

Saturday Ride

05/12/12; 7am Departure; Pali Loop + Tantalus + Kaneohe & Auloa; Kapiolani Park Fountain; about 4.0 hours; about 60 miles.

* Rear Blinking Light Recommended for Pali Tunnels

• Welcome the new riders

* Ride Schedule Meeting at coffee after the ride, Kapahulu Starbucks

RIDE PLAN Ride from Kapiolani Park through town neutral (together as onegroup) ride up and then back down Tantalus, (regrouping at the Makiki Heights stop sign) cut over the back of Punchbowl, up the Pali Highway via the Pauoa on ramp (regrouping at the top of Nuuanu Pali Drive) and to the windward side. We'll come down the Pali turn left at Castle Junction onto Kam Hwy, turn right at the top of the hill onto Mokulele, right onto Kaneohe Bay Drive, ride over the Mokapu Saddle, right Kapaa Quarry Road, left onto Pali Hwy, right onto Aoloa Road, do a safe U-turn at the top and ride back down Aoloa to Pali Hwy, go right onto Pali Hwy and then right into the Olomana neighborhood, stopping at Maunawili Park. We'll then continue on Kalaniana'ole, Olomana backroads, Waimanalo's back roads then finally around Makapuu, "Saddle Road" and back to Kapiolani Park.

DIRECTIONS:

Kapiolani Park Fountain, located at the Koko Head end (east) of Kapiolani Park on Kalakaua. Park on the makai-side of Kalakaua, at Kaimana Beach, or across the park on Paki Avenue in the parking lot near the rest room. Don't park on the mauka-side (north) of Kalakaua because it is metered and you will get tagged if your meter runs out.

SPECIAL CONSIDERATIONS:

There are a lot of stoplights and stop signs on this route, let's not be bandits, plan on stopping at the stop signs and the red lights, let's set a good example.

Coffee Afterwards: if you want to join the group going for coffee and lunch after the ride at Starbucks Kapahulu, park in the parking lot on Paki Avenue. It is located across the street from the Diamond Head Tennis Center next to the bathroom.

RIDE RULES:

- The ride organizer reserves the right to BAN ANY RIDER for unsafe riding or insubordination
- * BE SAFE.
- Helmets required - NO HELMET-NO RIDE, no exceptions. Your helmet needs to be firmly on your head with the straps fastened under your chin.
- NO AERO-BAR use on the ride (except for special time trial practice).
- Do not run stoplights or creep through intersections.
- Show up on time, so we can all leave on time (most folks arrive 15-30 minutes prior to departure time).
- No use of audio devices while riding(ie: cel phones & iPods). If you need to make/take a call, pull safely out of the group, get off the road and put your foot on the ground.
- 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.

See you on the road.

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