

2009 San Francisco Brevet Series **300KM (187.6 miles)Brevet 20 hour time limit**

Start date: February 21, 2009

sign-in: 5:00 am –5:45am

pre-start meeting: 5:45am

Start time: 6:00am (06:00)

Finish Control closes 2:00am (02:00), Sunday February 22

Please Note: All SFR events are accomplished by the contribution of volunteers. We are always looking for volunteers for the next and any future brevet. If you've completed an SFR brevet in the past, please consider giving back to the brevet community by volunteering for an upcoming SFR brevet. SFR covers volunteer related expenses, and there are a variety of tasks that are available to choose from. To volunteer, please send mail to volunteers@sfrandonneurs.org

Rider instructions:

If you have any questions about the contents of this document, email rba@sfrandonneurs.org OR raise the question at the rider meeting before the brevet as appropriate.

Sign-in volunteers will be at the Lincoln Blvd. parking lot. The Lincoln Blvd. lot is on the EAST side of 101. Use this search string on maps.google.com: "980 Lincoln Blvd, San Francisco, San Francisco, California 94129, United States"

The Lincoln Blvd. parking lot has no posted restrictions so vehicle code applies (72 hour of parking). Carpooling is strongly encouraged as the lot is only so big. Plastic sandwich bags will be available to help you keep your card dry. Bring the maps you downloaded from the San Francisco Randonneurs website. Some spare maps and cue sheets will be available but try to remember to bring the maps sent to you.

NB: Mark Behning will act as coordinator for this ride throughout the day. If you need to abandon the ride or in case of other emergency, contact Mark: Cell # 510-557-9865 (if you abandon, it is required that you call Mark at this number)

Review "Rules for Riders" form before the event. These rules can be downloaded from the RUSA web site (<http://www.rusa.org/brvreg.html>). You are responsible for knowing and complying with these rules. Make sure that the arrival time at each control is noted in your brevet card. A clerk or volunteer may do this for you but YOU are responsible to assure that the time is noted.

A reflective vest or sash is required. An ANSI certified bicycle helmet shall be worn during the brevet. There are no turn markings on the pavement along the route.

LIGHTS - Riders shall have headlights and taillights mounted to their bicycle. These lights shall be positioned to be visible to road users following behind and in front of you. Lights will require a power source that lasts for up to 10 hours. Spare lights or batteries must be brought to cover the 10 hour period of darkness. Riders using generator powered lights shall carry spare light bulbs. Riders whose lights fail and lack back up systems are disqualified. Riders are encouraged to wear helmet mounted lights to aid in navigation.

First Control: Petaluma Safeway Store, McDowell Blvd at Washington Street
Make a purchase and collect a receipt. Write your name on the back of the receipt. If you have a Safeway Club Card and use it. Your name will be printed on the receipt. Save this receipt with your brevet card. Write your name on the receipt if you don't have or use a Safeway Club Card.

Second Control: Healdsburg Safeway, Matheson and Vine Street
Make a purchase and collect receipt. Write your name on the back of the receipt. If you have a Safeway Club Card and use it. Your name will be printed on the receipt. Save this receipt with your brevet card. Write your name on the receipt if you don't have or use a Safeway Club Card.

Third Control: Diekmanns Bay Store is located at 1275 Hwy 1 Bodega Bay, CA. The store is on the west side of Highway One. Make a purchase and collect receipt. Write your name on the back of the receipt.

Fourth Control: The Marshall Store, 19225 Highway One, Marshall, CA 94940
<http://www.themarshallstore.com/> The Store is on the west side of Highway One. There is a marina and boat yard next to the store on the south side of the building. Go in, ask the clerk to stamp your card, write the time (24 hour format) on the card, and then initial it. As a courtesy, if you are not purchasing anything during your visit, please offer the clerk a tip. Do feel free to purchase food or other nourishment for your return trip though. (One year, the store chose to stay open past their normal closing time. This was a courtesy they extended to SFR riders. We are not expecting that they will make this a practice. We have had a great relationship with this store over the years. Please, please, please be considerate guests while in the store. I very much want this good relationship to continue.)

Note: The Marshall store stays open until approximately 5:30 PM. For those riders who arrive in Marshall after the store closes you are required to use the SFR provided post card and drop it off at the Marshall Post Office, 19200 Highway One, Marshall, CA 94940. The P.O. is just across the street from the boat yard next to the store. Sign the card, note your time of arrival. Businesses along Hwy 1 often close around sunset. Keep this in mind with regard to water and food provisions. You may need to double up on provisions before Marshall. One option is to purchase extra supplies in

Valley Ford, or Tomales if you feel you'll arrive in Marshall after the store closes.

Secret Control: This event will have a secret control

Finish control: toll plaza of the Golden Gate Bridge CLOSES AT 2:00 AM (02:00)
NB: **in case of rain the finish control may be in the parking lot.** The quickest route to the parking lot from the Statue area is out the parking lot, turning left on Lincoln and going downhill about 50-60 yards.

At finish —sign the arrival sheet with the brevet official
---make sure the official fills in the finish time in the box for the final control *and* puts the total elapsed time on the back of the card
---sign the brevet card on the back where the official indicates
---Turn in your brevet card to the official for certification. Please leave this in the bag to help keep the receipts with the proper cards.

Usually, bicyclists are required to use the West side sidewalk during daylight hours and the East after sunset. The sidewalks are closed to pedestrians after sunset. Bicyclists can use the east side sidewalk. You will need to request security open the gate for you. There are fully improved paved pathways to the sidewalks on both sides of the bridge. Hand the completed brevet card with receipts to the official for certification. This card will be returned to you after the brevet has been certified at an undetermined later date. Certification can take up to 26 weeks.

Brevet Information

Brevets will begin promptly at the designated starting time. The starting official may stay at the start 60 minutes after the first group has started. Riders arriving at the start after this may be considered no-shows. If you are delayed in your arrival, please phone the day of event coordinator.

Directions

Many of the 2009 brevet series events will begin at the south end of the Golden Gate Bridge (Route 101). NB Directions: On 101, exit at the last exit available before the toll plaza This exit takes you to Lincoln Blvd. where parking is available at the park & ride about 0.2 mile east of the tourist parking area. SB Directions: On 101, exit at the first exit immediately after the toll plaza (south side) (200-300 feet). You should try to pay at the outermost (furthest west) toll booth to ease exit. This exit drops you onto Merchant Drive. Go down the street one car length to the first intersection. Take a right turn at the Bus Stop go downhill then under the toll booth plaza drive past the vista point and then past the freeway on-ramp and continue to the intersection with Lincoln. Turn left. Travel to the first bend about 0.1 miles east of the intersection and you will find a gravel parking area on the north (left) side of the road. Find a convenient place to park and locate Mark Behning. There are other parking areas beyond the old

Marchant location. Fort Winfield has a parking area. There is a gravel lot west of Fort Winfield that looks inviting but the parking use is unknown. Park at your own risk in these areas. The brevet will start at the planter next to the Joseph Strauss statue just east of the gift shop. This is similar to the 200k brevet start location. There is also a park and ride (Tail Head Parking) at the north end of the bridge on the west side of the Bridge off of Counzelman. This is free parking. Do not park in the lot immediately adjacent to the Gift shop. Your vehicle may be towed. San Francisco and south Marin residents are encouraged to cycle to the start.

Suggestions From Todd

Riders are encouraged to carry a hydration pack of at least 70 ounces filled with your favorite electrolyte replacement supplement/energy drink.

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

Riders are encouraged to carry at least 1200 calories of your favorite travel food in the event that you bonk far from a control location. There are fewer control locations this year so feel free to stop between controls to get food. Listen to your body. Eat before you are hungry. Drink before you are thirsty. A loss of appetite can often be a sign of dehydration. Fortunately, this time of year results in reduced perspiration rates. Riders are encouraged to carry a spare tire, 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. Check and stress test these systems before you begin. Riders are encouraged to use tires with less than 100 miles of wear. Sew-up/tubular tires are not recommended. The routes have several miles of rather bumpy pavement. Larger section tires (25 mm or larger) and lower tire pressures are suggested. 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/bag balm, salt, electrolyte capsules, sunscreen) 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.

Memberships

RUSA Membership is required for your effort to count toward the Super Randonneur Award, the Randonneur 5000. RUSA membership is also required to be eligible to obtain an award(medal). If a RUSA number is not provided to the Regional Brevet Administrator by the day of the event the result may be listed as a non-member (independent).

Bike Check

Entrant bicycles may be checked for lighting equipment before the start. The brevet start is before sunrise, Riders will need to have lights mounted on their bicycles and operating at the start of the brevet. The ride may finish after sunset for some riders. Having lights with you at this time of year is a good idea anyway in case of inclement weather and or foggy conditions. Lights shall 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. The use of reflectors (legs bands, helmet covers, reflective sheeting on the bike)

beyond the required vest, jacket or sash is encouraged. 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.

Checklist:

- Route map
 - cue sheet
 - cash to pay store clerks
 - a 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 kit
 - baggies for maps/brevet cards (small ones will be available at the start)
 - Helmet
 - Reflective vest or sash
 - spare bulbs(dynamo lights), spare batteries/lights (battery lights)
 - post card
- Optional Equipment
- Fenders/mudguards --a bicycle lock
 - a cue sheet holder --Helmet mounted light
 - a Cellular phone

The 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
5630 Santa Cruz Ave.
Richmond, CA 94804