



**CYCLE**  
**THE SIERRA**

**2016 RIDE GUIDE**

## LETTER FROM THE RIDE DIRECTOR

### Welcome Rider!

It has been said that life is not measured by the number of breaths we take, but by the moments that take our breath away. On a bike through the mountains, we know these moments well.

In a time when life seems busier and free time scarce, we need to break away from the grind and “fill the well” – to challenge ourselves physically, mentally and to just have fun; to eat good food, laugh, ride, cool off in a clear mountain stream, dance to live music – to re-charge the soul.

Cycle the Sierra is more than a cycling event; it is about building community around cycling. It's the common bond that brings people together – spending time outside with the wind in your face and the sun on your skin; sharing the experience of freedom and passion; the telling of old stories and the creating of new.

Our team has been working hard getting the ingredients together for this year's adventure, a unique route through the Sierra Nevada mountains in beautiful “Nor-Cal.” Our route includes passage through the same region that inspired two of California's great naturalists, John Muir and Ansel Adams. Their love and appreciation for the Sierra brought both fame and protection to these magnificent lands – the fresh air, granite peaks, lush forests and unique historical communities of the wild west.

Cycle the Sierra is a catalyst for us to be a part of something greater than ourselves. Besides the coming together of friends, we will also ride to support our non-profit partners. These important organizations have dedicated themselves to preserving and protecting the places we'll be visiting. You have been called to rise to the challenge! To push yourself, and in the end, to know it was indeed about being part of, and contributing to, something truly grand.

Come along with us on the journey – a journey of discovery, good times and adventure. Because, riding 300 miles on your bike in the Northern Sierra is a trip of a lifetime you will remember forever.

See you this June!

**Mark Reiner and the Cycle the Sierra Team**

► **THE RIDE**

// **P.04**

**GETTING THERE**  
**RIDE CHECK-IN**  
**IMPORTANT DATES**

// **P.05**

**DAILY SCHEDULE**  
Schedule  
Course Support  
On-Course Mid-Day Snacks/Lunch  
Nightly Announcements

// **P.06**

**WEATHER**  
**RIDE SAFETY**  
**RIDE RULES**

// **P.07**

**SUPPORT SERVICES**  
Rider I.D.  
Luggage Transport  
On-Route Medical Support  
Rest Stops  
SAG Vehicles  
Bike Technical Support

// **P.08**

**BASE CAMPS**  
Locations

// **P.09**

**BASE CAMPS**  
Meals  
Entertainment  
Medical Support  
Bike Safety  
Base Camp Extras  
    Massage  
    Beer & Wine

► **BEFORE THE RIDE**

// **P.10**

**PACKING LISTS**  
Base Camp  
In the Saddle

// **P.11**

**BIKE EQUIPMENT**  
**BIKE SHIPPING**

► **AFTER THE RIDE**

// **P.11**

**DAY 5 OVERNIGHT**



## ► RIDE OVERVIEW

Our fully supported, five-day journey will take us on a 300-mile loop through breathtaking country - beneath granite peaks, through evergreen forests and to alpine hot springs. We'll ride through iconic locations like Lake Tahoe and the area where gold was discovered starting the California Gold Rush, and over the 4th highest bridge in the US.

Each day cyclists will travel an average of 70 miles. At night we'll camp together under the stars. Our Base Camps will feature delicious food, live music, a beer and wine garden, massage therapists, bike mechanics and other cyclists from all over the world letting loose on vacation.

**DAY 0 CHECK IN/PICK UP RIDER PACKET**  
(overnight at Nevada Union High School)

**DAY 1 NEVADA CITY, CA TO CHILI BAR**  
61 miles (4630.0 ft. of climbing)

**DAY 2 CHILI BAR TO SILVER LAKE**  
53mi (6920 feet of climbing)

**DAY 3 SILVER LAKE TO LAKE TAHOE**  
43 mi (2930 ft of climbing)

**DAY 4 LAKE TAHOE TO SIERRAVILLE**  
65 miles (3190.0 ft. of climbing)

**DAY 5 SIERRAVILLE TO NEVADA CITY**  
82 miles (6109.0 ft. of climbing)

**Total Miles: 304**

Check out our site for a full [ride overview](#) and to view an [interactive route map](#).

## IMPORTANT DATES

**Jun 17** Check-in/Packet Pick-up (5-8 pm)

**Jun 18** Check-in Continues (6-8 am)  
Ride Begins!

**Jun 22** Final Day of the Ride

## ► GETTING THERE

The ride will begin and end at Nevada Union High School in Grass Valley, California. [MAP](#)

**NEVADA UNION HIGH SCHOOL**  
**11761 RIDGE ROAD**  
**GRASS VALLEY, CA 95945**

Distance to Grass Valley from nearest airports:

Sacramento Airport: 67 miles

Reno International Airport: 92 miles

San Francisco International Airport: 183 miles

## ► RIDER CHECK-IN

**FRIDAY, JUNE 17TH | 5:00 PM - 8:00 PM**

**SATURDAY, JUNE 18TH | 6:00 AM - 8:00 AM**

Check-in and Ride Packet pick-up will take place at Nevada Union High School. Snacks and water will be available at camp on Friday, but dinner is on your own that night. There are lots of great places to eat in nearby Nevada City and Grass Valley.

If you are unable to check-in on Friday the 17th, registration will be open from 6:00 am to 8:00 am on Saturday the 18th, the morning the ride begins.

We are not offering registration for individual segments of the ride at this time.

► **DAILY SCHEDULE**

- COFFEE** . . . . . 6:00 am
- BREAKFAST.** . . . . . 6:30 am - 8:00 am
- COURSE OPENS TO RIDERS** . . . . . 6:45 am
- ALL CYCLISTS ON COURSE.** . . . . . 8:00 am
- BAGGAGE TRUCK DEPARTS** . . . . . 9:00 am
- DINNER.** . . . . . 6:00 pm - 7:00 pm
- NIGHTLY ANNOUNCEMENTS** . . . . . 7:00 pm
- ENTERTAINMENT** . . . . . 7:30 pm - 9:30 pm
- QUIET HOURS** . . . . . 10 pm - 6 am
  
- COURSE HOURS** . . . . . 6:45 am - 5:30 pm
- SUPPORT VEHICLE HOURS.** 7:30 am - 5:30 pm

**ON-COURSE MID-DAY SNACK/LUNCH**

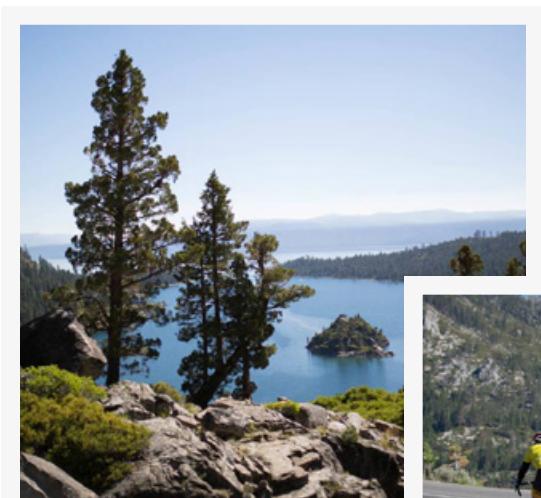
Mid-day snacks/lunch will be available at all rest stops, all day long, along the route (approx. every 20 miles) in addition to water, sports drinks, fruit and salty snacks.

**NIGHTLY ANNOUNCEMENTS**

Every evening at 7:00 pm we'll gather around the stage in camp. This evening meeting is where you'll get the latest weather forecast, hear tips about the next day's route, learn about the places we're visiting and best of all, it's the kick-off to our live music for the evening!

**COURSE SUPPORT**

Course support services are available only during the course hours. If you leave before the course opens or are still riding after the course closes, there will be no support services available. All Cycle the Sierra riders still on the course after 5:30 pm will be offered a ride to camp. If you choose not to take the ride you will be on your own to get to the next Base Camp.



## ► WEATHER

Depending on our location, we anticipate daytime temperatures of 65-75 degrees, with the mountain evenings cooling possibly into the 40's.

Please bring rain gear just in case and something warm to wear in the evenings. You may want to start your ride with a light jacket in the morning (see suggested packing lists on page 10).

## ► RIDE SAFETY

Cycle the Sierra is conducted on open roads with vehicular traffic. Roads include both marked and unmarked hazards. Though we go to great lengths to make the ride as safe as possible, always remember that safety is ultimately in your hands.

Cycle the Sierra support and safety services are provided ONLY on the designated, marked routes.

Riding safely and considerately is vital to your enjoyment and the safety of other riders. The future of cycling events in California depends on your cooperation with the Ride safety rules.

Cycle the Sierra reserves the right to terminate the registration of any participant disobeying rules. Fees will not be refunded, and those involved will be ineligible for future Cycle the Sierra events.

## ► RIDE RULES

- Wear a helmet at all times - NO EXCEPTIONS
- Carry ID and relevant medical information.
- Rules of the road apply; same rights and duties as the driver of any other vehicle.
- Ride single file where necessary, maximum of two abreast when conditions allow, do not impede traffic.
- Ride as far right as reasonable.
- Obey all traffic lights, signs, and regulations.
- Pass on the left only and announce "passing" or "hello" or "on your left."
- Use hand signals to indicate road hazards, stopping, slowing, right, and left turns.
- Prepare properly - nutrition, hydration, training, and sudden changes in weather conditions.
- Respect others: riders, volunteers, host communities, motorists, pedestrians, law enforcement and the environment.
- Bicycle trailers and child seats are not permitted.
- Headphones discouraged while riding.
- Accidents often occur in pace lines. If you are inexperienced with drafting, do not draft. Maximum pace line length is 5 cyclists.



## ► SUPPORT SERVICES

### **RIDER I.D.**

Your wristband, luggage tag and bike tag will serve as your passes to the services provided by Cycle the Sierra.

### **LUGGAGE TRANSPORT**

Each rider can bring 60 lbs. of overnight equipment (tent, sleeping bag, pad, evening clothing, toiletries, small camp chair, etc.). This gear can be packed in ONE LARGE or TWO SMALLER bags per cyclist (durable duffel-style bags work best).

Trucks will pick up and drop luggage near the Information Center at each Base Camp. Any gear you'll need while riding should be carried with you.

Baggage trucks will open at 6:00 am and leave each Base Camp at 9:00 am. All riders are responsible for carrying their own bag(s) to the baggage truck.

### **ON-ROUTE MEDICAL SUPPORT**

Cycle the Sierra has gone to great lengths to assure your safety on our Ride:

- Radio-equipped Ride Medics (Paramedics) will patrol the route on motorcycles.
- In the event of an emergency, Ride Medics will report to our ride headquarters and assist injured riders.
- Ride Medics can be identified by their helmets, fanny packs and arm bands.
- Ride Medics will carry automatic external defibrillators.

### **REST STOP**

Rest stops will be located along the route approx. every 20 miles. Water, sports drinks, fruit, salty snacks, lunch finger foods, first aid supplies, toilets and hand sanitizers will be available at rest stops at no charge.

### **SUPPORT VEHICLES (SAG)**

You should come to Cycle the Sierra physically prepared to ride the entire route. But in the case of medical emergency, equipment failure and rider fatigue, we will provide ample support vehicles throughout the ride. Support vehicles will be clearly marked for easy identification. Support vehicles will make their final sweep at 5:30 pm each day. Please do not misuse this important service as it is intended for riders in need.

No personal support vehicles are allowed.

The definition of a personal support vehicle is any vehicle (motor or otherwise), anywhere on the route, operated by someone other than Cycle the Sierra staff, that is providing any type of aid, assistance, or motivation to any rider, or taking photographs, or simply out cheering. Please understand that our permits simply don't allow dozens of extra vehicles on the roads or at the checkpoint locations.

Just imagine the traffic from all those extra cars!

If you're bringing someone with you who wants to be out on the course helping, please have them contact us about join our volunteer team. We would love to have them along, it's a ton of fun and we can use extra help out on the course.

### **BIKE TECH SUPPORT**

Each rider must carry and know how to use equipment to patch and change tires. Wrench-hands will be available to assist you at rest stations if you have mechanical difficulties on the route. Technicians will also assist with bike assembly at the start/finish location in Nevada City, CA.

## ► BASE CAMPS

Each evening we'll set up "Base Camp" in carefully chosen, comfortable locations along the route where we will sleep, eat, celebrate, enjoy live music, lick our wounds and set out to local points of interest.

We encourage all riders to camp with us. If you prefer to not camp, motel rooms or other lodging are not included in the registration fee and are an additional cost to you. Transportation to and from hotel rooms is the responsibility of the rider. (Due to the size and remoteness of some towns, motel accommodations may be limited.)

### **NIGHT 0 AND 5: NEVADA CITY, CA (Nevada Union High School)**

Base Camp for the night before, and the last night, of the ride will be set up on the spacious green playing fields at Nevada Union High School, located between Nevada City, CA and Grass Valley.

### **NIGHT 1: CHILI BAR (The Nugget)**

We'll set up Base Camp at the Nugget Riverside Resort Campground, located right on the bank of the South Fork of the American River near the town of Placerville, just a few miles upstream from where gold was discovered in Coloma.

### **NIGHT 2: SILVER LAKE (Silver Lake Camp Resort)**

We'll set up Base Camp among the pines next to beautiful Silver Lake. Silver Lake Camp Resort is a classic high Sierra cabin and lodge experience.

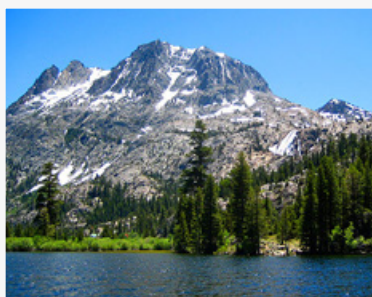
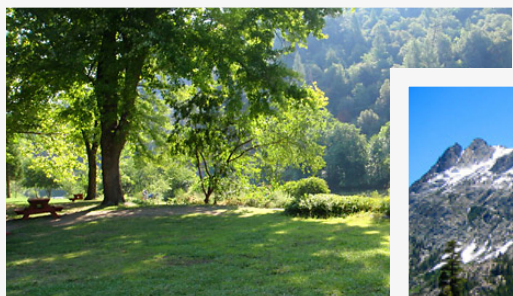
### **NIGHT 3: LAKE TAHOE (Camp Richardson)**

We'll set up Base Camp at Camp Richardson, a year-round destination camp/resort on the shore of beautiful Lake Tahoe.

### **NIGHT: SIERRAVILLE (Sierra Hot Springs)**

We'll set up Base Camp at Sierra Hot Springs, a non-profit retreat and workshop center located at the cusp of an enchanted forest and beautiful alpine valley - the perfect spot to soak our tired muscles!

Check out our site for more detailed information about our [Base Camp](#) destinations.





## ► BASE CAMPS

### MEALS

All food is included and there will be plenty of it. Meals will be healthy, delicious and designed to feed hungry cyclists. Vegetarian options will always be available. Breakfast and dinner will be buffet style goodness. For lunch, our riders have suggested that they prefer to have their lunch spread out along the ride. There will be multiple mid-day snack stops with plenty to eat provided along the daily route. If you have any specific dietary needs or concerns, please let us know and we will do our best to accommodate you.

### ENTERTAINMENT

We will have live music each evening at our Base Camps. After a good day in the saddle, musicians from the local communities will join the party to get our toes tappin' and hands in the air. Acts range from a stool sitting guitar duo to a full on blue grass band; sure to feed our musical souls!

### BASE CAMP MEDICAL SUPPORT

In addition to the medical support provided during the ride:

- There will be a Physicians Assistant with basic first aid supplies stationed in each Base Camp to assist with ride-related medical issues.
- Automatic external defibrillators will also be available at each Base Camp.

### BIKE SAFETY

Every rider must bring a bike lock and is responsible for their own bike security. In the Base Camps, bikes can be locked to available free-standing items or you can lock your wheel to its frame and lay your bike by your tent. (Locks can be stowed in your bag and sent on the truck during the day.)

### BASE CAMP EXTRAS

Base Camp Extras are not included in your registration fee.

#### Massage

Several massage therapists will be providing services at our Base Camps. It's the rider's responsibility to handle payment and coordinate scheduling at Base Camps with the therapists.

#### Beer & Wine

For those of you who would enjoy a "cold one" at the end of a great day, beer and wine will be available at our Base Camps. Please bring cash and drink responsibly!



## ► BEFORE THE RIDE

### PACKING

- Remember, the Cycle the Sierra baggage truck will only carry one (or two smaller) duffel bags per person (60 lbs. total max.).
- Bags will be laid out on the ground once unloaded at Base Camp. In the unlikely event that it rains, bags will be covered and protected as best as possible.
- We recommend using waterproof duffel bags or lining your bag with plastic trash bags.
- We strongly recommend use of a soft-sided duffel bag or internal frame backpack.
- Cycle the Sierra will not be responsible for damage to hard-sided luggage, external frame backpacks, or luggage and camping gear that is strapped together.
- NOTE: The lists below are suggestions and should be used as guidelines for packing.

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### BASE CAMP

- Small (Lightweight) Tent
- Sleeping Bag
- Sleeping Pad
- Small Folding Camp Chair
- Headlamp/Flashlight
- Evening/Post-Ride Clothing
  - Jacket
  - Pants
  - Shirts
  - Socks & Undies
  - Shoes/Sandals
  - Hat
- Towel
- Toiletries
- Medications
- Insect Repellent
- Pocket Knife
- Swimsuit
- Camera
- Bike Lock
- Cash (for Beer & Wine, misc.)

We also suggest earplugs and a sleeping blindfold for light sleepers, and nasal strips for snorers.

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### IN THE SADDLE

- Helmet
- Cycling Shorts
- Cycling Jerseys
- Cycling Gloves
- Cycling Shoes
- Cold & Inclement Weather Gear
  - Long-sleeved Jerseys or Shirts
  - Knee and Arm Warmers
  - Tights
  - Full Finger Gloves
  - Shoe Covers
  - Head Band
  - Cycling Jacket
- Sunglasses
- Sunscreen
- SPF Lip Balm
- Water Bottles
- Tire Levers
- Patch Kit
- Small Tool Kit
- Frame Pump
- Spare Tire
- Spare Tubes

## ► BEFORE THE RIDE

### BIKE EQUIPMENT

Be sure your bike and equipment measure up to the terrain of Cycle the Sierra. A lightweight multi speed bicycle is recommended to climb the mountain passes you'll encounter during the tour. On the route, there are a couple of mile long sections that reach an 8% grade. Consider a compact double or triple crank based on your fitness level and riding ability. If you're uncertain if your bike will make the grade, have it checked out by a qualified shop.

We also highly recommend a "tune-up" for your bicycle prior to Cycle the Sierra. But, any changes to your bicycle or new equipment purchases should be made well in advance of the ride.

### BIKE SHIPPING

If you are planning to fly to the ride, you might want to ship your bike ahead of time. This makes your travel days easier and let's you rest assured your bike will make it on time. There are several companies who are. They can handle all the pick-up and delivery of your bicycle from your home to Cycle the Sierra and back. A search on the internet will yield several companies to choose from with different pricing and options. Below are three companies you could get in touch with to handle your shipping needs.

#### **Bikeflights**

**888-918-2453 // [bikeflights.com](http://bikeflights.com)**

**Bikeflights** offers bike shipping, cheap flights and travel insurance. For bike shipping, they can ship all types of bikes packed in any box or case via US and international Fedex. You pack your bike, print a label and then drop off your bike at over 1,800 FedEx locations or request a pick up for door-to-door service.

### BIKE SHIPPING (CONT.)

#### **shipBikes.com**

**877-323-4083 // [shipbikes.com](http://shipbikes.com)**

With **shipBikes.com** you can ship your bike in a bike box, hard shell case, or you can purchase an Aircaddy, a sturdy wedge-shaped cardboard case with an internal fork mounting plate. The Aircaddy requires the least disassembly (remove front wheel and lower the seat) of any case available and folds for storage. It is, however, oversized so your shipping cost will be higher. **shipBikes.com** offers steep discounts on FedEx Ground (domestic) and UPS Worldwide Expedited (international) for single or multiple bike shipping. If minimal disassembly is your goal, going with their Aircaddy option could be a good solution.

#### **Sports Express**

**800-357-4174 // [sportsexpress.com](http://sportsexpress.com)**

If you're a leave-everything-to-the-last-possible-minute kind-of-person, check out **Sports Express**. They're more expensive, but they will ship your bike, via FedEx Express, in one, two, or three days, pick up and deliver to home or business, guarantee on-time arrival, and meticulously track your bike in transport to insure its safety.

## ► AFTER THE RIDE

### FINAL DAY CAMPING

Our start and finish location is at Nevada Union High School. Overnight camping will be available on the final day of the ride. Snacks and water will be available at camp, but dinner is on your own this night - giving you one last chance to explore **Nevada City and Grass Valley**.