



CYCLE of HOPE
Habitat for Humanity®
East Bay/Silicon Valley

PRESENTED BY
 **Patelco**
CREDIT UNION

2022 ATHLETE GUIDE

In-Person Cyclists

Sunday, October 23rd | Los Altos Hills, CA

Are you ready? The big day is almost upon us – the 2022 Cycle of Hope! You’re registered to ride with us in-person on Sunday, October 23rd, at Foothill College in Los Altos Hills. We missed our in-person community so much last year, and we absolutely can’t wait to see you in just a few short weeks. Before then, let’s make sure you have everything you need to be prepped for ride day.

But first thing’s first: THANK YOU. By riding with us, you’re part of a community millions strong, a global movement that has served over 39 million people in over 70 countries. And 17,500 of those people have been served right here by Habitat for Humanity East Bay/Silicon Valley. None of this work gets done without you, the people who make it all possible. Whether it’s [raising new walls](#) on a new development, or [homeowners' health improved](#) through critical repairs, or a client [on the road to their goals](#) through Housing & Financial Counseling – all of those stories begin with the support of our community. So, while you’re preparing to cross that finish line in Los Altos Hills later this month, know that you’re helping local families on their own journeys, too. Habitat’s mission runs on community, and we’re so proud that you’re one of us. Together, we ride.

REGISTRATION & PACKET PICK-UP

Last-Minute and Day-Of Registration

Do you still have friends waiting to take the Cycle of Hope plunge? Tell them to get in, we’ve got room for them! And, they can register through RunSignup right up until start time on Sunday, October 23rd. So, go ahead and send them your personalized referral link (which you can find [here](#), under “race signup link”) and get them registered to join you in-person or as a part of our virtual community!

We can also take walk-up registration at packet pickup on Saturday, October 22nd, as well as at the event on October 23rd, starting at 6am until their course's start time. Just be sure they have ID and payment available to register in-person, and spare plenty of extra time to be ready for start time. So, bring your friends along for the ride!

Packet Pick-Up

When you're picking up your packet, please bring a photo ID (or a printed or electronic copy of a rider ID if you're picking up on behalf of another rider and a screenshot of their registration confirmation).

In-Person Packet Pick-Up Options

Saturday, October 22nd

10am-2pm

Mike's Bikes – Palo Alto

4233 W. Middlefield Road

Palo Alto, CA 94303

* **Recommended** to avoid event-day crowds and grab any last-minute needs from Bike Shop Sponsor, [Mike's Bikes!](#)

Sunday, October 23rd - Event Day Pick-Up

Starting at 6am

Foothill College

12345 El Monte Rd.

Los Altos Hills, CA 94022

Packet Pick-Up Parking

Parking is available in the Mike's Bikes parking lot and on nearby streets for those picking up their packets on the 22nd. Venue parking will be available for those that need to pick up on ride day.

What's In Your Packet

Your packet will consist of your event t-shirt, and goody bag, plus your jersey if you've earned or purchased one. Participants will receive the shirt size they selected when registering. If you need to exchange your shirt size, you may do so on event day at the Information Tent after your event has started. Shirt size exchanges will be based on availability.

Ride Category Changes

Switching from your registered distance to a different distance is permitted. You will be responsible for paying the price difference for any increase in distance, but are not eligible for a refund of the price difference for a decrease in distance. Fees will apply for switching UP to a higher-distance course (the difference between your original registration price, and the current registration price for the new distance). There is no fee to switch DOWN to a lower distance, and there is no refund of the price difference.

To change your registration:

1. Head to your [profile](#) and scroll down to find your registration under Upcoming Events.
2. On the right side of that listing, click the Manage Registration link.
3. On the next page, click on Transfer Ride on the top menu.

IN-PERSON EVENT DAY INFORMATION

Arrival

Please arrive early to allow plenty of time for traffic, parking, and final preparations at the Start Line. If you have not yet picked up your rider packet, be sure to allow lots of extra time to line up and get checked in and geared up!

Start/Finish Line Location & Times

12345 El Monte Rd., Los Altos Hills, CA 94022

*Enter the campus from the main entrance off of El Monte Road, and follow the one-way perimeter road in a counterclockwise direction. Once you reach the west side of campus, you will see signs for parking lots 5 and 6. Once parked, look for directional signs to walk to the event site in the center of Foothill College's campus.

Century 100-Mile Start Time: 7:00 a.m.

Metric Century 69-Mile Start Time: 8:00 a.m.

Moderate 33-Mile Start Time: 9:00 a.m.

Starter 9-Mile Start Time: 10:00 a.m.

Awards Ceremony: 3:00 p.m.

Parking and Directions

Free parking is available courtesy of Foothill College! The closest parking lots to the start/finish line and main site area are lots 5 and 6. To find these designated lots, enter the campus at 12345 El Monte Road. You'll be directed onto Perimeter Road, which

runs counterclockwise around campus. Follow the "Event Parking" signs to find Lots 5 and 6! You can park in any lot, but these are the closest to the start line.

Spectator Information

Spectators are welcome to cheer their rider on at the Finish Line, and/or virtually through RaceJoy! We want to minimize traffic on the route as much as possible. Family and friends can join us for the post-ride festivities!

Want a virtual cheering squad? Awesome – RaceJoy is perfect for that! You'll be using RaceJoy to stay on course (more on that below), and your friends and family can also use RaceJoy to keep track of you and send you encouragement! So, it's the perfect tool for having a cheering section on the road with you, for meeting up with others, and more. Pass this info along to the crew keeping track of you:

1. Download [RaceJoy](#) for free.
2. Search for your athlete's route: Go to Featured Races to locate Cycle of Hope, and click on the route your athlete is riding.
3. Click the "I Want to Track Someone" option, and log in with your OWN info, not the athlete's!
4. You're all set! Here's a [video walkthrough](#) if you need a visual guide.

Gear Check

Gear should be dropped-off at the Gear Check tent prior to entering the start line area. Please arrive early to check your bag and avoid the lines. Make sure to use THE PLASTIC BAG PROVIDED TO YOU AT PACKET PICK-UP. Simply attach the Gear Check label from your participant bib to the bag for identification. You must have a bib to use Gear Check.

All items checked must be reclaimed with your cyclist bib.

All unclaimed items at Gear Check will be transported to Mike's Bikes Palo Alto (4233 W Middlefield Rd, Palo Alto, CA 94303) for two weeks following the event. Unclaimed items will then be donated to a local charity. Do not give your items to any volunteer except those at Gear Check or at a course water station. Items checked at water stations will need to be picked up post-event at Mike's Bikes Palo Alto. They will not be available at the event site following your ride. Habitat for Humanity East Bay/Silicon Valley and High Altitude Special Events Management are not responsible for any lost or stolen items.

THE COURSES

Course Maps

Be sure to familiarize yourself with the courses prior to event day:

- [100-Mile Century Route](#)
- [69-Mile Metric Century Route](#)
- [33-Mile Moderate Route](#)
- [9-Mile Starter/Family Ride](#)

Rules of the Road

No streets or lanes will be closed on any of the ride courses. Therefore, all riders are expected to follow the rules of the road. Stay in the designated lane(s) for cyclists. Only two cyclists may ride side-by-side, and we recommend single file when ascending or descending any hills.

Staying on Course

Course Markings

Signs will be posted at each turn along all ride courses and Course Marshals will be posted at key navigation points. Another way to stay on track is to use RaceJoy!

RaceJoy

All our in-person courses will be in RaceJoy so that you can keep on course and get ride information as you go! Here's how to get prepped with RaceJoy:

- **Pre-Ride:**
 1. **Download RaceJoy:** Download the RaceJoy app to your smartphone from the App Store or Google Play. It's free!
- **Ride Morning:**
 1. **Search for your route:** Go to Featured Races to locate Cycle of Hope, and locate your registration by entering your name or email address. The course for the event you registered for will automatically load into RaceJoy.
 2. **Set Up:** Follow the prompts carefully to get properly set up for the ride. Make sure you give the app permission to track you so that the GPS can monitor your progress and provide audio cues!
- **At the Start Line:**
 1. **Ride:** Keep your smartphone with you during the ride and click START MY RACE immediately before you begin cycling! For your safety, we highly recommend keeping just ONE earbud in, while keeping your left ear clear so that you can hear surrounding traffic, vocal cues, and activity.

- **At the Finish Line:**

1. **Submit your results:** As a RaceJoy user, when you complete your ride, your results will be automatically uploaded. It's as simple as that! If you haven't used RaceJoy or have any issues like a poor Internet connection, you can still upload results manually here.

Support on the Course

All rides will be fully supported with water stations, course signage to direct cyclists at turns, and a network of EMS resources on the course and at the start and finish.

Restrooms

All stations will have portable toilets.

Entertainment

We want to keep you in the groove even on your breaks, so each water station will have music to keep you motivated. Eat, drink, and dance the day away with your fellow riders!

Course Nutrition and Hydration

Aid stations will have water, sweet and salty snacks, and endurance and energy supplements, along with peanut butter and jelly sandwiches at select water stations. A box lunch will be available on-course along the 66-mile and 100-mile course routes only.

- Metric Century 69-Mile Route: Mile 42 at the Bike Hut in Half Moon Bay
- Century 100-Mile Route: Mile 47 at Root Down Farm in Pescadero

A hot meal will be waiting for ALL riders at the post-ride party!

Cyclist Expectations

We will be providing SAG for the ride with equipment and supplies to service athletes for minor issues that they are unable to resolve, including flat tires and broken chains.

All cyclists are asked to and expected to carry a spare tube, CO₂ cartridge, and anything else needed to change a flat or fix a mechanical issue.

A wristband will be provided at packet pick-up with a hotline to call with any emergency needs.

Event Status System

An Event Status System will be displayed at each water station indicating the status of the ride based on the current weather conditions. There will be a simple color-based warning system.

GREEN FLAG: Proceed as normal.

YELLOW FLAG: CAUTION - Slow down, use caution, and drink plenty of water.

RED FLAG: EXTREME CAUTION - Slow down, use extreme caution, and drink plenty of water due to dangerous weather conditions.

BLACK FLAG: STOP - Seek shelter immediately in the event of a weather emergency. The event has been canceled due to extreme conditions or course emergency such as lightning, tornado, or human disaster. Instructions will be announced via bullhorn at water stations from the station captain.

GENERAL CYCLING SAFETY GUIDELINES & RULES

Cycling Safety

We want to ensure all cyclists have a fun and *safe* experience at Cycle of Hope. Please review these safety tips and rules for event day.

Open Road Course

As with most cycling events, the roads will not be closed. Therefore, cyclists are required to follow the same rules and laws that cars follow. Stop signs and traffic signals must be obeyed. Cyclists must yield to pedestrians.

Earphones

An earbud should only be worn if using the navigation app in one ear (right, away from traffic) and volume low so that you can hear other cyclists and surroundings.

Electric Bikes

Electric bikes (e-bikes) will be permitted this year. All posted speed limits are to be followed.

Helmet

YES to helmets! For your own safety, helmets are **required** at the Cycle of Hope. You will be removed from the route if you are not wearing a helmet.

Take the Lane

Riders are asked to stay as far to the right of the road as safely possible and/or in designated bike lanes. There are a few exceptions in the law that allow riders to “take the lane”:

- Passing another cyclist (always pass on the left-hand side and announce before doing so, “On your left.” If you hear this, keep looking forward and hold steady, be courteous, and allow the rider to pass you.
- Preparing to make a left-hand turn
- When necessary to avoid certain conditions that make it unsafe to stay to the right (ie: potholes, etc.)
- Any time you plan to take the lane, be mindful of your surroundings and adjust according to safety conditions.

Additional Safety Tips:

Always ride with traffic, not against.

- If you need to stop for a repair or to rest, move up to the sidewalk/off of the road.
- Do not draft off of vehicles or follow cyclists too closely.
- Never ride more than 2 abreast.
- Always use hand signals when turning.
- Talk to other cyclists with signals (ie: pointing out gravel/objects, “car back,” “stopping,” signaling tracks, etc.).
- Stay as visible as possible (safety lights strongly recommended, bright colored clothing, etc.).

You are Ready...But is Your Bike?

To help ensure a fantastic ride experience, not only do you want to be physically ready, but your bike needs to be, too. Here are some things to remember and prepare before you take off from the Start Line:

- Nothing feels better than a freshly tuned-up bike. Feel free to contact any [Mike's Bikes](#) location to get yours in before the ride to have it checked.
- Always check your tire pressure, condition, and wheels before you ride.
- Check brakes for worn pads, cable tightness, alignment, locked in place after transporting.
- Check gears and shifting.
- Is the bike fit comfortable?
- Check handlebars – make sure they are secure at the headset.

- Always carry a spare tube, CO₂ canister/dispenser, patch kit, and tire lever in the event of a flat.

Additional Resources For additional information on cycling safety and rules in California, check out the Department of Motor Vehicles article, [Sharing The Road](#). In addition, Road ID has put together an informative brief video titled "[Group Riding- Tips for Cyclist - Road ID Rules of the Road](#)."

RIDE SWAG

2022 Finisher Medals & Premium T-Shirts



FINISH LINE & POST-RIDE PARTY

Ride Finish

The course and finish line will be open until 6pm. Early starts are not allowed. After crossing the Finish Line, participants will receive a finisher's medal, water, and a catered meal from Baja Fresh.

Finish Line Celebration

What better way to celebrate after a day of rewarding cycling than to enjoy a post-ride party on the beautiful grounds of Foothill College? Stick around after your hard work to join in on the fun! There will be music, burrito bar, family fun, and more. Also, at 3pm, we'll be holding our awards ceremony to shine a light on our top fundraisers and friend-raisers, and dish out some [sweet prizes](#) – not to mention a livestream to our Virtual Community!

Post-Ride

The cycling may be at an end for this year's event, but the fun – and fundraising – can continue! Keep us moving toward that ultimate finish line – a world where everyone has a decent place to live – by making a post-ride call for support at your fundraising page. And keep the fun going by sharing your photos and videos on social media with the hashtag #TogetherWeRide, and keep an eye on your inbox for a link to post-ride photos

from Cycle of Hope! Be sure to keep in touch with us by liking our [Facebook page](#) and signing up for Habitat's [email list](#).

VOLUNTEER OPPORTUNITIES

Calling All Volunteers! Do you have family or friends that would like to help us give you and your fellow cyclists a first-class experience? Have them join us for an amazing day and experience the thrill of this incredible event by volunteering. They can cheer you on and help support others in their inspirational determination to complete a Century, Metric Century, 33-Mile, and 9-Mile Ride. If you have family or friends that would like to volunteer, they can [Register Here](#).

CONTACT US

If you have any questions about ride-related details, please contact us at events@habitatebsv.org.

THANK YOU!

Best of luck to all riders! On behalf of Habitat for Humanity East Bay/Silicon Valley and the event team, we thank you for being part of Cycle of Hope and riding us all closer to a world where everyone has a decent place to live.