

The Tour de Parkpoint

- **The What:** The Tour de Parkpoint – A Members-only Cycling Event

Led by **Team NorCal Bike Sport**
www.redpeloton.com

➤ **The When:**

- Q and A Meeting: Thursday, February 18, 7:15 pm
- Bike Skills Clinic: **Sunday, March 7th** - Santa Rosa Parkpoint back parking lot
 - Ride #1: **Saturday, March 20th** - Santa Rosa to Healdsburg
 - Ride #2: **Saturday, April 17th** - Santa Rosa to Sonoma
 - Ride #3: **Sunday, May 16th** - Sonoma to Healdsburg

➤ **The Ride(s) Details:**

Cost: \$25/ride. \$65 for the complete series.

Cost for Non-members (spouses, family or friends) \$40/ride, \$99 for series.

- Helmets are mandatory, **no exceptions**
- Road bike riding experience of 20-30 mile **rides** in the last year, **strongly** suggested
- Road bikes a must! (A la Tour De France/skinny tires). Bikes can be rented through NorCal Bike Sport for \$75 per day. Please no MTB, or hybrid bikes
- **The ride will be paced for the members who participate.** There will be two pace groups to accommodate riders of different levels. The pace will top out at 15-17 mph approximately on the flats. There will be rest breaks and water stops as needed and the **NorCal team will adjust the pace down or up as needed for the two groups.**
- There will be return trips to Santa Rosa by bike on the first 2 rides. Please read the individual Ride Info for these details.
- During each ride, Team NorCal Bike Sport will support, motivate and encourage the riders as well as lead and instruct several Pro-style race scenarios or tactical sessions. These will be for fun and voluntary, of course!
- ***In order to do the 3rd ride in this series, you must have ridden at least one or both of the first 2 rides!***

➤ **The Locations/Club details:**

- Meet at the Santa Rosa Club **back parking lot** for Rides #1 and #2. Meet at the Sonoma Club (maybe a spot in Maxwell Park to keep it safe) for Ride #3.
- There will be refreshments and 5-min. complimentary chair massages offered by Parkpoint upon arrival at each location
- Showers, Sauna, and the fitness room for stretching out are available to all participants!
- If you want to pack a bag of dry, fresh clothing to be delivered to the Destination Club, Parkpoint will provide a shuttle service to drop off your clothing/items ahead of your arrival on each ride.
- Please arrange your own return transportation if you are not cycling back on the return trip for Ride #1 or Ride #2.
- **Definitely arrange for your own return transportation for Ride #3.**

❖ **Ride # 1 info: Santa Rosa to Healdsburg**

Santa Rosa Parkpoint, 1200 N. Dutton Avenue (707) 578-1640 to

Healdsburg Parkpoint, 195 Foss Creek Circle (707) 385-2500

Departure time 9:00 am, please arrive early enough to be totally ready to ride out at 9:00!

21 miles, approx 2 – 2 ½ hours, rolling to flat terrain.

Route link: <http://www.mapmyride.com/route/us/ca/santa%20rosa/352126343805483393>

**If adding the return trip 38 miles total 3.5- 4 hours ride time*

***The pace of the return trip will be faster, 18-20 mph on the flats depending on the group with no stops for water or rest breaks.*

❖ **Ride # 2 info: Santa Rosa to Sonoma**

Santa Rosa Parkpoint, 1200 N. Dutton Avenue (707) 578-1640 to

Sonoma Parkpoint, 19111 Sonoma Highway (707) 996-3111

Departure time 9:00 am, please arrive early enough to be totally ready to ride out at 9:00!

26 miles, approx 2.5-3 hours, rolling to flat terrain.

Route link: <http://www.mapmyride.com/ride/united-states/ca/santa-rosa/603126343940010951>

**Even though the Route Link shows us riding out on Hwy 12 from Melita Rd to Oakmont, this won't be the case, we will be on the bike path off of Channel Drive into Oakmont instead.*

***There will be a 1.8-mile section of Hwy 12 between Pythian Way and Kenwood. There is a wide and well paved shoulder here and is widely used by cyclists each week.*

****If adding the return trip 52 miles total 3.5- 4.5 hours ride time*

*****The pace of the return trip will be a faster, 18-20 mph on the flats depending on the group with no stops for water or rest breaks.*

❖ **Ride # 3 info: Sonoma to Healdsburg**

Sonoma Parkpoint, 19111 Sonoma Highway (707) 996-3111 to

Healdsburg Parkpoint, 195 Foss Creek Circle (707) 385-2500

Departure time 9:00 am, please arrive early enough to be totally ready to ride out at 9:00!

46 miles, approx 4-4.5 hours, rolling to flat terrain.

Route link: <http://www.mapmyride.com/route/us/ca/sonoma/185126344039359728>

**Even though this Link shows us riding out on Hwy 12 from Oakmont to Melita Rd, this won't be the case, we will be on the bike path from Oakmont to Channel Drive.*

***There will be a 1.8 mile section of Hwy 12 between Kenwood and Pythian Way. There is a wide and well paved shoulder here and is widely used by cyclists each week.*

****There will be **no return trip** to Santa Rosa or Sonoma via bikes provided. Please have your own **return transportation arranged** for your specific needs on this 3rd ride.*

Maximum number of cyclists PER RIDE: 40

Bike Skills Clinic Details: Sign up at the front desk. No charge to members. \$12 for nonmembers

- The clinic is Sunday, March 7th at 3:00pm. Duration 1-2 hours.
- This skills clinic will be taught by Jonathan Lee, Captain of the Elite Team of Team NorCal Bike Sport and will cover: dexterity (handling), contact, basic ride behavior do's and don'ts and more.

- While not a requirement, we strongly urge our members who are thinking of doing any of these rides to attend this informative clinic
- Come to the clinic with your bike and appropriate cycling wear!

Maximum number of Skills Clinic participants: **25**