

## **2009 San Francisco Brevet Series**

**400KM (250 miles)Brevet**                      **27 hour time limit**

Start date:                      April 4, 2009

sign-in:                              05:00 am –05:45am  
pre-start meeting:              05:50am (Lincoln Park and Ride lot location)

Start time:                        06:00am

Finish  
Check point closes              09:00am, Sunday April 5

Day long contact: Jim Gourgoutis, 415-871-8467. If you have abandoned, or you need to convey some information to the volunteers working the ride, contact Jim. This number is also part of the Excel version of the cue sheet made available.

### Rider instructions

#### Parking:

The Lincoln Ave. Park and Ride is on the EAST side of 101. The Lincoln Ave. park and ride, when last checked, has no posted restrictions so vehicle code applies (72 hour of parking).

Parking is always expected to be at a premium in this lot. Consider carpooling. Review the area map as there are several lots within close proximity of the Lincoln Park and Ride lot. 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.

#### Cue Sheets:

Bring the maps and cue sheets you downloaded from the San Francisco Randonneurs website. Spare maps and cue sheets will be available but try to remember to bring printouts of the documents made available through the pre-ride info email.

#### Responsibilities:

Review “Rules for Riders” form before the event. These rules can be downloaded from the RUSA web site here: <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. It is best to complete this upon arrival at each control.

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.

There are no SAG vehicles covering the course. Should you need to abandon the ride at any point, you are responsible for securing transportation.

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 (great for descents and seeing street name signs).

This event has controls spaced relatively far apart – like Paris Brest Paris. Entrants are encouraged to have a hydration pack in addition to the minimum two water bottles. The route passes by Healdsburg and Cloverdale to provide entrants an opportunity to stop somewhere and restock, though there are no controls in those towns.

First Control: Guerneville Safeway Store, Route 116 (River Rd. at Main Street) Mile 80

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 probably 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 or if your club card doesn't result in your name being printed.

Second Control: Hopland Valero

Make a purchase and collect receipt. Write your name on the back of the receipt. Save this receipt with your brevet card. Write your name on the receipt.

Third 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 probably 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 or if your club card doesn't result in your name being printed.

Secret Control:

This event will not have a secret control

Finish control: toll plaza of the Golden Gate Bridge CLOSES AT 9:00 AM (09:00)  
Sunday, April 5, 2009

At finish        ---sign the arrival sheet with the brevet official  
                  ---make sure the official writes the finish time on the ride card  
                  ---sign the brevet card  
                  ---Turn in your brevet card and any appropriate documentation (i.e.  
                  receipts) to the official for certification

Crossing the Golden Gate Bridge on return:

Usually, bicyclists are required to use the West side sidewalk during daylight hours and the East after sunset. Both sidewalks are closed to pedestrians after sunset, but bicyclists can use the east side sidewalk during those hours. You will need to request Bridge Security to 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. The intent is to have all riders start at 6:00am. Please contact Rob Hawks ([rob.hawks@gmail.com](mailto:rob.hawks@gmail.com)) through Friday, April 3, 9pm if you know ahead of time that you'll be late, otherwise contact Jim G. the morning of the ride if you know you will be late. Riders not contacting either of these two volunteers before 6:00am April 4, 2009 will be considered no-shows.

### **Directions**

The April 4, 400km brevet 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 Street 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 side of the road. Find a convenient place to park and locate the brevet check-in officials.

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.

The brevet will finish at the planter next to the Joseph Strauss statue just east of the gift shop, unless there is inclement weather. In that case, after first looking at the visitor center for the brevet officials, proceed to the parking lot off of Lincoln. This is similar to the 200k brevet finish location.

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 award and to qualify for Paris Brest Paris. 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 within 10 days of finishing the event the result will be listed as a non-member(independent).

## **Bike Check**

Entrant bicycles will 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 require entrants to ride through the night. 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. Having backup lights, batteries, bulbs is highly recommended.

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. (It is 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 cue sheet holder
- a Cellular phone
- a bicycle lock
- Helmet mounted light

If there are any remaining questions, please contact the RBA at [rba@sfrandonneurs.org](mailto:rba@sfrandonneurs.org) or [rob.hawks@gmail.com](mailto:rob.hawks@gmail.com).