



Saturday Ride

Tradewind Saturday Ride, 07/30/16 DICK EVANS RR - PRACTICE , 6:30am Departure,
Hawaii Kai - Kalama Valley Shopping Center, 113 miles, about 6-7 hours

-->>PARK ON THE STREET <<-- We do not have permission to park in the shopping center parking lot, you could be towed

- * Dick Evans Memorial Road Race (DEMRR) is in 3 weeks - so we're riding the entire course
- * COME PREPARED w/Extra Food & Tubes - <we're not planning on stopping to shop>

Stop at red lights & follow traffic laws - be good cycling ambassadors

DEMRR Race Registration at www.usacycling.org/events/state_search.php?state=HI

ROLLING @ 6:30AM - be on time or be left behind

ROUTE OVERVIEW (DEMRR Course):

- * (Start) Kalama Valley Shopping Center

Hawaii Kai

(R) Kalaniana'ole Hwy

(L) Kilauea Avenue (Kahala Mall)

(L) 18th Avenue (below KCC)

(R) Diamond Head Road - Monsarrat Avenue

(R) Paki Avenue - Ala Wai Blvd

(L) Niu Street - Ala Moana Blvd - Nimitz Hwy - Kamehameha Hwy - Farrington Hwy

(R) Kunia Road (far end of Waipahu)

(L) Wilikina Drive (Schofield/Wheeler)

(R) Kamananui Road (past Green World)

(L) Kamehameha Hwy (Pineapple Hill)

(Straight) Joseph P. Leong Hwy (Haleiwa by-pass)
(Straight) Kamehameha Hwy
(Straight) Kahekili Hwy (Hygienic Store in Kahaluu)
(L) Kulukeyoe St (Kaneohe neighborhood, start)
(R) Keneke St
(L) Keneke St
(R) Anoi Rd (Kaneohe neighborhood, end)
(L) Likelike Hwy - Kaneohe Bay Drive
(Straight) Mokapu Saddle Rd
(R) Kapaa Quarry Road
(L) Pali Hwy
(R) Kalaniana'ole Hwy (Castle Hospital)
(R) Old Kalaniana'ole Hwy (Far end - past Keolu Dr)
(U-Turn) at the top (Near County Baseboard, Olomana RR start/finish)
(R) Kalaniana'ole Hwy
(R) Kumuhau St (Waimanalo Backroads, start)
(L) Waikupanaha St
(L) Waikupanaha St
(R) Hihimanu St (Waimanalo Rec)
(R) Oluolu St (Mormon Temple)
(R) Kalaniana'ole Hwy (Waimanalo Backroads, end)
(R) Kealahou St (Sandy Beach stoplight)
(Straight) Kalama Valley Shopping Center (finish)

DIRECTIONS TO START <Navigate to Kalama Valley Shopping Center, 501 Kealahou St, Honolulu, HI 96825>

The Kalama Valley Shopping Center is located at the Sandy Beach side of Heartbreak Hill, in the Hawaii Kai/Kalama Valley area. It is about 100 meters left of the "T" intersection when coming down Heartbreak Hill towards Sandy Beach.

RIDE RULES:

* BE SAFE.

- * Helmets required. NO HELMET-NO RIDE, no exceptions. Helmet straps must be firmly fastened under your chin.
- * The ride organizer reserves the right to ban any rider for unsafe riding or insubordination.
- * Aero bar use allowed under the following conditions: keep at least 4-bike-lengths away from anyone on aero bars & don't draft anyone on aero bars. The person on aero bars needs to either go off the front or the back of the group after announcing that they're going aero Rotate to the left when in the pace line.
- * Don't over-lap wheels.
- * Do not run stoplights, creep through intersections or do the short up-the-road U-turn to get around a red light.
- * Show up on time, so we can all leave on time (most folks arrive 15-30 minutes prior to departure time).
- * No audio device use while riding (i.e.: cell phones, Walkman, CD player, 2-way radios, MP3 players)
- * Look out for each other (stop to help out with flats & mechanicals).
- * Welcome the new riders, introduce yourself and help orientate them.
- * Don't leave anyone behind (remember what it was like to be the new rider being dropped?).
- * Help each other become better riders (share what you know).
- * Have fun.
- * Be a good paceline buddy.