

San Francisco Randonneurs
2009 San Francisco Brevet Series
200KM (124.3 miles)Brevet

Start date: January 24, 2009
Start time: 0700 Pacific Standard Time (7:00AM)
Maximum time limit: 13.5 hours

6:00 to 6:35AM Check-in times: (at lot off Lincoln)
6:45 AM Rider meeting (at GG Vista Area.Start location)
7:00 AM Start

Rider instructions/Brevet Information

Short Version:

The route is the same as last year. See cue sheet and maps for details.

A volunteer will stamp your brevet card at Pt. Reyes. You are asked to purchase something at the Marshall Store. The clerk will stamp and initial your cue card. Bring change and small bills (\$1, \$5 bills largest) for purchases at the Marshall Store.

Notable elements:

Bike Path: The route uses the bike path at the north end of Sausalito to link Bridgeway to Blithedale (in Mill Valley). During the very heavy rain storms in January this path can be flooded with 0.5 to 1 feet of water. If a heavy rain storm is predicted on the 24th. I'll advise you at the start for possible alternate path.

Samuel Taylor State Park: Sir Francis Drake becomes pretty bumpy when it is in the State Park boundaries. Because of this condition you may wish to consider large section 25 to 30 mm wide tires and medium pressures (100 psi). If you know the park, there is a path in the park that is somewhat smoother than Sir Francis Drake. Using either the park path or Sir Francis Drake Blvd. is acceptable. Note that following wind/rain storms, debris can litter the bike path here, especially on the last 2/3rds of the length of the path.

Point Reyes: The section of Sir Francis Drake, from South Beach to the lighthouse parking lot is punctuated with cattle grates and rough pavement. The route also crosses several historic ranches and the roadway is sometimes adorned with ranch oriented substances. Use caution and use your head when traversing this section. This time of year is also a period of Whale migration. This draws an increase in park visitors. In response, given good weather, the Park Rangers prohibit car traffic at the lighthouse area, but bikes are ok. Because of this increase in visitors, roadway signs direct motor vehicles to park at South Beach where visitors are bussed to the lighthouse. SFR has obtained a permit for this ride. Stipulated in the permit is that volunteers at the lighthouse must arrive early and may only leave once by car, which is expected to be after 1pm. Be courteous to motorists and bus drivers.

Marshall Store: DO NOT ASK FOR A RECEIPT. ASK THEM TO STAMP YOUR CARD.

Medals: Medals are available for RUSA members who complete the brevet, and can be purchased via the RUSA online store. You need to be a member before the event.

Long Version

Brevets will begin promptly at the designated starting time. Riders may start later than the designated time but the start time will be noted as starting at the official start time. The ride officials will stay near the start for approximately 10 minutes or more after the start. If you're running late call the cell phone number found on the official cue sheet document.

RIDE INFO: At the Start_Participants will arrive at the gravel parking lot off Lincoln to pick up brevet materials. Collect your brevet card. Cue sheet and maps can be downloaded from the web site. A few extra copies will be available at the start. Membership forms for the RUSA and the San Francisco Randonneurs will also be available.

LIGHTS: The start time is 20 minutes before official sunrise. Civil Twilight begins at 6:52am. Most starters will finish before sunset (5:24pm). Bring lights if you are not sure if you can complete the distance by 4:45 PM. If you haven't ridden a long event in January before don't expect same speeds as summer time. Winds and/or bad weather could slow you down. Regardless you are encouraged to have lights in the event of a mishap that delays your arrival. Weather conditions are highly variable along the route with dense ground fog being possible. Lights will improve your safety.

START: Upon collecting your brevet materials pedal over to the visitor area on the east side of Hwy 101. There are bathrooms here if nature is calling. The pre-ride meeting will start at approximately 6:50 AM at the latest.

Review RUSA "Rules for Riders" form before the event. These rules can be downloaded from the RUSA web site. The Regional Brevet Administrator will have a copy of these rules available for review at the start of the event. You are responsible for knowing and complying with these rules.

Support: **There will be no sag support with this ride.** Riders are expected to be equipped to handle all mechanical problems that can be encountered and minor physical problems. You are encouraged to ride extremely cautiously to avoid crashes and injury. Volunteers working the Point Reyes Lighthouse control are not able to leave the parking lot under the terms of the Park Permit obtained by SFR. In the event you wish to abandon at the lighthouse, there is no guarantee that a) the volunteers will be able to transport you to another location, and b) if they can that they will be able to do so before 1pm.

The Route

Maps and a cue sheet have been prepared to help you navigate over the route. Southern Marin via bike paths is somewhat complicated but the cue sheet takes into account the streets and turns. There will be no pavement markings or event specific directional signs to guide you.

Samuel P. Taylor State Park Bike Path

In western Marin County is Samuel P. Taylor State Park. The park has a bike path that parallels Sir Francis Drake Blvd. In this area, Sir Francis Drake Blvd. is quite bumpy twisty and narrow while the path, not so twisty and smooth. People familiar with the path will not be penalized for using it. It is not officially on the route because it is inadequately mapped and the west end of the path does not fully reconnect to Sir Francis Drake Blvd. About 300 feet of dirt path must be crossed to reconnect, unless you gain the path by the main entrance to the park.

First Control(checkpoint)- Pt. Reyes Lighthouse Visitors Center

Pt. Reyes National Seashore is used for dairy ranching, has Radio Communication facilities, wonderful beaches, and the lighthouse. The seashore has several visitor centers. The temporary roadway signs may refer motoring lighthouse visitors to the main visitor center. This center is a large facility and has a shuttle to the lighthouse. You don't want to go there. Instead, take the (possibly closed to auto traffic) road toward the light house. A volunteer will be at the parking lot at the far western end of this road to validate your brevet card. There are outhouse type rest-rooms at the control.

Second Control: the Marshall Store

The Store has dark colored building on the west side of Highway One. There is a marina next to the store. Go in, ask the clerk to **stamp (don't ask the clerk for a receipt)** your card, write the time (24 hour format) on the card, and then initial it. They should have a rubber stamp to validate your brevet card. Feel free to purchase food or other nourishment for your return trip. If you do not purchase food here, please consider offering a modest tip for their efforts in accommodating nearly 100 cyclists in a short period. They serve an excellent chowder in bike rider sized portions costing between \$3 and \$4. The store does not have a public restroom but there is a porta-pottie at the Marina, which is immediately south of the Marshall Store building. (NB: This store has served as a control for several years now. The current ownership has been very accommodating, including once staying open past posted hours on a rainy, wet day specifically to accommodate late riders. They did this on their own, not by our request. I'd very much like to continue this good relationship with the Marshall Store.)

Finish control: toll plaza of the Golden Gate Bridge CLOSSES AT 8:30PM (20:30)

At finish — sign in with the brevet official
---make sure the official writes the finish time on the ride card
--- if a pre-printed label has been affixed to your card with address and RUSA #, please confirm that information is correct.
---sign the brevet card

Hand the completed brevet card to the official for certification. This card will be returned to you after the brevet has been certified at an undetermined later date. **If you have other unresolved matters (unpaid fee, unsigned waiver form, newly assigned RUSA membership number not previously disclosed) please address the issues no later than the time that you turn in your brevet card to the official.**

Directions-Getting to the Start Location

The 200k brevet will begin at the south end of the Golden Gate Bridge (Route 101). There is a tourist vista point staging area on the east side of the bridge toll plaza. There is a gift shop and food stand which will be closed at the start. **Do not park in the lot immediately adjacent to the Gift shop.** This parking area is limited time parking.. Your vehicle may be towed. Refer to the Brevet Parking Map and comment below to locate the free parking areas. The brevet will start and finish at the south side of the gift shop.

San Francisco and south Marin residents are encouraged to cycle to the start.

Using <http://maps.google.com>, enter this search string to find the location of checkin:

Lincoln Blvd & Battery East Rd, San Francisco, CA 94129

and zoom in if necessary. The check in volunteers will be in a lot slightly to the right of where Google Maps puts the green arrow. The lot is on the north side of Lincoln Blvd.

For riders coming by car, parking is available at the gravel parking lot off Lincoln Blvd., on the east side of the bridge. There is also a park and ride at the north end of the bridge on the west side off of Conzelman Rd. This is free parking. Given that this ride is sold out, riders coming from Marin may want to consider parking in the lot off of Conzelman, accessible by the **last** exit from 101 Southbound before the bridge. Take the Sausalito Lateral under 101 and cross the bridge on the east side to arrive at the ride start.

Central Valley residents (Sacramento/Davis/Folsom)

People coming from Sacramento area can take several routes. Crossing at the Richmond/San Rafael Bridge and taking 101 South will take the least amount of time but will require bridge tolls at the R/SR Br. and the Golden Gate (Unless you park north of the bridge and ride over to the start).

101 South (from Marin)

If you come down Hwy 101 you can choose to park at the Conzelman Park and Ride lot you can avoid toll costs. You will have to pedal across the bridge to register and start. The Conzelman Exit is the last one before the bridge.

Bicyclists use the west bridge sidewalk during daylight hours and the east bridge sidewalk at all other times. Once on the San Francisco side the west bridge bike path goes under the bridge and then loops you to the east bridge sidewalk. Be careful. You must turn at your first chance once you're on the east side. Failure to do this will cause you to ride into the recreation area. Its not a bad trip but you'll have to find your own way back to the vista point.

The east sidewalk has a gate that may be closed. There is a push button that tells a bridge operator that you want to enter. The gate should open within 10 seconds or so of pushing the button. If not try again. Proceed across the bridge to the south vista point.

If you desire to cross the bridge, by car, then stay of the far west southbound lane going into the Toll Plaza. Pay your toll, then drive to the next exit, immediately past the toll booth. The exit drops you onto Marchant Rd. in front of an employee office and parking complex.

Proceed on Marchant until Lincoln. Turn left on Lincoln, go under the bridge and a few hundred yards down the road you'll see the parking lot on the left where check will be.

101 North (from San Francisco)

Take the last exit before the toll plaza. This exit ends at a T-intersection. Take a Right on (short) the visitor area road (shown on maps.google.com as Vista ACC), then a left on Lincoln.

Suggestions (from my predecessor Todd)

Riders are encouraged to carry at least one 20 ounce bottle of fluid with your favorite electrolyte replacement supplement/energy drink.

The route is fairly challenging terrain wise, approximately 7,000+ feet of climbing, total. It is also early in the year. Most people are not in top condition. There are some inclines of over one mile long in excess of 8 percent. There are several sharp pitches close to 20 percent. You are encouraged to have a triple chainwheel or a rear freewheel cog larger than 26 teeth to aid in your passing through these segments.

Riders are encouraged to carry at least two 20 ounce bottles of water.

Avoid using really exotic wheels with few spokes. We suggest conservative design with 32 conventional hook type spokes and medium weight clincher rims.

Riders are encouraged to carry two spare inner tubes, a patch kit, tire levers, a pump, a spoke wrench, spare spokes, a tire boot, a simple multi-tool, a chain tool.

Riders are encouraged to use tires with less than 100 miles of wear. Sew-up/tubular tires are not recommended. The route has almost 4 miles of bumpy pavement. There are several cattle guard crossings to pass across. Larger section tires (25 mm or larger) and lower tire pressures are suggested.

Riders are encouraged to use a hydration pack if the ride distance has never been attempted before.

Riders are encouraged to have a small first aid kit (bandages, anti-biotic cream, allergy medications, ibuprofen/aspirin/acetaminophen, sun screen, antacid tablets, chamois butter, salt).

Riders are encouraged to carry at least 1000 calories of your favorite travel food in the event that you bonk far from a control location.

Riders are encouraged to mount mudguards if rain is forecast. This is suggested as much as a courtesy to other riders you may be riding with as it is a personal convenience.

Riders are encouraged to carry spare lights, bulbs, batteries.

If you are uncertain that you will finish before sunset, you should bring some type of flashlight or other light, not attached to the bike to help you read the cue sheet.

Memberships

RUSA Membership is required if you would like your effort to count toward qualification of Randonneur Mondiaux sanctioned events in 2009. Similarly RUSA membership is needed if you plan on using your results toward earning the Randonneur 5000 award. Information about RUSA can be found on the world wide web at <http://www.rusa.org>

Bike Check

You are responsible for assuring your bike is tuned before the start. There will be no facilities or supplies available for repairs. Bring the tools and parts you need to complete the ride successfully.

A reflective vest or sash is encouraged. Additional reflectors (legs bands, helmet covers, reflective sheeting on the bike) are encouraged.

Most starters should be able to finish the ride before sunset as such lights are not mandatory. If there is any doubt in your mind as to your ability to finish before the sun sets, bring lights. Lights should consist of a front headlamp and a red rear light. Both lights must be attached to the bicycle. Additional lights may be attached to the person. If you finish after dark without lights, you are disqualified. Having lights with you at this time of year is a good idea anyway in case of inclement weather and or foggy conditions.

Checklist:

- Route map
- cash to pay store clerks
- a ballpoint pen
- food, fluids, electrolyte supplements and/or salts
- Enough clothing for the forecast weather be it sunny and warm or wet and cold. (Its possible to experience both on the same day along the course).
- tools, parts, first aid stuff

Optional Equipment

- Fenders/mudguards
- a cue sheet holder
- a bicycle lock
- a Cellular phone
- an Extra light

I and my fellow San Francisco Randonneurs thank you for your interest in this ride. We hope the ride is fun and challenging for you. We hope you meet new people who share in your dreams.

Sincerely,
rob hawks
San Francisco Regional Brevet Administrator

Ride Founder- Darryl Skrabak

2009 Ride Director- rob hawks
San Francisco Regional Brevet Administrator
5630 Santa Cruz Ave.
Richmond, CA 94804
(510) 526-2653 main contact number

Sanctioning Organization
Randonneurs U.S.A,
Lois Springsteen, President
226 West Avenue
Santa Cruz, CA 95060