



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

Tradewind Saturday Ride, 03/13/10, Blaisdell Park - Hauula, 7am SHARP DEPARTURE, 100 miles, about 6.0 hours

- 7am SHARP - DEPARTURE, be on time or you will be left behind
- Long Ride - bring lots of food and water
- Mini-Regroups
- 6:50am Pre-Ride Talk, rolling at 7am Sharp, don't be late

This route is a long and hard ride with very few stop lights, lots of continuous pedaling and of course 1000' of climbing each way (up Kunia on the way out then up Pineapple on the way back). An excellent course to get used to not stopping much and putting out the effort for hours on end.

We'll be doing "Mini-Regroups", where the front pack won't wait for the back. Get into the break, use the bathroom, fill up your bottles, empty the old gel wrappers out of your pocket, collect your riding buds and get going.

Make sure to really work on dialing-in your hydration and nutrition so you can keep up a good pace of eating and drinking on these long hard rides or your body will revolt and start cramping up.

Route:

Start from Blaisdell Park in Aiea, across the Burger King on Kamehameha Highway and Kaahumanu, go west on Kamehameha Highway, left onto Farrington Highway (near Sam's Club), through Waipahu on Farrington Highway, right onto Kunia Road, regroup at back gate of Wheeler Army Air Field, left onto Wilikina Drive (past Schofield), right at the split at the bottom of the dip to Kamananui Road to the "Flashing Light" to Kamehameha Highway (left at the stoplight).

Stay on Kamehameha Highway, down Pineapple Hill to the North Shore, take the "Haleiwa Bypass" (Alfred P. Leong Highway) to Kamehameha Highway, continue on till Sunset Elementary School for a quick bathroom break on the right.

Get back on Kamehameha Highway and continue past Turtle Bay, Laie and make the turnaround at Hauula Beach Park - with a quick bathroom break. Retrace the route and pull into Shark's Cove for a quick break and then continue to Haleiwa and up Kamehameha Highway up Pineapple Hill, taking a quick break at the Dole bus stop.

From the Dole bus stop, retrace the route back to Kunia Road, onto Farrington Highway, then turn right at Waipahu Depot Road to the Pearl Harbor Bike Path back to Blaisdell Park.

Directions to Blaisdell Park in Aiea:

From Honolulu: take H-1 westbound, take the Waimalu Off Ramp, go left at the end of the ramp onto Moanalua Road, right at the next 4-way intersection onto Kaahumanu Street, go straight across at the next stoplight (Kamehameha Highway) directly into the Blaisdell Park

1149 S. King Street
Honolulu, HI 96814

808.596.0588 Phone
808.591.9163 Fax
info@bikeshophawaii.com



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parking lot. Please make sure that you park in the front part of the lot.

From Ewa/North Shore: take H-1 eastbound, take the Waimalu Off Ramp, go right at the end of the ramp onto Moanalua Road, right at the next 4-way intersection onto Kaahumanu Street, go straight across at the next stoplight (Kamehameha Highway) directly into the Blaisdell Park 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.
- 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.**