



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

**Sunday Spin, 3/7/10, Kapiolani - Waimanalo, 7:30am SHARP DEPART, Kapiolani Park Fountain, about 40 miles, about 3 hours**

1. 7:30am DEPARTURE - WE WILL LEAVE @ 7:30am SHARP
2. No Aero-Bar Use - from start to finish
3. Coffee at Starbucks Kapahulu after the ride

### **ROUTE DESCRIPTION**

We will ride neutral for the first 15-20 minutes to let everyone warm-up and socialize. From the Kapiolani Park Fountain we will be going east on Kalakaua Avenue, up Diamond Head Road out to Kahala Avenue, left onto Kealaolu (Golf Course Road) right onto Kalaniana'ole Hwy, right onto Portlock Road left onto Lunalilo Home Road where we'll take a bathroom break at Portlock Elementary School, back onto Lunalilo Home Road, right onto Ahukini, right onto Hawaii Kai Drive (over Heartbreak Hill), right onto Kealahou, left onto Kalaniana'ole Hwy, left onto Waimanalo back roads across 7-11, then U-turn before we come back out onto the highway to retrace our route back to Kapiolani and take a bathroom break at Waimanalo Recreation Center along the way. Coffee at Starbucks Kapahulu after the ride.

### **DIRECTIONS**

The Kapiolani Park Fountain is located at the Koko Head end (east) of Kapiolani Park on Kalakaua Avenue. Most of us park in the parking lot on Paki Avenue, across the Diamond Head Tennis Center, near the rest room. You can also park on the makai-side (ocean) of Kalakaua, at Kaimana Beach.

Whatever you do don't park on the mauka-side (mountain) of Kalakaua, right near the fountain, because it is metered (after 10am) and you will get tagged if your meter runs out before you return.

### **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 pacer buddy.**

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