



...not just any bike shop, The Bike Shop

Tradewind Saturday Ride, 08/28/10, Kailua Recreation Center, 7am Departure, Windward Loop w/Hawaii Kai, about 60 miles, about 4 hours

1. New Route - Dick Evans Prep Ride, see below
2. Turn at Hygienic Store and the Dick Evans finish line
3. Bathroom break at Windward CC, on the return
4. Coffee after the ride at Kailua Starbucks

We'll meet at the Kailua Rec Center and head out along Kaneohe Bay Drive up to Kahekili Highway in Kaneohe then U-Turn at the Hygienic Store in Kahaluu and on the return take a break at the park next to the Windward Community College.

From that point we'll follow the Dick Evans route to Hawaii Kai. Left off Kahekili through the Kaneohe neighborhood, left onto Likelike Highway, straight ahead onto Kaneohe Bay Drive, over the Mokapu Saddle Road, right onto Kapaa Quarry Road, left onto the Pali Highway, right onto Kalaniana'ole Highway. Pass the Keolu stoplight then right up Olomana (Old Kalaniana'ole Highway) with a safe U-Turn at the top by the County baseyard, right back onto Kalaniana'ole Highway, right onto the Backroads of Waimanalo, right back onto Kalaniana'ole Highway, right at the Sandy Beach Stoplight, left onto Hawaii Kai Drive to the finish line before the next intersection on the backside of Heartbreak Hill.

We'll do a safe-U-Turn after the finish line and ride back to Kailua retracing most of our way. Backroads Waimanalo, straight on Kalaniana'ole Highway to Castle Hospital, right onto Kailua Road back to the Kailua Rec Center.

DIRECTIONS: Kailua Recreation Center is located on Kainalu Drive, just Makapuu of Kuulei Road in downtown Kailua. This is the same place where the Century Ride's 50 mile turnaround is. Meet in the parking lot near the bathroom and Tennis Courts on the Kainalu (makai) side of the complex. This parking lot is right behind (Makapuu-side) of the Kailua Fire Station & Police Station, near the baseball backstop, not too far from the tennis courts.

From Town: Come over the Pali Hwy straight towards Kailua. The Pali turns into Kailua Road before you enter Kailua Town's business district. Keep in the 2nd from the left lane and go straight past L&L Drive Inn (on your left) Burger King and Mike McKennas Ford (on your right) and you'll be on Kuulei Road. Continue on Kuulei Road past McDonalds (on your left), the Kailua Library (on your right), 7-11 (on your left), The Bike Shop (on your left), the Kailua Police Station (on your right) and finally the Kailua Fire Station (on your right) and turn right onto Kainalu. The parking lot for the Rec Center will be immediately on your right just past the Fire Station. Park near the baseball backstop not in the tennis court parking lot.

RIDE RULES:

- 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.

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- 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 (i.e.: cell 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 to become better riders (share what you know).
- Have fun.
- Be a good paceline buddy.

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