



HONOLULU CENTURY RIDE 2010



Kaaawa, Hawaii



Aloha and Welcome to the 2010 Honolulu Century Ride!

This presentation will cover some of the details of the event to ensure you enjoy a safe and fun ride.



Topics to be Presented



- What to bring with you on the ride
- Rider starting order
- Safe riding tips for cycling in Hawaii
- Aid Stations
- Hydration and food consumption
- Rider to rider communication
- Riding in traffic safely
- Course marshal support



What to Bring



- There is mechanical support on the ride, but you should always carry a spare tube that fits your bike, a patch kit, and a CO2 cartridge or mini-pump. This will ensure that if you get a flat and an event official stops to help, they can get you back on the road. **Please note: CO2 cartridges are not allowed on commercial airplanes.** If you are flying to Hawaii for the event and prefer a CO2 cartridge to a mini pump, please purchase one locally at one of the many bike shops in Honolulu.
- Be sure to have sun block in SPF 30 or higher that is a “sport” formula, so that it does not wash away as you perspire.
- Protective eyewear (sunglasses) are recommended to keep debris out of your eyes and to protect your eyes from harmful UV rays.
- Always have your ride number pinned to your shirt with your personal information printed on the back. Always have a photo ID or other forms of ID with you.



Rider Starting Order

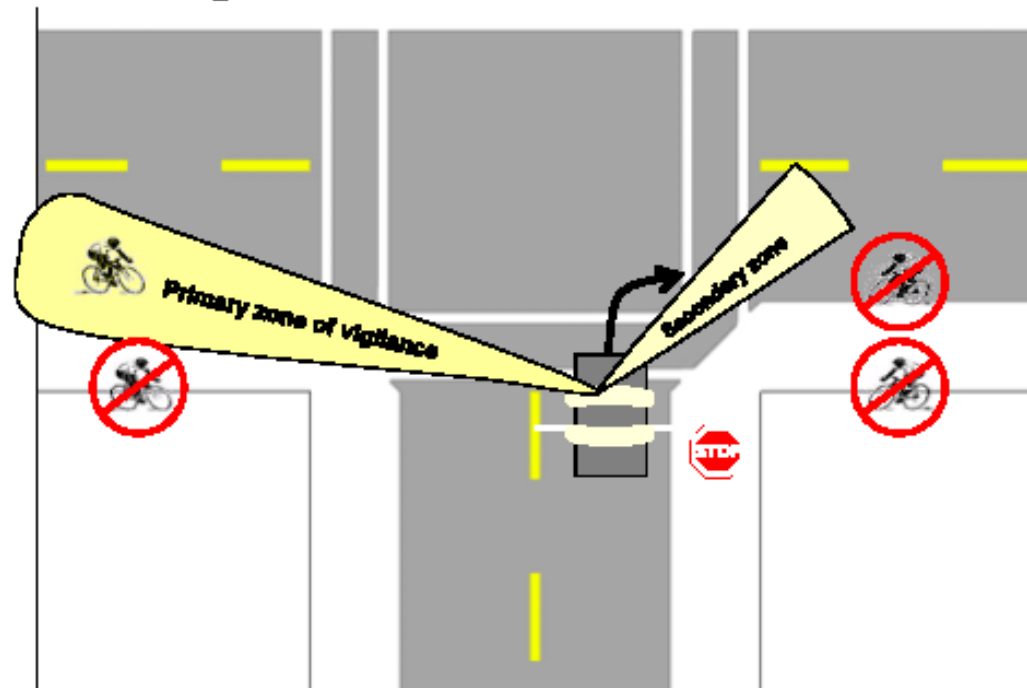


- Starting in the correct group is important to having a positive experience in the Honolulu Century Ride.
- Everyone chooses a starting group when registering based on the information below. Remember your starting group for ride day!
- The ride order on the day of the ride will be clearly marked at the start, with a designation between groups A, B, C, and D.

A	B	C	D
Ride at least 311 miles per month and average more than 19 MPH	Ride at least 124 miles per month and average more than 13 MPH	Ride once or twice a month and average 6-7 MPH	Children 5 and under with parents (solo bikes) or on trailer bikes, parents with children in bicycle trailers .

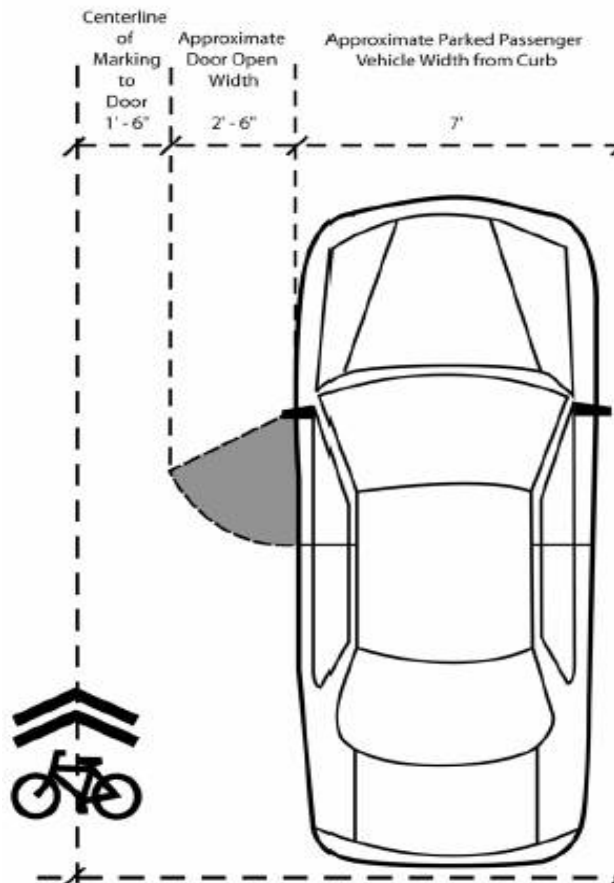


Don't ride Wrong Way or on sidewalk! Stay in traffic lane to be seen





When riding next to parked cars stay away from the “door zone”





Always ride single file unless overtaking another cyclist

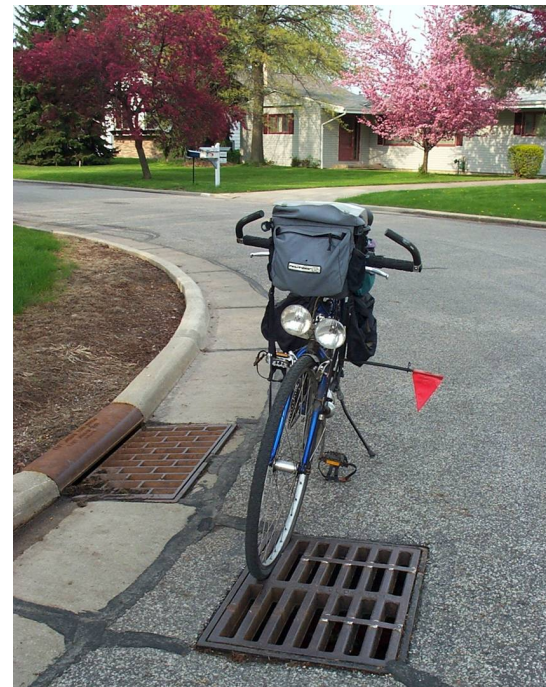
- When overtaking another cyclist make sure to look back behind you to see if the traffic is clear, before overtaking the slower rider.
- Announce to the slower cyclist that you are passing by saying “on your left”, or by ringing a bicycle bell.
- On some areas of the course the roadway is 2 lanes wide with no shoulder. Be sure there is no traffic behind you when passing slower cyclists in these areas.





Avoid road hazards

- Continually scan the road for potholes and broken pavement. Hitting a road hazard at speed can cause a crash, so be aware and always be on the lookout for road hazards.





Aid Stations



All of our aid stations are designed to provide mechanical support, give you a place to rest, to hydrate with sports drinks, and consume calories to give you the best riding experience possible. Restrooms are located at stations as well. Aid stations are not open all day, so make sure you are aware of the closure times.

- **Kuapa Pre-School** (20 Mile Aid Station)
Closes at 4:00 p.m.
- **Sandy Beach Neighborhood Park** (25 mile Aid Station)
Closes at 10:15 a.m.
- **Kailua Intermediate School** (50 mile Aid Station)
Closes at 02:15 p.m.
You must leave this aid station by 11:30 am to continue.
- **King Intermediate School** (75 mile Aid Station)
Closes at 1:15 p.m.
You must leave this Aid Station by 10:30 am to continue.
- **Swanzy Beach Park** (100 mile Aid Station)
Closes at 12:15 p.m.
- **Kapiolani Park**
Event finishes at 5:00 p.m.





Hydration and Food Consumption



Riding in Hawaii can be very different than what you might be used to, so use these tips to keep fueled and hydrated.

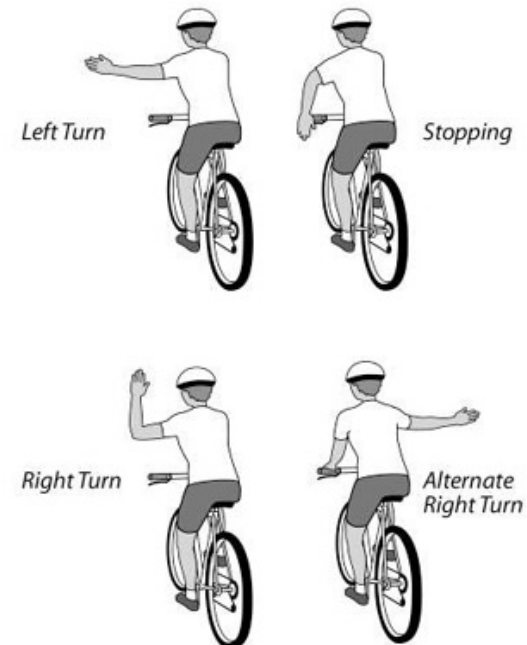
- Drink liquids before you get thirsty. One 12 oz bottle should be consumed every ½ hour.
- Try to eat at each Aid Station. The needed calories will give you the strength to finish the ride.
- Aid Station volunteers are at your service. If you have any questions regarding the products offered or need any assistance filling bottles, please ask for help.





Honolulu Century Ride participants come from all countries of the world and speak a variety of languages. Communicating your intentions to other riders on the course at all times can be done even with the language barriers by using these tips:

- Do not make sudden quick changes in direction. Always make smooth slow predictable changes in direction.
- Point to where you want to go if changing direction in a group.
- Use hand signals when slowing down or turning left or right.



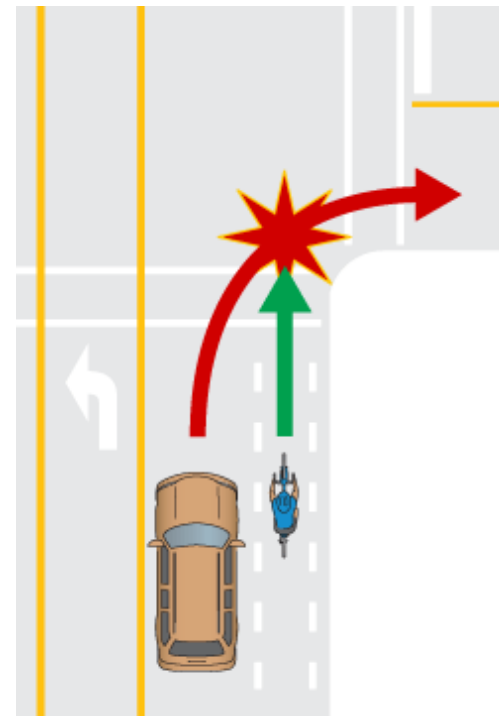


Riding Safely in Traffic



The Honolulu Century Ride course is open to traffic, so you **must obey** the traffic laws. There will be Honolulu police officers on the course at major intersections to guide riders correctly and safely through the intersection. Please obey the traffic laws and yield to vehicular traffic.

- Stop at all red traffic signals.
- Yield to pedestrians in crosswalks.
- Proper lane positioning is an essential skill for cyclists. If there is a bike lane or wide shoulder please use it. Where there is a narrow or downhill use the full lane of the road.
- Always avoid “right hook” situations





Course Marshal Support



If you have a mechanical problem, we have course marshals to assist you. Course marshals will be roving the course in marked vehicles. Alternatively, if you are able to make it to the Aid Station, please let a volunteer know that you need mechanical assistance. They will contact a Course Marshal for you.

- The Course Marshal vehicles will be identified by Honolulu Century Ride flags on the vehicle.
- A simple “thumbs up” lets the driver know that you are OK, and do not need assistance.
- A “thumbs down” indicates that you are in need of assistance and that the Course Marshal should stop.





Ride with Aloha



Remember that **this is a ride, not a race**. Please enjoy the natural beauty of Hawai'i. Be courteous to drivers and the communities we pass through – the people of Hawai'i make this ride possible.

The Honolulu Police Department will enforce traffic laws. Riders found not riding in accordance with the Honolulu Century Ride rules will have their ride bibs removed and become non-participants of the Honolulu Century Ride.

Mahalo for participating in the 2010 Honolulu Century Ride!