

2009 San Francisco Brevet Series

600KM (375 miles)Brevet

40 hour time limit

Start date: May 30, 2009

sign-in: 5:00 AM – 5:45 AM (at Lincoln Park & Ride)
pre-start meeting: 5:50 AM (at GG Vista Area.Start location)
Start time: 6:00 AM (0600)
Finish close 10:00 PM(2200), Sunday, May 31, 2009

Rider instructions:

Day(s) of event contact: (415) 871-8467 If you need to abandon, please call this number. If you are the first rider at the Marshall Control, call this number to inform Jim G. of your status. This will allow us to have a control worker on hand at the finish.

Sign-in with the volunteers at the Lincoln Park And Ride, east of Hwy 101 and the Bridge Crossing Gates. This is the same location as was done with the 200, 300k and 400k brevets. Collect your brevet card once you have passed equipment check.

Bring the maps you downloaded from the San Francisco Randonneurs website. Spare maps and cue sheets may be available but try to remember to bring the maps sent to you.

Review “Rules for Riders” form before the event. These rules can be downloaded from the RUSA web site. 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 15 hours. Users of battery lights are encouraged to use lithium battery cells. Spare lights or batteries must be brought to cover the 15 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.

You are encouraged to have a Cellular Phone with you to allow contact for emergency service providers or a family member.

Riders are encouraged to wear helmet mounted lights to aid in navigation.

You must obey the vehicle laws and observe and obey traffic control regulations.

NOTE: Several riders have donated extra money to SFR and Robert Redmond of SRCC negotiated a special deal with the folks that make Fiber Fix spokes (ie: <http://www.peterwhitecycles.com/fiberfix.htm>). As a result each rider will be supplied with a fiber fix spoke for their tool kit. There are enough for each registered rider as of today. If you do not need one of these, please let the check-in volunteers know. SFR would like to give any extras to the volunteers who work the brevet.

SUPPORT

Save for the Paul Dimmick campground rest stop (see below), there is no on course support. Riders must be suitably equipped to ride the distance without the aid of SAG vehicles. Personal support vehicles are discouraged. On road assistance given by a personal support vehicle between controls is grounds for disqualification. Personal support assistance can only be provided at the designated controls (see rules for riders on the RUSA site).

In the case of a serious accident you will be relying on normal emergency response services (911) in the area. The day of event coordinator will carry a cell phone but will have limited ability to assist depending on when/where the mishap occurs. You are encouraged to ride in small groups (2-3 is optimal size for safety, larger size for speed and rest). You are advised to ride cautiously.

COURSE

The route has not been inspected as of this update (5/26/09). The roads have been generally smooth, in the past. Exceptions to this comment are along Sir Francis Drake Blvd. Near the Samuel P. Taylor state park (Mile 29) and along the Bohemian Highway (Mile 299) just past Monte Rio on the return.

Because Sir Francis Drake becomes pretty bumpy when it is within the Samuel Taylor State Park boundaries I suggest you consider the path/park road in the park that is smoother than Sir Francis Drake. Using either the park path or Sir Francis Drake Blvd. is acceptable.

Hills – The longest grade is between Cloverdale and Yorkville on Hwy 128. Elevation at the highest point is a modest 500 feet. The ridge is approximately 20 miles long, and you go up and down quite a bit. Marin County also provides lots of roller type hills but again none are very high.

Strategies for long distances between controls – The distances between Healdsburg and Ft. Bragg and then Ft. Bragg and Cloverdale are considerable. Heat or cold, or

both could be a factor. The businesses in the Anderson Valley (Hwy 128) close between 6-7pm. So opportunities to restock are limited. There will be a water stop along 128 at Paul Dimmick Campground, west of Navarro. Riders have reported stopping in Boonville and purchasing water and food and then creating an informal drop zone in a convenient location along Hwy 128 to allow retrieval of the items on the way back. We suggest if your energies/electrolytes are waning going through Cloverdale, Boonville, or Philo, stop and stock up.

Road Construction – nothing relevant to report as of 5/26/09. (There is construction on Hwy 1 south of the junction of 128, but we enter and leave Hwy 1 at that point anyway). For more info refer to:

<http://www.dot.ca.gov/hq/roadinfo/hi.htm>

Wind – Wind has played a significant role on some versions of this ride in the past. Be prepared, mentally, for many hours into moderate to strong winds.

LODGING

We are unable to provide lodging. Entrants wishing to sleep are advised to make arrangements yourselves. Given the time of year and if rain is forecast we recommend you reserve a room in Fort Bragg to allow change into dry clothes and shower. Lodgings that have been available in the past include:

Tradewinds Lodge 400 South Main Street Ft. Bragg, CA 95437 (707) 964-4761 or (800)524-2244	Close to the Safeway, nice, expensive. Has a café which stays open late and opens early
Ebb Tide Lodge 250 South Main Street Ft. Bragg, CA 95437 (707) 964-6740 or (800) 974-6730	Less costly than next door Tradewinds. The rooms are smaller but close enough to walk or ride to the Tradewinds Café
Colombi Market, Motel & Laundromat 647 Oak Street Ft. Bragg, CA 95437	You go into the market to get the key to a room.
Fort Bragg Motel 763 North Main Street Ft. Bragg, CA 95437 (707) 964-4787	Small Rooms, lower cost
Super 8 Motel 888 South Main Street Ft. Bragg, CA 95437 (707) 964-4003 or (800) 206-9833	

Van Damme State Park (707) 937-5804 is on the route approximately 3 miles south of the Town of Mendocino should you wish to camp

CHECKPOINT PROCEDURE

The Control Checkpoints are Safeway Stores or small markets. At each checkpoint you must:

1. Arrive within the noted opening and closing time (see times below)
2. Purchase an item
3. Collect a receipt from the cashier - write your name, time and date on the receipt OR have the cashier enter the time (24 hour format), initial and have a store stamp (Marshall Store) on the brevet card
4. Save the receipt with your ride card.
5. Sign your brevet card (at finish)
6. Surrender your brevet card to the Official (at finish)

If there is no official at the finish when you arrive call (415) 871-8467.

First Control: Golden Gate Bridge- Start at 6:00AM

Second Control: OPEN Control, Pt. Reyes Station

Opens 07:44 Closes 09:56

Make sure the name of the business, location, and your time is noted on the receipt.

Third Control: Petaluma Peets, 5 Petaluma Boulevard South, Suite A OR Petaluma Safeway Store, McDowell Blvd at Washington Street

Opens 08:44 Closes 12:12

Make a purchase and collect a receipt. Save this receipt with your brevet card. If you have a Safeway Club Card and use it, your name may be printed on the receipt. Write your name on the receipt if you don't have or use a Safeway Club Card or if your name isn't printed on the receipt.

Fourth Control: Healdsburg Safeway, Matheson and Vine Street

Opens 10:09 Closes 15:24

Make a purchase and collect receipt as you did at controls 2 and 3.

Fifth Control: Ft. Bragg Safeway, 660 South Main Street (Hwy 1), Ft. Bragg, CA

Opens 14:45 Closes 01:28, Sunday

Make a purchase and collect receipt. If you want a sit down meal consider the Tradewinds Café. There is also a Denny's about 1.5 miles further north of the Safeway if everything appears to be closed.

Paul Dimmick campground, Highway 128, west of Navarro

There are no 'official' hours for this rest stop. The stop is **not an official control**. However, if you stop at this location on the return leg, please sign the rider sheet and note your time. This will allow us to have a better idea of who is where on the course and what to expect for finish times at the Golden Gate Bridge.

This rest stop is open for all riders, and will be staffed by several SRCC members. Riders may bring a drop bag to the ride start which will be taken up to Dimmick and returned at the end of the ride. There will be hot food available as well as other supplies. Note there will be some Clif bars, Clif Shot Blocks, Hammer Gel of several flavors, a small number of spare flasks for the gel, Clif electrolyte drink mix, and possibly some other energy bars and single serving gel packets for your use at this stop.

There will be some modest sleeping arrangements. To guarantee a sleeping bag, you should supply one with a drop bag at the ride start.

Any supplies that you send to Dimmick at the ride start, or leave during your passage through that are not picked up at the finish of the ride will be available for pick up at my house in Richmond Annex at some point the following week, beginning probably Monday night.

Sixth Control: (OPEN Control) South Cloverdale Blvd at Treadway

Opens 18:44 Closes 09:52, Sunday

You have a little flexibility as to where you want to stop. It all depends on your appetite and what is open. A receipt from McDonald's, Longs Drug Store, the Chevron Mini Market or the other mini market on the east side of the road are all acceptable stops. At this stop having your name date and time written on the receipt is required.

Seventh Control: Guerneville Safeway (Main and Mill Street)

Opens 20:34 Closes 13:32 Sunday

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

Eighth Control: Marshall Store (Hwy 1), Marshall, CA

Opens 22:32 Closes 17:28, Sunday

The store hours are from 10:00 am to 6:00 pm. If open, go in, **ask the clerk to stamp your card (no receipt will be provided)**, write the time (24 hour format) on the card,

and then initial it. Pay the clerk \$1 for this kind service. The clerk may waive the charge if you purchase something. Feel free to purchase food or other nourishment for your return trip. If you are passing through after the Store is closed a stamped, addressed post card will be provided with your Brevet Card. This post card must be mailed from the Marshall Post Office across the street from the Marshall Store (east side of Hwy 1).

Finish control: toll plaza of the Golden Gate Bridge CLOSSES AT 10:00pm - Sunday
Opens 00:48, Sunday Closes 22:00 Sunday

At finish —sign in 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 to the official for certification

Hand the completed brevet card with receipts to the official for certification. Keep card and receipts in the baggy to assure proper credit. If no official is present collect a receipt from the gift shop or concession stand. If you wait longer than 30 minutes for an official, you may leave and mail your ride records to the Regional Brevet Administrator within 3 days of completing the ride. Your records will be returned to you after the brevet has been certified at an undetermined later date. Certification can take up to 20 weeks.

If you need additional direction contact the Regional Brevet Administrator at rba@sfrandonneurs.org

Suggestions

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 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, antibiotic cream, allergy medications, ibuprofen/aspirin/acetaminophen, sun screen, antacid tablets, chamois butter/bag balm, salt, electrolyte capsules, sunscreen)

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.

If rain is forecast we recommend that you carry a full change of riding clothes, a face cloth, underwear and shorts stored in a large seat bag, a handlebar bag, or a rear rack top bag.

A cell phone

Memberships

RUSA Membership is required for your effort to count toward the Randonneur 5000 award and to qualify for Paris Brest Paris scheduled in 2009. RUSA membership is also required to be eligible to obtain an award medal. If RUSA number is not provided to the Regional Brevet Administrator or is not in the RUSA database you will be certified as an independent will not get RUSA credit.

Bike Check

Entrant bicycles will be checked for lighting equipment before the start. The ride can finish after sunset for some riders.

Lights shall consist of a front headlamp and a red rear light. Both lights must be attached to the bicycle. The rear light must be capable of operating in steady mode (non-flashing). 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:

- cue sheet
- 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 kit
- baggies for maps/brevet cards (small ones will be available at the start)
- wrist watch

Optional Equipment

- Fenders/mudguards
- Front or rear rack
- a cue sheet holder
- a bicycle lock
- 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, SFR RBA
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Richmond, CA 94804
(510) 526-2653

Ride Founder – Darryl Skrabak