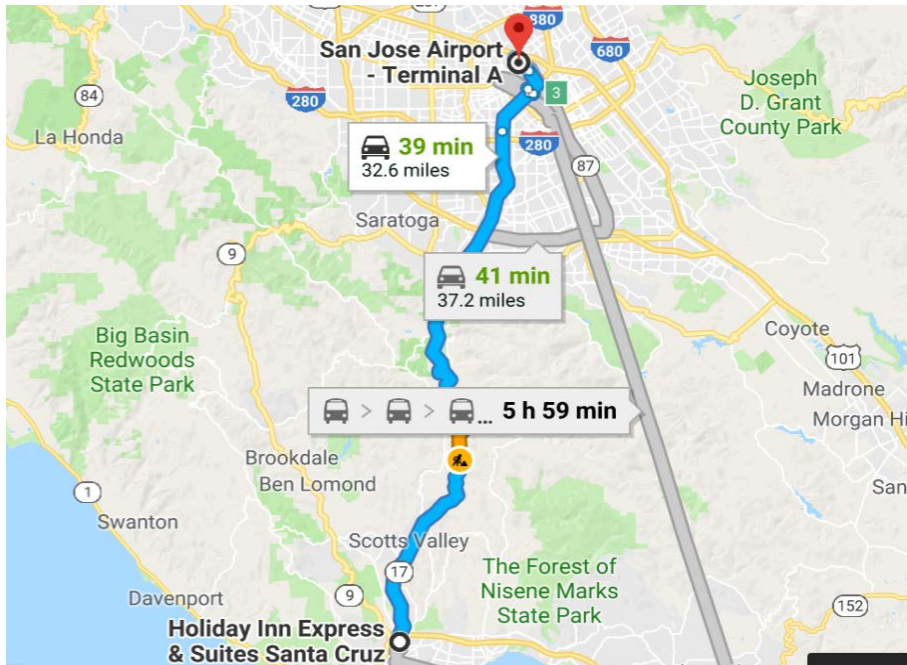
Hotel:

Holiday Inn Express & Suites

1410 Ocean St.

Santa Cruz, CA 95060

(831) 466-9100



Registration Schedule:

1300-1700 Bike Build at the Holiday Inn

***1300-1500** GPS Sunglasses Demonstration at the Holiday Inn

1500 Caravan Vehicle Loading Holiday Inn

1600-1700 Battle Buddy/1st time rider brief Holiday Inn

1730 Registration at Elks

Kick-Off Dinner: 1800

Location: Elks Lodge #0824 - 150 Jewell St. Santa Cruz, CA 95060 - (831) 423-8240

Monday, Oct. 15th

Project Hero Challenge Jersey Day

Santa Cruz, CA to Carmel, CA

Groups 1/2 & D – 64.4 miles

06:30 Breakfast

07:45-08:30 Bag Drop

07:45 Single Day Rider Registration

08:30 Morning Reflection

08:45 Ride Briefing at U-Haul

09:00 Depart: Group 1/2 & D



Route Link: <https://ridewithgps.com/routes/28421463>

Rest Stop: Mile 25.5 - **Monterey Bay Kayaks** - 2390 CA-1 Moss Landing, CA 95039

Lunch Stop: Mile 41.9 - **American Legion Post 591** - 1000 Playa Ave. Seaside, CA 93955

****BIKE ROOM AT HOTEL****

Hotel:

Carmel Mission Inn

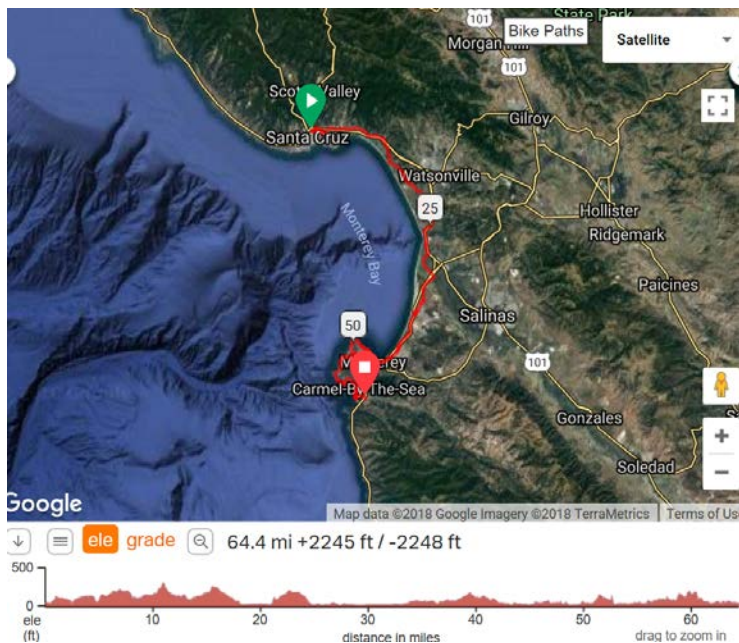
3665 Rio Road

Carmel, CA 93923

(831) 624-1841

Dinner: 18:30

Location: At hotel (RM TBA)



Tuesday, Oct. 16th

Project Hero Service Jersey Day

Carmel, CA to San Simeon, CA

GROUPS 1/2 & D- 92.4 miles

06:00 Breakfast

06:45- 07:30 Bag Drop

06:45 Single Day Rider Registration

07:30 Morning Reflection

07:45 Ride Briefing at U-Haul

08:00 Depart Group D

08:30 Depart Group 1/2



ROUTE LINK: <https://ridewithgps.com/routes/28430928>

Rest Stop: Mile 24.1 – Big Sur River Inn – 46800 CA-1 Big Sur, CA 93920

Lunch Stop: Mile 59 – Sand Dollar Beach – CA-1 Big Sur, CA 93920

Rest Stop: Mile 74.5 – Ragged Point Inn – 19019 CA-1 Ragged Point, CA 93452

****NO BIKE ROOM AT HOTEL****

Hotel:

Sands by the Sea

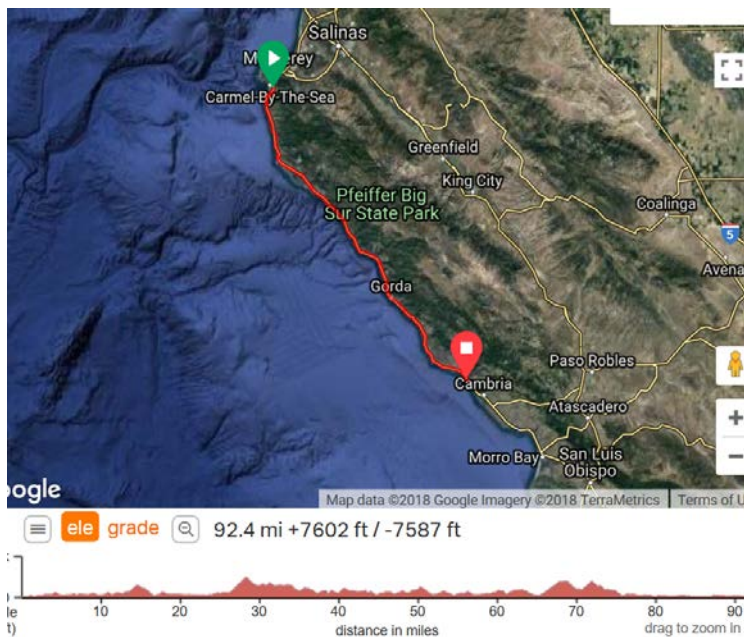
9355 Hearst Dr

San Simeon, CA 93452

(800) 444-0779

Dinner: 18:30

Location: Legion Post 432 - 1000 Main St. Cambria, CA 93428



Wednesday, Oct. 17th

Project Hero HUB Jersey Day

San Simeon, CA to Pismo Beach, CA

GROUPS 1/2 & D- 53.9 miles

06:30 Breakfast

07:45 - 08:30 Bag Drop

07:45 Single Day Rider Registration

08:30 Morning Reflection

08:45 Ride Briefing at U-Haul

09:00 Depart Group 1/2 & D



ROUTE LINK: <https://ridewithgps.com/routes/28478659>

Ceremony Stop: Mile 6.6 - **Cambria Grammar School** – 1350 Main St. Cambria, CA 93428

Rest Stop: Mile 26.6 – **Morro Bay High School** - 235 Atascadero Rd. Morro Bay, CA 93442

Lunch Stop: Mile 41.2 – **American Legion Post 66** - 1661 Mill St San Luis Obispo, CA 93401

Rest Stop: Mile 55.5 – **Pismo Lighthouse Suites** – 2411 Price Street Pismo Beach, CA 93449

****NO BIKE ROOM AT HOTEL****

Hotel:

Pismo Lighthouse Suites

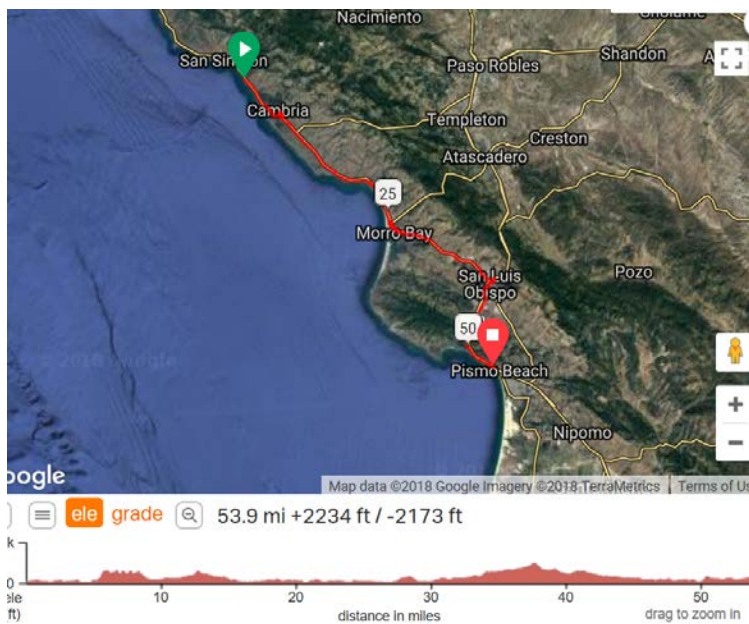
2411 Price Street

Pismo Beach, CA 93449

(805) 773-2411

Dinner: 18:00 (bus pick up at 17:30)

Location: **Le Sage Golf Course** - 25 W Grand Ave Grover Beach, CA 93433



Thursday, Oct. 18th

Project Hero Women's/Honor Ride/Throwback Jersey Day

Pismo Beach, CA to Solvang, CA

GROUPS 1/2 & D- 70 miles

07:00 Breakfast

08:15- 09:00 Bag Drop

08:15 Single Day Rider Registration

09:00 Morning Reflection

09:15 Ride Briefing at U-Haul

09:30 Depart Group 1/2 & D



ROUTE LINK: <https://ridewithgps.com/routes/28480121>

Lunch Stop: Mile 28.1 – **American Legion Post 534** - 145 W. Clark Ave. Orcutt, CA 93455

Rest Stop: Mile 50.1 – **Elks Lodge #2274** - 905 E. Ocean Ave. Lompoc, CA 93436

****NO BIKE ROOM AT HOTEL****

Hotel:

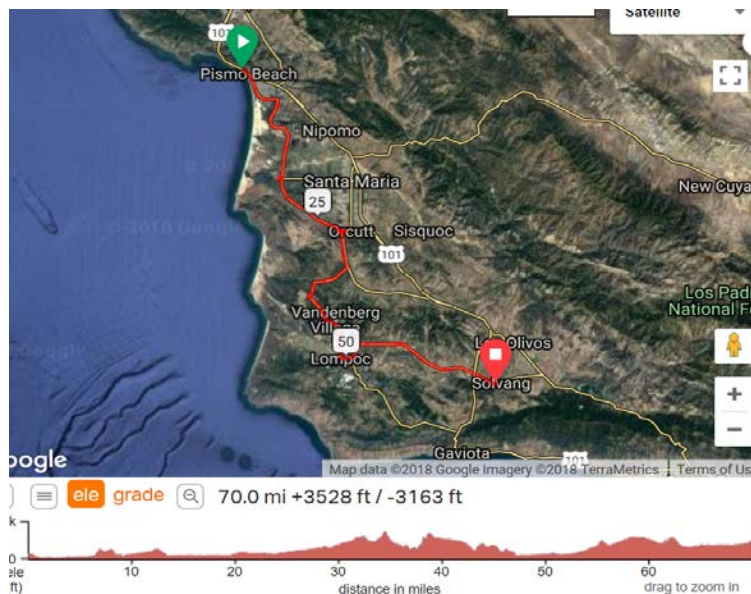
Hadsten House

1450 Mission Dr.

Solvang, CA 93463

(800) 457-5373

Lunch & Dinner: *ON YOUR OWN*****



Friday, Oct. 19th

Project Hero Sponsor Jersey Day

Solvang, CA to Ventura, CA

GROUPS 1/2 & D- 69.1 miles



07:00 Breakfast

08:30- 09:00 Bag Drop

08:15 Single Day Rider Registration

09:00 Morning Reflection

09:15 Ride Briefing at U-Haul

09:00 Depart Group D

09:30 Depart Group 1/2

ROUTE LINK: <https://ridewithgps.com/routes/28540444>

Rest Stop: Mile 23 – **Top of San Marcos Pass** - 6653-6677 Stagecoach Rd. Santa Barbara, CA 93105

Lunch Stop: Mile 40.1 – **Santa Barbara Carriage Museum** - 129 Castillo St. Santa Barbara, CA 93101

Hotel:

Vagabond Inn

756 E Thompson Blvd

Ventura, CA 93001

(805) 648-5371

Dinner: TBA



Saturday, Oct. 20th

Project Hero Challenge Jersey Day

Ventura, CA to Ventura, CA

GROUPS 1/2 & D- 23.7 miles

07:00 Breakfast

08:15 Single Day Rider Registration

08:30 Morning Reflection

08:45 Ride Briefing at U-Haul

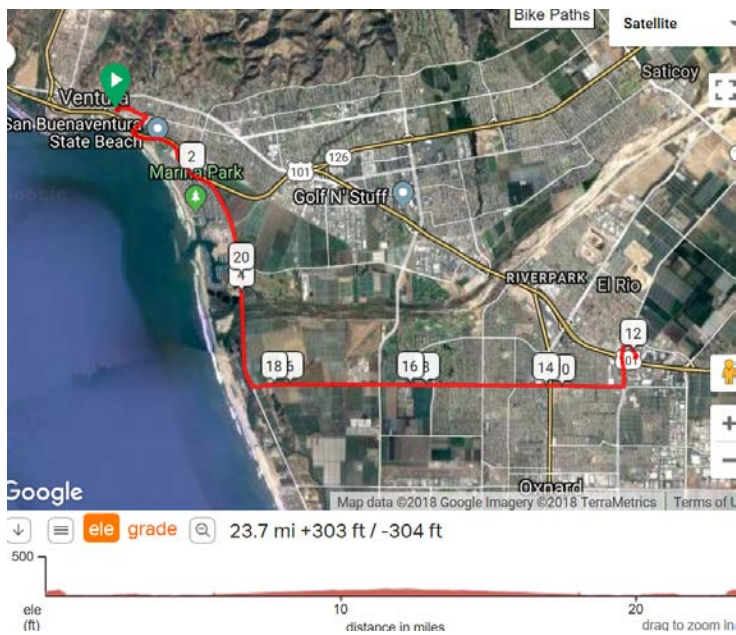
09:00 Depart Group 1/2 & D



ROUTE LINK: <https://ridewithgps.com/routes/28544073>

Lunch Stop: Mile 11.7 Performace Bicycle - 1700 Ventura Blvd, Oxnard, CA 93036

Dinner: *ON YOUR OWN*****



***This completes the 2018 UnitedHealthcare California Challenge.
Thank You***