



## Sunday Spin

Sunday Spin, 06/12/16, 7:30am Depart Kapiolani Park Fountain - Waimanalo, about 40 miles, about 3 hours

\* EAR-BUDS ARE NOT ALLOWED, leave them at home or tucked away so they are not visible. Don't use them on the ride and don't dangle them off your ears and say you're not going to use them only to slip them in when the ride leader isn't looking.

\*Follow Tradewindcyclingteam on both Instagram and Facebook

\*Coffee after the ride at Starbucks Kapahulu

### ROUTE DESCRIPTION:

We'll ride neutral up and over Diamond Head until we get to Kahala, where I'll pull off the front. This will get us to Kahala, on the flat together and also give us all some time to warm up and socialize. Once I pull off the front go ahead and ride at your pace. We'll head out on Kahala Avenue, left onto Golf Course Road (Kealaolu) then right onto Kalaniana'ole Highway towards Hawaii Kai.

We'll take our first break at Koko Head Elementary School in the Portlock neighborhood. To get there: after crossing the Hawaii Kai Bridge (just after the boat ramp) take the 1st right onto Portlock Road then the 2nd left onto Lunalilo Home Road. The park will be on your right at the second intersection, just turn right and ride up the hill a little bit to the park rest room area.

After our break we will roll up Lunalilo Home Road towards Heartbreak Hill. We'll turn right onto Ahukini then go immediately right onto Hawaii Kai Drive, up and over Heartbreak. Go right at the "T" (Kalama Valley) then left at the Sandy Beach Stoplight towards Makapuu.

At the top of Makapuu you may want to pause momentarily and regroup a little bit, then ride toward Waiamanlo and turn left at the 7-11 store onto the Waimanalo Backroads.

The front group will ride all the back roads and do a safe U-Turn before reaching the highway. If you're not with the front group, keep an eye out for them and do a safe-U-Turn when you see them coming at you and follow them back to the Waimanalo Recreation Center.

We'll all take a break at the rec center then head back to town. Back onto Kalaniana'ole Highway, up and over Makapuu, right at the Sandy Beach stoplight, left at the "T" and then left at the bottom of Heartbreak Hill onto Lunalilo Home Road. Right onto Wailua (by the Fire Station) and left onto Hawaii Kai Drive back to Kalaniana'ole Highway.

Follow Kalaniana'ole Highway towards Kahala, left at Kilauea onto Golf Course Road (Kealaolu), right onto Kahala Avenue and back to Diamond Head Road to Kapiolani Park.

#### DIRECTIONS TO START - Kapiolani Park Fountain

<Navigate to: Elks Club, 2933 Kalakaua Avenue, Honolulu, HI 96815; that is right across the street from the fountain>

The Kapiolani Park Fountain is located at the east-end of Kapiolani Park, on a small traffic circle on the grassy median on Kalakaua Avenue.

From Waikiki: get on Kalakaua Avenue east-bound, stay on Kalakaua and pass the hotels, the beach, the Zoo and the Honolulu Aquarium. After the road splits into two lanes with one going west-bound and the one you're on going east-bound, you'll see the fountain at the far end of the park just past the tennis courts and Aquarium.

#### RIDE RULES - as reviewed, updated and approved by the membership every year

- \* Ride Safely
- \* Helmets are required with the straps firmly fastened under your chin while you're riding, start to finish
- \* EAR-BUDS NOT ALLOWED, please leave them at home or tucked away so they are not visible
- \* Aero bar use is allowed under the following conditions: keep a minimum of 4 bike lengths away from other riders, no drafting of riders on aero bars, go off the front or the back of the group, make sure to announce that you are going aero to the riders around you
- \* Don't run stoplights or do the quick-right-turn and u-turn to get around them
- \* The ride organizer reserves the right to ban any rider for unsafe riding or insubordination
- \* Use of electronic devices (phones, iPods, radios) not allowed while riding
- \* Don't overlap wheels
- \* Don't leave anyone behind
- \* Help each other out with flat tires and mechanicals
- \* Have fun!

See you on the road,