

## Holualoa Companies 28th El Tour de Mesa CycloMesa and Arizona Bicycling Summit Schedule of Events

<b>April 5</b> Thursday	6:30 p.m.	Dedication Dinner for Wayne Churchman	Mesa Convention Center Building B, Palo Verde Room 201 N. Center St., Mesa, AZ
<b>April 6</b> Friday	9:00 a.m.- 4:00 p.m.	Arizona Bicycling Summit	Mesa Convention Center Building C, 201 N. Center St.
	10:00 a.m.- 8:00 p.m.	El Tour Expo & Packet Pickup	Mesa Convention Center 201 N. Center St.
	10:00 a.m.- 7:30 p.m.	Safety & Security Meetings each 1/2 hour	Mesa Convention Center
	12:00 p.m. 1:00 p.m.	Platinum Meeting Bike Patrol Certification	Mesa Convention Center Meet at Bike Patrol Booth
	5:30 p.m.	Bike Patrol Certification	Meet at Bike Patrol Booth
	6:00 p.m.	Platinum Meeting	Mesa Convention Center
<b>Ride Day</b>			
<b>April 7</b> Saturday	6:30 a.m.	100K Start	Mesa Convention Center 263 N. Center St., Mesa, AZ
	8:30 a.m.	50K Start	Red Mountain Ranch Elementary School 6650 Rafriver, Mesa, AZ
	8:57 a.m.	1st 100K Finisher Expected	Mesa Convention Center 263 N. Center St., Mesa, AZ
	9:00 a.m. -	CycloMesa Begins Beer Garden, Circus Performers, Zip Line, Rock Wall/Bungee, Carnival Games, Kids Zone, Historic Bike Tour #1 Begins, Custom Bicycle Competition Begins	Mesa Convention Center 263 N. Center St., Mesa, AZ
	9:40 a.m.	BMX Show #1	
	9:57 a.m.	1st 50K Finisher Expected	
	10:00 a.m.	Roller Derby 1st Match Begins	
	10:40 a.m.	BMX Show #2	
	11:00 a.m.	El Tour Fun Ride Begins Roller Derby 2nd Match Begins History Bike Tour #2 Begins	
	11:30 a.m.	Grand Cycling Awards Ceremony	Festival Main Stage
	11:40 a.m.	BMX Show #3	
	12:00 p.m.	Roller Derby Match #3 Begins CycloMesa Raffle Winner Announced	
	12:30 p.m.	Winners for Bike Competition Announced	
	12:40 p.m.	Awards for Derby Winners	
	1:30 p.m.	El Tour concludes - course closed	

## EVENT MANUAL *Rules, Route & Information*

~ 28th Annual ~

HOLUALOA COMPANIES  
El Tour de Mesa



# Saturday, April 7, 2018

**100K and 50K Events**

*plus*

## FUN RIDE

**10-Mile and 5-Mile Events**

REV. 3/9/18

*Thank You to Our Underwriters*

**HOLUALOA<sup>®</sup>  
COMPANIES**

# HOLUALOA COMPANIES 28th El Tour de Mesa

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SAVE THE DATES IN 2018!



3rd  
Pima County  
El Tour  
Loop the Loop  
September 15, 2018



Indoor El Tour  
November 10-17, 2018



36th  
El Tour de Tucson  
November 7, 2018

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## PERIMETER SUPPORTING BICYCLING CENTERS

The Perimeter Supporting Bicycle Center Program is a special benefits package for member bicycle shops that includes an El Tour registration discount for their customers and friends. Please support our Official Perimeter Supporting Bicycle Centers.

### Ajo Bikes

1301 E. Ajo Way #117  
Tucson, AZ 85713  
520-294-1434  
www.ajobikes.com

### Ben's Bikes of Tucson

7431 S. Houghton Rd., #100  
Tucson, AZ 85747  
520-574-2453  
www.bensbikestucson.com

### Bicycle Ranch

7090 North Oracle Rd.  
Tucson, AZ 85704  
520-219-4311  
www.bicycleranch.com

### Bisbee Bicycle Brothel

78 Main St.  
Bisbee, AZ 85603  
520-236-4855  
www.bisbeebicyclebrothel.com

### Broadway Bicycle

140 S. Sarnoff  
Tucson, AZ 85710  
520-296-7819  
www.broadwaybicycles.com

### Fair Wheel Bicycle

1110 E. 6th St.  
Tucson, AZ 85719  
520-884-9018  
www.fairwheelbikes.com

### JJ Bicycles

640 N. Stone Ave.  
Tucson, AZ 85705  
520-885-8858  
JJ Bicycles on Facebook

### Metro Gnome Music & Cycle to Go

4044 E. Speedway Blvd.  
Tucson, AZ 85712  
520-320-3780  
www.cycletogo.com

### Ordinary Bike Shop

311 E. 7th St.  
Tucson, AZ 85705  
520-622-6488  
www.ordinarybikeshop.com

### Oro Valley Bicycle-Rancho Vistoso

2850 W. Ina Rd.  
Tucson, AZ 85741  
520-544-5999  
www.orovalleybicycle.com

### Oro Valley Bicycle - Sunrise

4749 E. E. Sunrise Dr.  
Tucson, AZ 85718  
520-577-5511  
www.orovalleybicycle.com

### Performance Bike-Broadway

7204 E. Broadway Blvd.  
Tucson, AZ 85710  
520-296-4715  
www.performancebike.com

### Performance Bike-Rancho Vistoso

12925 N. Oracle Rd.  
Tucson, AZ 85739  
520-825-2751  
www.performancebike.com

### Performance Bike-Rancho Vistoso

12925 N. Oracle Rd.  
Tucson, AZ 85739  
520-825-2751  
www.performancebike.com

### Roadrunner Bicycles

6177 E. Broadway Blvd.  
Tucson, AZ 85711  
520-790-9394  
www.roadrunnerbicycles.com

### Sabino Cycles

7045 E. Tanque Verde Rd.  
Tucson, AZ 85715  
520-885-3666  
www.sabinocycles.com

### Speed Bikes

Av. Nainari 210,  
85000 Cd Obregon  
Son., Mexico  
+52-644-169-653  
www.speedbikes.com.mx

### Tucson Endurance Performance Center

6448 N. Oracle  
Tucson, AZ 8504  
520-305-1176  
www.tucsonendurancecenter.com

### Tucson's Loop Bicycle Shop

3201 W. Diamond St.  
Tucson, AZ 85743  
520-909-6288  
www.tucsonloopbikeshop.com



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## EL TOUR DE MESA BENEFICIARIES

Perimeter Bicycling's mission uses bicycling as a means to good physical and mental health while raising funds for other nonprofit, charitable organizations.

Your participation and contributions help El Tour beneficiaries further their respective missions.

For fundraising information go to our website at

[www.perimeterbicycling.com/fundraising/](http://www.perimeterbicycling.com/fundraising/) and click on Beneficiaries & Fundraising.

Thank you for supporting El Tour's beneficiaries!

### Holualoa Companies 2018 El Tour de Mesa

*benefits*

### Marc Community Resources

Marc provides opportunities for people who have disabilities to be actively involved in determining where and how they learn, work and play.

[www.marcr.com](http://www.marcr.com)

### Supporting Beneficiaries

### Easterseals Southwest Human Development

Creating a positive future for Arizona's children and their families.

[www.swhd.org](http://www.swhd.org)

### Uphill Into The Wind

Provides loaner bikes to individuals who are registered to ride for a charity.

[www.uphillintothewind.org](http://www.uphillintothewind.org)

## Thank you for your support of El Tour's beneficiaries.

*Other Perimeter Bicycling Charities include:*

**AZ-1 Disaster Medical Assistance Team**

**Perimeter Bicycling Association of America, Inc. -**  
[perimeterbicycling.com](http://perimeterbicycling.com)

## PERIMETER BICYCLING EVENT RULES (continued)

**(27) Hand-offs at Aid Stations, or anywhere on the route, are prohibited.**

All Entrants must stop to receive support, and must always pull completely off the road pavement, staying out of the path of bicycle & motor vehicle traffic;

**(28) All Entrants must verbally warn others when they overtake them** call out "passing," "your left," or "on your left" (the simpler, the better);

**(29) Any Entrant riding after sunset must have at least a legal light** (a white headlight visible at least 500 feet ahead) and a red rear reflector, 2" or more in diameter.

**(30) All Entrants who drop out of the event must notify an Event Official.** Inform Event Headquarters by calling the Hotline (520) 369-0211 or informing the HAM operator at an Aid Station. Be sure to give your rider number;

**(31) Entrants not finishing the course by 1:30 p.m. will be stopped** and transported to the Finish Line.

**(32) All Entrants must follow these steps at the Finish line:**

- 1) Allow finish line staff to mark your rider number
- 2) Exit chute to make room for more finishers;

**(33) Rule Enforcement & Procedures:**

- 1) Police, Event Officials, and Bike Patrol will identify any Entrant who violates traffic laws or Event rules for possible disqualification;
- 2) Those so identified will be reported to the Rules/Results Committee, who will investigate and deal with each violation on a case-by-case basis, imposing penalties, including disqualification, as indicated;
- 3) Any Entrant may report rules violations and present supporting evidence at the Information booth/tent at the Finish Line. All such reports must be in writing, and must be turned in within 15 minutes of the posting of the event results, or by 6:00 p.m. the day of the event, whichever is later (may also be E-mailed by the same time to Perimeter Bicycling at: [registration@perimeterbicycling.com](mailto:registration@perimeterbicycling.com);

**(34) El Tour de Mesa is finished at 1:30 p.m.** (MDT) and all course support will be closed. Any entrants still on the route will be required to stop, and will be transported to the finish line by Event Officials and/or event volunteers; ride stations will close according to schedules that will allow participants to finish by 1:30 p.m.

**(35) Perimeter Bicycling events go on regardless of weather conditions, or acts of nature;** time adjustments will not be made due to these factors.

**(36) Entrants are responsible for all personal belongings,** including, but not limited to, bicycles, clothing, cell phones, cameras, etc. Do not leave your belongings unattended or at Aid Stations or with volunteers, staff or officials.

### ARIZONA BICYCLE LAWS

**§289-704C** Any cyclist on a two-lane road where passing isn't safe, the cyclist must pull off to let others behind them pass particularly if there are five or more vehicles waiting to pass, and if there is a reasonable place to pull off.

**§28-756** Bicyclists may signal right turns with their right arm and hand extended to the right.

**§28-81A** Parents are responsible for the conduct of their children on bicycles.

**§28-812** Bicyclists have all the rights and all the responsibilities that motorists have and are expected to obey the same traffic laws.

**§28-813** Every person on a bicycle must have a regular seat to sit on.

**§28-814** Bicyclists must not hold onto or attach their bicycles to another vehicle.

**§28-815A** Bicycles, the same as all slow-moving vehicles, must be as far to the right of the road as is practical and safe. Bicyclists may move away from the right side of the road for a variety of reasons:

1. When passing other vehicles
2. When preparing to make a left turn
3. To avoid parked cars, debris, rough pavement, other cyclists, pedestrians, dogs and other potentially hazardous conditions.

4. When the lane is too narrow to safely share with a motor vehicle

B. Bicyclists may ride no more than two side-by-side, except in places for bicycle use only.

**§28-816** Bicyclists must always have at least one hand on the handlebars.

A. Any bicycle used at night must have at least a white headlight visible up to 500 feet away, and a red reflector visible up to 300 feet away.

B. Bicycles may not be equipped with sirens or whistles.

## PERIMETER BICYCLING EVENT RULES



### DISQUALIFICATION POLICY

Violation of any rule may result in disqualification or time penalties as determined by event officials.

- (1) **All Entrants must line up in the "official" start line area** - Entrants may not start in front of this official start area; or start prior to their chosen event time;
- (2) **All Entrants must properly enter the Start lineup**, and may not cut in line, climb over barricades, or in any other way improperly enter the Start area;
- (3) **Perimeter Bicycling events are timed using GUN TIME**. This means the clock starts for all cyclists when the "gun goes off" at the designated start time. Finish time is recorded when the timing device issued to each cyclist crosses the finish line;
- (4) **All Entrants must wear an approved helmet** (CPSC certified);
- (5) **All Entrants must not cross a solid yellow line**, whether double or single on their side of the road (a no-passing zone);
- (6) **All Entrants must show and practice good sportsmanship** - Unsportsmanlike conduct of any kind is prohibited;
- (7) **All Entrants must obey Police, Bike Patrol or other Event Officials**;
- (8) **No Entrants may urinate in public** (this is a criminal offense);
- (9) **No Entrants may ride with, or receive support from, unregistered cyclists** (bandits);
- (10) **No Entrant may draft, hold onto, or catch a ride in any motorized vehicle**;
- (11) **All Entrants must cycle the complete official route** as described on the official route map. Entrants may not short cut the official route, and are responsible for knowing and following the official route;
- (12) **All Entrants must stay behind and not pass the lead vehicle**;
- (13) **All Entrants must wear their rider number on their back**, which must be easily visible. *See page 8 for more information*;
- (14) **No entrant may utilize a motorized or power-assisted bicycle nor may a bicycle have such devices attached; all vehicles must be powered solely by human force**;
- (15) **Headsets covering or blocking both ears are prohibited**, i.e., ipod-type stereos or other devices;
- (16) **Aero-type and other similar auxiliary handlebars are prohibited** (except in the Cochise County Cycling Classic 165-mile event; this includes "tri-bikes" with otherwise unremovable aerobars;
- (17) **All Entrants must start the Event before the last official vehicle** (trail vehicle) has left the start line;
- (18) **Team tactics that endanger, or impede the progress of, any other cyclists, such as blocking, punching and shoving are prohibited**;
- (19) **All Entrants must show courteous behavior to Volunteers, Event Officials, and Police**, and obey their instructions;
- (20) **All Entrants must obey traffic control officers & personnel**, and traffic control devices & signs, unless otherwise directed by an Official;
- (21) **All Entrants must read and know Arizona State bicycle laws**, and must yield to emergency vehicles at all times, even if the road is closed;
- (22) **All Entrants must give the right of way to other road users**, including bicycles and motor vehicles, when legally required to;
- (23) **All Entrants must stay to the right of cones set up at intersections**, unless directed otherwise by Police or Event Official(s);
- (24) **All Entrants must ride the entire event on the bicycle they start on** - changing bicycles is prohibited;
- (25) **All Entrants must bicycle single file, when possible**, unless the road is closed to motor vehicle traffic (any road closures will be announced on Event day), or a police escort is provided;
- (26) **Support crews/non-official vehicles may meet and provide support to Entrant(s) only at an official Aid Stations**, and may not follow Entrants on the course route;

## PRE-RIDE INFORMATION

### EVENT DESCRIPTION

El Tour de Mesa is a ride for cyclists of all ages and abilities. Ride 100K or 50K through the spectacularly beautiful Tonto National Forest. The Fun Ride of 10 or 5 miles are an easy spin around downtown Mesa, AZ.

### WHO CAN RIDE

Anyone 18 and over may ride in any of the events. Cyclists 14 and under must pre-qualify by completing an Underage Form available at Ride Headquarters. Children pulled in trailers are free - helmet and waiver required.

### EVENT BENEFITS FOR ALL CYCLISTS

- Medallions to all finishers
- Event T-shirt & poster
- Event packet with goodies
- Electronically timed results
- Results published in *Tail Winds* and on Perimeter Bicycling's website
- Special rates at host hotels
- Subscription to *Tail Winds* newspaper
- Traffic control on route
- Fruit, water and snacks on route

### FEES

Fees are comprised of a processing fee plus a combination of registration fee and/or contributions.

**Processing Fee:** The sooner you register, the lower the cost.

Jan. 1 - Jan. 31	\$10	Mar. 1 - Mar. 30	\$20
Feb. 1 - Feb. 28	\$15	Mar. 30 - Apr 6	\$35

Applications and fees must be received by stated date. Postmarks will not be considered.

- (A) **RIDE FOR FREE** Raise \$200 or more in contributions for Marc Community Resources, Inc. and earn benefits:

Raise	Receive These Benefits
\$200-\$499	Free entry + El Tour socks
\$500-\$999	Free entry, El Tour socks + an event jersey
\$1000-\$2999	Free entry, El Tour socks, an event jersey + an El Tour Conquistador Trophy
\$3,000-\$4,999	Everything above + a <b>NEW BIKE</b> valued at \$1,299 or more !

- (B) **PAY FULL ENTRY FEE to Perimeter Bicycling. Fees increase per the following schedule**

Dates	Processing Fee	Registration Fee	Minimum Contribution	Total	Youth (14 & under)
Jan 1 - Jan 31	\$10	\$85	\$20	\$115	Registration \$20
Feb 1 - Feb 28	\$15	\$85	\$20	\$120	Minimum Contribution \$20
Mar 1 - Mar 24	\$20	\$85	\$20	\$125	<b>Total \$40</b>
Mar 25 - Mar 31	\$35	\$85	\$20	\$140	Youth may fundraise instead

### EARN A BIKE!

**NEW FOR 2018! EVERYONE can earn a bike.**

Raise a minimum of \$3,000 for Marc Community Resources and turn them in by 8:00 p.m. on Friday, April 6, 2018. You will receive a new KHS-Tempe Mountain Bike valued at \$1,299.

### CONQUISTADOR TROPHY

Turn in \$1,000 or more in contributions and earn El Tour's unique trophy! This unique award is El Tour's most prestigious symbol. Contributions must be turned in by April 6, 2018.



## PRE-RIDE INFORMATION (continued)

### WHERE TO STAY

Thank you for continuing to support our host hotels! By booking at a host hotel you are supporting El Tour de Mesa.

The distances listed below are to the 100K start and Fun Ride in downtown Mesa.

#### Phoenix Marriott Mesa

Located next to the Mesa Convention Center at the start/finish line!

200 N. Centennial Way, Mesa, AZ 85201  
Phone: 480-898-8300

#### Ramada Mezona Hotel

Just 1.2 miles west of start/finish line.  
250 W. Main Street, Mesa, AZ 85201  
Phone: 480-834-9233  
Toll Free: 1-800-528-8299

#### Hilton Phoenix/Mesa

Contemporary 8-story hotel, 3.2 miles from start/finish line.  
1011 W. Holmes Ave., Mesa, AZ 85210  
Phone: 480-833-5555

#### Days Hotel Mesa Country Club

Located 3 miles from start/finish line. Highway 60 at Country Club.  
333 W. Juanita Avenue, Mesa, AZ 85210  
Phone: 480-844-8900 Fax: 480-844-0973

### LAST CHANCE TO REGISTER

100K and 50K events: Friday, April 6, 2018 at El Tour's Expo & Packet Pickup.  
Fun Rides: at the start/finish line.  
*See next page for details.*

### SAFETY & SECURITY MEETINGS

These are brief important meetings that describe route conditions, safety techniques and other crucial information needed by cyclists during the event. Attendance is highly encouraged. Meetings are held at Expo/Package Pick Up every half hour from 10:30 a.m. - 7:00 p.m.

### DEDICATION DINNER

Each year the event is dedicated to a special person or persons who make significant contributions to cycling and the community. This year's Dedication Recipient is Wayne Churchman.

All are welcome to attend the Dedication Dinner.

#### Mesa Convention Center

##### Palo Verde Room, Building B

201 N. Center St., Mesa, AZ  
Thursday, April 5, 2018 at 6:30 p.m.  
\$40.00 per person, RSVP required

### WHAT TO BRING ON YOUR RIDE

- At least 2 water bottles
- Nutrition/food
- Electrolyte replacement
- 2 spare tubes, pump/CO2 cartridges
- Basic first aid
- Identification Card

*See Cycling Tips for more.*

### START LOCATIONS

Starting from a different location is prohibited.

100K& Fun Rides	Downtown Mesa on Center St. north of 2nd St.
50K	Red Mountain Ranch Elementary School 6650 Raft River, Mesa, AZ

### START TIMES

Starting at a time other than designated is prohibited.

100K	6:30 a.m.
50K	8:30 a.m.
All Fun Rides	11:00 a.m.

### CHANGING YOUR DISTANCE

Distance changes will be accepted. You must tell headquarters by the time you pick up your packet so your finish time can properly be recorded. DO NOT simply show up at the alternate start line.

## AWARDS

### DISTINCTIVE AWARDS

Recipients of the following award will be mailed a Certificate of Accomplishment.

#### 100K event:

- **Desert Tortoise Award** to the last official 100K finisher who completes the course before 1:30p.m.
- **Team Awards**  
There are six categories of teams and two distances for events creating the possibility of 12 possible First Place Team Awards. The first team in each classification is determined by the fastest cumulative finish time and is given a special Certificate of Accomplishment.

#### Criteria for the team classification:

1. Five cyclists must ride the same distance. An alternate may register for the team whose time will be used only if one of the five primary members does not finish.
2. Each team member must individually register for the event.
3. **Fees for a team**  
A team fee of \$100.00 must be submitted to Perimeter Bicycling with a team form.
4. Each team must register for one of these categories:  
**Business Team:** any for-profit organization  
**Community Team:** any nonprofit organization  
**Youth Team:** all must be age 14 or under  
**Women's Team:** all must be female  
**High School Team:** any combination of students, faculty or staff

5. A team form must be turned in to Perimeter Bicycling one week prior to the event to become eligible for the Team Award. For more information contact: [registration@perimeterbicycling.com](mailto:registration@perimeterbicycling.com).

### CROWN AWARDS

Perimeter Bicycling recognizes the accomplishment of cycling perimeters of geographical features such as mountains, cities, lakes, etc. The minimum distance must be 50 miles and the start and finish must be the same place. Each of Perimeter's events includes at least one distance with a qualifying perimeter. Completing two of those distances earns a cyclist a Double Crown Award.

Qualifying events/distances are:

#### El Tour de Mesa:

100K event, perimeter of Red Mtn., AZ

#### El Tour de Tucson:

100-mile event, the perimeter of Tucson, AZ

## Grand Cycling Awards Ceremony

*All cyclists, volunteers, friends, family and fans are welcome to help celebrate all El Tour accomplishments!*

**Saturday, April 7, 2018**

**CycloMesa Main Stage**

Award presentations include:

**11:30 a.m.** - 1st Place Male, Female & Mixed Tandems (72-mile)

1st thru 3rd men and women in the 100K and 50K events

**1:30 p.m.** - Desert Tortoise Award

## AWARDS

*Perimeter Bicycling recognizes a variety of rider accomplishments with the following Specialty Awards and Distinctive Awards listed below. Some Specialty Awards are presented at the Grand Cycling Awards Ceremony at the Fiesta on ride day beginning at 11:30 a.m. at El Tour Festival Main Stage*

### MEDALLIONS

Finishers medallions are awarded to all cyclists upon completion of their event. The medallion issued (platinum, gold, silver or bronze) is based on the color marked on the rider number worn on your back when you come into the finishing chute. Note: Final determination of a rider's finishing category is based on the recorded finish time not the color marked on the rider number.

### SPECIALTY AWARDS

Finishers qualifying for the following awards will receive an El Tour Conquistador, the most prestigious symbol of El Tour de Mesa, and a Certificate of Accomplishment.



#### 100K EVENT:

- **1st - 3rd Place Male & Female**
- **1st Place Tandems** (male, female and mixed)
- **1st Place Mountain Bike** - A mountain bike is defined as a 2-wheeled bike with flat handlebars & 1.50 minimum tires, knobby or slick.
- **1st Place Recumbent**
- **1st Place Handcyclist**
- **Junior Award.** The youngest male & female (14 & under).
- **Most Distinguished Award** - The oldest male & female (65 older).

#### 50K EVENT:

- **1st - 3rd Place Male & Female**
- **1st Place Handcyclist**
- **Junior Award.** The youngest male & female (14 & under).
- **Most Distinguished Award** - The oldest male & female (65 older).



### SPECIALTY AWARDS (continued)

- **Raise \$1,000+** and earn an El Tour Conquistador trophy. Contributions must be turned in by Friday, April 6, 2018.
- **Outstanding Volunteer** is awarded to the person who has shown outstanding dedication to the development and success of the event.
- **Outstanding Aid Station** is awarded to the Aid Station with the most enthusiasm, creativity and support to cyclists.
- **Outstanding Support Group** is awarded to the volunteer group who has shown exceptional support towards the success of the event.
- **Outstanding Bike Patrol** is determined by event officials with help from the riders. Did Bike Patrol help you? Tell event officials at the finish line and help us reward the most helpful member.

### FAMILY AWARDS

The first-place family receives a Conquistador Trophy and each member receives a Certificate of Accomplishment. To qualify for the award, a family may have as many members as they wish (minimum of three). Each member earns points based on his/her finish time in the 100K or 50K events as follows:

- 5 pts each 100K platinum time
- 4 pts each 100K gold time
- 3 pts each 100K silver time
- 2 pts each 100K bronze time
- 1 pt each 50K finisher

All Team and Family Awards will be announced in the Fall issue of

*Tail Winds*

## PRE-RIDE INFORMATION

### EL TOUR EXPO & PACKET PICKUP

**Friday, April 6, 2018 • 10:00 am. - 8:00 p.m.**  
**Mesa Convention Center - Centennial Room**  
**201 N. Center Street, Mesa, AZ**

- Pick up your rider number & goodie bag
- Turn in any remaining fees/contributions • Pick up your timing device
- Attend a Safety & Security Meeting
- Last chance to register for 100K & 50K events • Register for the Fun Ride
- Browse industry vendor displays & vendors

*El Tour goes on rain or shine!*



### FOLLOW US ON SOCIAL MEDIA

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## 3 REASONS WHY BANDITS ARE A BUMMER FOR EVERYONE

- 1) It's not fair to the rest of the cyclists who pay their way or to the beneficiaries who rely on rider contributions to further their mission. Registered cyclists have paid a registration fee and/or raised funds to cover the cost of the event and contribute to charitable organizations.
- 2) It's unsportsmanlike. Whether the bandit is a well-known cyclist or not, banditing the event shows a blatant disregard for the rules and other cyclists and is a bad example for other cyclists and spectators.
- 3) Bandits and riders who receive help from bandits, beware: There will be consequences. If found, bandits will be sanctioned from participation in future Perimeter Bicycling events and also reported to their cycling and or athletic organization (USA Cycling, IMBA, USA Triathlon, etc.). Registered riders who receive assistance (hand-offs, drafting, equipment, etc.) from bandits will be penalized. All registered riders must wear their rider number where it is visible so as not to be mistaken for a bandit!

## RIDE DAY INFORMATION

### RULES

It is the responsibility of each cyclist to know and follow the event rules. *Rules can be found on pages 16-17.*

### YOUR RIDER NUMBERS

Your rider numbers identify you as an official participant of the event. Two (2) numbers will be issued to you, all must be worn/attached in different places.

**1. Rider Number (Bib Number) required for all participants.** This is made of "Tyvek" and is very flexible. Attach this number to your BACK on the layer of clothing (or hydration pack) that will be accessible to the crew at the finish line. This will be marked in the finish chute to indicate your estimated medallion type. Final determination of your medallion is your finish time, not the color marked on your number.

**2. Handlebar Number required for timing.** This stiff paper number must be mounted horizontally to your handlebars. Your TIMING DEVICE is attached to this number. Do not bend, fold or cut your number. It must be mounted on your handlebars in FRONT of your stem to be properly read at the finish line. If you fail to mount the number properly, your time will not be recorded and you will NOT receive a finish time. This number is not a substitute for the bib number you must wear on your back.

### TIMING YOUR FINISH

A timing device embedded in the handlebar number issued at Expo/Pack Pickup. (See Item #2 above.) If you fail to properly mount the number on your handlebars, you will not receive a finish time. "Gun time" is used, that is, the clock starts at the start gun.

### BIKE PATROL

Members of Perimeter Bicycling's Bike Patrol will be on the routes. Bring spare tubes and a pump to help Bike Patrol help you.

### LINE UP AT THE START

Plan to be at the start line a minimum of 45 minutes prior to your start time to allow time to park and line up properly.

#### • 100K start: 6:30 a.m.

Line up according to your expected finish time in the bronze, silver, gold or platinum sections. Platinum requires pre-qualification. See *Medallion Times and Platinum Designation below*. **Platinum passes expire at 6:00 a.m.**

#### • 50K start: 8:30 a.m.

Special sections for expected finish times are not created. Please line up according to your realistic expected finish time. Slower cyclists should not line up at the front to avoid problems as they are overtaken by faster cyclists.

#### • Fun Ride starts: 11:00 a.m.

Line up for the Fun Rides will be to the side of the finish line for the main event cyclists. Use caution in the line up area and be aware of main event cyclists finishing. Cyclists and/or parent/guardian must sign the waiver when packet is picked up.

### PLATINUM DESIGNATION

Platinum designation allows cyclists in Perimeter Bicycling's events to line up at the front of the start. Pre-qualification is required. For complete details, visit our website: [www.perimeterbicycling.com](http://www.perimeterbicycling.com).

### MEDALLION TIMES

The type of medallion each participant receives depends on event distance finished and/or finish time. Final determination of medallion is finish time, not the color marked on a cyclist's rider number at the finish. Times for El Tour are: **Fun Ride:** all finishers receive a special Fun Ride medallion.

**50K:** all finishers receive a gold medallion.

If a participant drops out of the event but rides at least 50K (34 miles, he/she will receive a 50K medallion.

<b>100K:</b>	Men under	Women under
Platinum	2:45 hrs	3:00 hrs
Gold	3:40 hrs	3:50 hrs
Silver	5:00 hrs	5:00 hrs
Bronze	7:00 hrs	7:00 hrs

The event officially closes at 1:30 p.m.

## CYCLING TIPS

♻️ **Be visible to others.** Think about how well others can see you. Dress in clothing that is easily seen (generally lighter and brighter colors), and position yourself and your bicycle where people will see what you are doing (i.e., turning left from the center left turn lane).

♻️ **Be courteous** to everyone else on the road, especially motorists. If traffic builds up behind you, find a safe place to pull over and let them pass.

♻️ **Ride on the right in the same direction that traffic moves.** This is an essential part of being predictable to other drivers. Use eye contact whenever possible to help confirm that you have been seen.

♻️ **Look where you want to go.** If you get in a tight squeeze, to avoid a crash, look where you want to go, not at the obstacle you need to avoid.

♻️ **When cycling after sunset, or before sunrise,** use a white light on the front, and a red rear reflector, and a red rear light. Wear light colored clothing with reflective features to make yourself even more visible.

### Cycling With Others

♻️ **Group cycling is fun.** It also requires more skills to ride close to others. **Do not** blindly follow riders in front over cattleguards or railroad tracks. Look beyond the rider in front of you, so you can anticipate problems. Remember, while we are legally entitled to ride two abreast, single up when it will help traffic flow better.

♻️ **Practice riding with others before doing so in an event.** Check with local bicycle shops for club and other group rides that will let you practice the important skills needed. Riding with others will be a lot more fun after you get used to and skilled at it.

♻️ **Learn and follow group cycling etiquette.** **Hold your line.** **Do not** move to either side without checking first; **do not** brake suddenly or make other sudden changes in speed; and **do not** pass without saying "passing" (it is best to always pass on the left).

♻️ **Call or point out to your fellow cyclists hazards such as potholes, glass, gravel, debris on the road, etc.** Communicate effectively and help your fellow riders stay safe.

### Individual Cycling Technique

♻️ **Enjoy your time cycling.** Most bicyclists make their greatest improvements when they are having fun. A positive attitude can make a huge difference.

♻️ **Try to maintain a constant level of effort** while bicycling. **Use your gears** just like you do with your car/truck, to keep your "engine" from having to go too fast or too slow. Your energy will last longer, your fitness will improve steadily, and you are less likely to strain something. You will enjoy cycling more and more as you learn to use your gears more effectively. If you don't understand their use, seek out an instructor or coach.

♻️ **Practice emergency braking.** Your weight will shift forward when braking hard, so slide back on the saddle, and lower your upper body at the same time. Practice applying more pressure on the front brake than the rear, then easing off the front brake if the rear begins to skid, to maximize braking force. The front brake is essential to stopping quickly, as more than 70% of braking force comes from the front brake.

♻️ **Remember that training rides can take you a long way from home.** Always carry identification, some money (for phone calls and/or food & drink), and if you are riding in an area you are not familiar with, a map.

♻️ **Seek expert advice and/or instruction.**

If you don't understand these tips, or want to get up to speed sooner, seek out a qualified instructor or coach. Check with Perimeter Bicycling (520-745-2033) for referrals and for regular training classes, such as El Tour 101 Training Classes.

### Road Conditions

♻️ **This event utilizes open public roads, which may or may not be maintained by local municipalities, cities, counties, and/or the State.** The event is not responsible for the condition and maintenance of the roads. Road hazards are always possible and in entering this event, and signing the **Rider Waiver**, you agree and understand that you must be alert to all road hazards, including but not limited to: pot holes, uneven pavement, road cracks, road debris, event and construction barricades, unfinished construction, and motor vehicle traffic.

♻️ **Exercise caution when crossing railroad tracks and cattle guards.** Remember to cross them at a perpendicular angle; slow down before crossing tracks and guards - avoid braking while crossing; and be especially careful if the tracks or cattle guard is wet as they may be very slippery. Stay safe: when in doubt, dismount and walk across.





## CYCLING TIPS

### ♣You

**Make sure you are physically and mentally prepared for the challenge ahead.** Events like El Tour are a great place to push yourself to the next level, but you must have the training and physical condition to go the distance. If you are a new cyclist, or just getting back on the road after a long period of inactivity, consult your physician to make sure you're good to go!

### ♣Your Bicycle

**If you haven't ridden your bicycle in a while, take it to a bike shop for a checkup, before you start your training.** The shop will help you understand how your bicycle works if you don't know. Have your bicycle checked thoroughly once a year.

### ♣Have the bike shop check the fit of your bicycle.

A bicycle is a lot like clothing - it needs to fit right to be comfortable, and this is more important the further you ride. Your power and efficiency increases with a well-fitted bicyclist.

**♣Be sure your tires are in good condition and keep them fully inflated.** Check tires and air pressure before every ride (the correct pressure is printed on the sidewall). If tires are cracked, replace them.

**♣Have a maintenance check that you perform before every ride.** Some use the "ABC Quick Check" **A** = Air in tires; proper inflation avoids flats. **B** = Brakes. **C** = Chain, crank, cassette/cogs and cables. **Quick** = Quick release or axle nuts. **Check** = everything else: water cage, handle bars, seat, etc. (For more information, visit the League of American Bicyclists' website at: [www.bikeleague.org/educenter/factsheets.htm](http://www.bikeleague.org/educenter/factsheets.htm))

### ♣Your Equipment

**Always wear a helmet when cycling!** You never know when you may fall or crash, and your head is easily injured without a helmet. **Be sure your helmet fits well** and sits on your head level, with the chinstrap snug (if you can fit more than one finger between the strap and your throat, the strap is too loose).

**♣Know how to repair a flat tire.** Bring a pump (even if you use CO<sub>2</sub>, still carry a pump, as you may use up all your CO<sub>2</sub>), two spare tubes, a patch kit, and tire levers.

**♣Know how to put your chain back on** (latex or cloth gloves can keep your hands from getting dirty).

**♣Carry a fully-charged cell phone** to call if you need help. Carry a **multi-tool** to help you tighten or adjust your handlebars, seat and other parts that might need adjustment.

**♣Use Sunscreen.** Re-apply it as needed, especially if you sweat a lot. Choose a sunscreen that effectively blocks both UVA and UVB rays.

**♣Use cycling gloves.** They are specially designed to cushion your hands from handlebar shock, and will protect your palms if you fall.

### ♣Nutrition and Hydration

**♣Prehydrate.** Be sure you are well hydrated before your ride. For several days before a big ride, drink more than you need to help boost cellular hydration.

**♣Drink, drink and drink more!** It is critical that you drink a small amount every five to fifteen minutes to stay hydrated. You won't notice how much you are sweating when you bicycle, as it evaporates quickly. Drink **at least** one small bottle (16 oz. or 470 ml.) every hour you are riding (and very possibly more).

**♣Carry more water than you think you will need.** Our dry climate and heat can be unforgiving. It is better to have extra water than not enough. If you use a back-mounted hydration system, carry empty water bottles on your bike as a backup in case your system leaks or ruptures.

**♣Consider using nutrient/electrolyte drinks.** Many bicyclists use them all the time, but if you are not used to one, it can upset your stomach. Be sure to try different drinks on training rides, to find out which works best for you. Electrolytes can help prevent cramps.

**♣Eat before you are hungry.** Bicycling causes your body to use from 200 to 700 or more calories per hour. Many riders like fresh fruit, and many use energy bars and/or gels to replace the extra energy used. Plan to eat from 100 to 500 calories per hour as you ride, when training. Avoid heavy, greasy snacks.

### ♣Your Cycling Conduct on the Road

**Always follow traffic laws.** Predictability is the basis of traffic safety and is especially important for cyclists. So, when you are bicycling, do the same thing you would do if you were driving your car at the same speed; you will be legal, and a lot safer.

## RIDE DAY INFORMATION

### AID STATIONS

Aid Stations along the route will provide water, fruit, snacks and Port-O-Pots. When stopping at Aid Stations, cyclists must be completely off the road. Cyclists should be sure to bring adequate nutrition and electrolyte replacements. HAM radio operators may be located at Aid Stations. Each station will close based on the distance from the finish line and the time needed for cyclists to complete the route from that station by the prescribed cut-off times.

### Event Hotline: (520) 369-0211

Call this number if you break down, get lost, drop out, need SAG.

### RESULTS

Unofficial results will be posted at the finish line about 45 minutes after you finish. If you have questions, please tell event staff immediately so inquiries can be made. Results will also be posted on our website and published in the summer issue of *Tail Winds*. No changes will be made to the results after July 31, 2018.

### PHOTOGRAPHY

Freeze Frame Foto will be on hand at the finish line and on the route! Be sure to attach the handlebar number to your helmet and the handlebar number in front of your bike so you can be identified. Photos will be posted at [www.freeze-framephoto.com](http://www.freeze-framephoto.com).



### SHUTTLE SERVICE FROM THE FINISHLINE TO THE 50K REMOTE START

Need a ride back to your car at the 50K start? Van shuttle service back to Red Mountain Ranch Elementary School will run every hour from 10:30am to 1:30pm Shuttle pick up on North Center and Martin Luther King. Shuttle ride back to start takes 30-45 minutes depending on traffic.



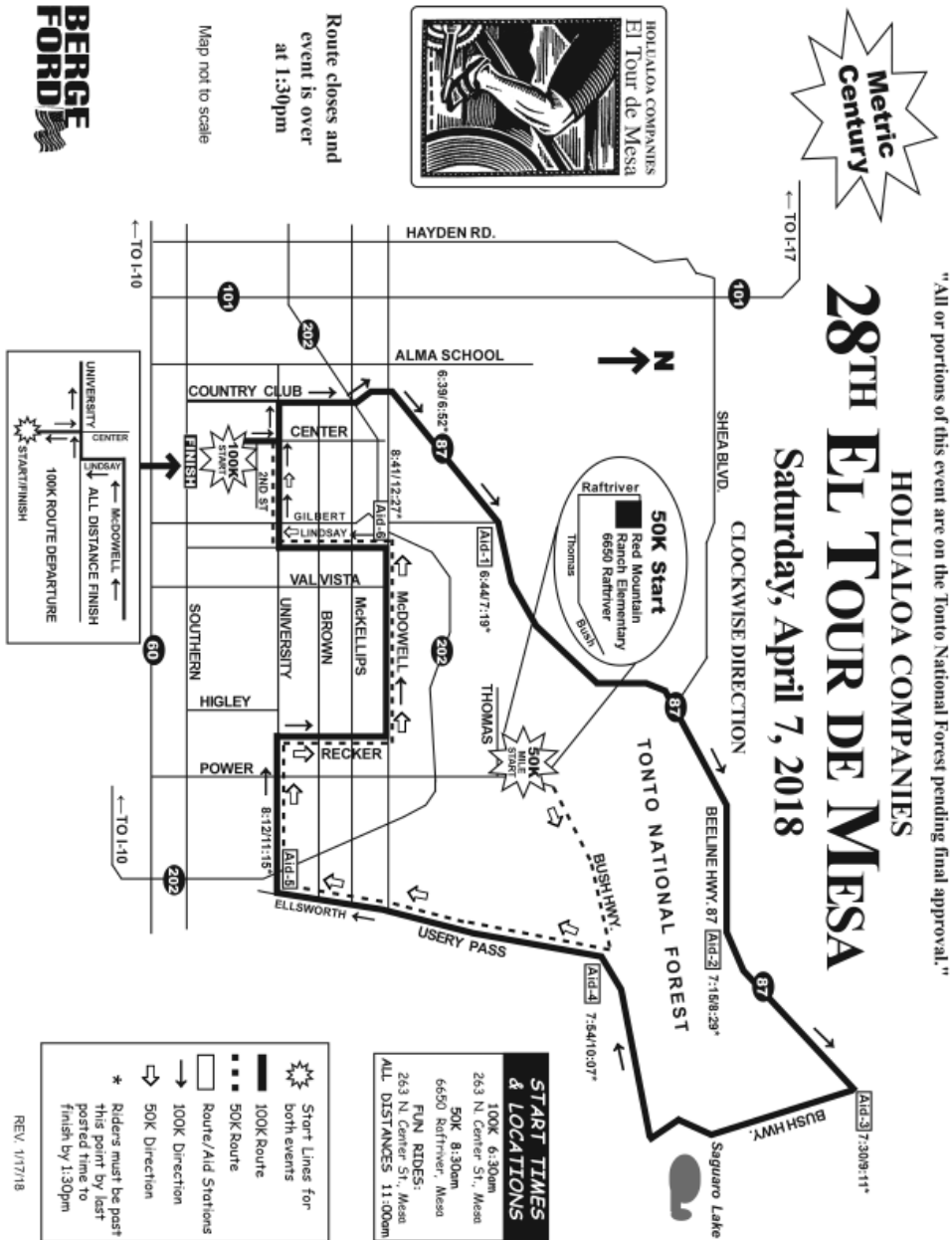
**Saturday,  
April 7, 2018**

CycloMesa is back for a sixth year and is bigger and better than ever! Over 10,000 people will head to Downtown Mesa during this three-day event.

**Saturday, April 7 9:00a.m. - 2:00p.m.**

**Festival Activities** compliment the start/finish like of El Tour. CycloMesa is all about adventure. Participants will have full, free access to the zip line, rock wall, BMX Freestyle Show, the Extreme Sports Zone and the Kid's Zone. The event is accompanied by a beer garden, vendors, food trucks and more! It's an opportunity to see, hear, feel and experience bicycling. Enjoy the festivities on streets closed to motorized traffic and watch the finishers of El Tour de Mesa! El Tour's Grand Cycling Awards Ceremony will be on stage at CycloMesa - join the fun and celebrate cycling!

# ROUTE MAP



# CUE SHEET - METRIC CENTURY

Mile Points	Miles Between Points	Miles To Finish	Turn	Location	Aid Station
0.0	0.2	61.0	Straight	<b>Start:</b> Center/2nd St.	Start
0.2	0.5	60.8	Left	Center/University	
0.7	0.9	60.3	Right	University/Country Club	
1.6	1.1	59.4	Straight	Country Club/Brown	
2.7	0.2	58.3	Straight	Country Club/McKellips	
2.9	0.8	58.1	Straight	Country Club/202 Loop	
3.7	4.3	57.3	Straight	Country Club (SR87)/McDowell	
8.0	0.2	53.0	Straight	SR87/Gilbert Rd.	
8.2	6.5	52.8	Straight	.2 Mile North of Gilbert in Paved Driveway	AS1
14.7	4.4	46.3	Straight	SR87 (Beeline Hwy.)/ Shea	
19.1	5.9	41.9	Straight	In Clearing Near Tonto National Forest Sign	AS2
25.0	0.1	36.0	Right	SR87 (Beeline Hwy.)/Bush Hwy.	
25.1	2.7	35.9	Straight	In Dirt Area .1 Mile South of Beeline Hwy.	AS3
27.8	6.7	33.2	Straight	Bush Hwy./Butcher Jones	
34.5	0.1	26.5	Left	Bush Hwy./Usery Pass	
34.6	0.1	26.4	Straight	.1 Mile South of Bush Hwy. in Dirt Lot	AS4
40.5	0.7	20.5	Straight	Usery Pass (Ellsworth)/McDowell	
41.2	1.1	19.8	Straight	Ellsworth/Brown	
43.2	1.1	17.8	Straight	Ellsworth .1 Mile North of University in Dirt Lot at Paved Drive	AS5
43.4	3.0	17.7	Right	Ellsworth/University	
46.3	1.0	14.7	Straight	University/Power	
47.3	1.0	13.7	Right	University/Recker	
48.3	1.0	12.7	Straight	Recker/Brown	
49.3	1.0	11.7	Straight	Recker/McKellips	
50.3	1.0	10.7	Left	Recker/McDowell	
51.3	1.0	9.7	Straight	McDowell/ Greenfield	
43.3	1.0	7.7	Straight	McDowell/Val Vista	
54.3	0.2	6.7	Left	McDowell/Lindsay	
54.5	0.8	6.5	Straight	On Lindsay .2 Miles South of McDowell in Church Parking Lot	AS6
55.3	1.0	5.7	Straight	Lindsay/McKellips	
56.3	1.0	4.7	Straight	Lindsay/Brown	
57.3	1.0	3.7	Right	Lindsay/University	
58.3	1.0	2.7	Straight	University/Gilbert Rd.	
59.3	1.0	1.7	Straight	University/Stapley	
60.3	0.5	0.7	Straight	University/Mesa Drive	
60.8	0.2	0.2	Left	University/Center	
61.0	0.0	0.0	Straight	<b>Finish:</b> Center/2nd St.	Finish

# CUE SHEET - METRIC HALF CENTURY

Mile Points	Miles Between Points	Miles To Finish	Turn	Location	Aid Station
0.0	0.1	33.9	Left	<b>Start:</b> Red Mountain Elementary School/Raft River	Start
0.1	0.2	33.8	Left	Raft River/Thomas	
0.3	1.0	33.6	Left	Thomas/Power (Bush Hwy.)	
7.4	0.1	26.5	Right	Bush Hwy./Usery Pass (Ellsworth)	
7.5	5.9	26.4	Straight	.1 Mile South of Bush Hwy. in Dirt Lot	AS
13.4	0.7	20.5	Straight	Ellsworth/McDowell	
14.1	1.1	19.8	Straight	Ellsworth/McKellips	
15.2	0.9	18.7	Straight	Ellsworth/Brown	
16.1	0.1	17.8	Straight	Ellsworth .1 Mile North of University in Dirt Lot at Paved Drive	AS
16.2	1.0	17.7	Right	Ellsworth/University	
19.2	1.0	14.7	Straight	University/Power	
20.2	1.0	13.7	Right	University/Recker	
21.2	1.0	12.7	Straight	Recker/Brown	
22.2	1.0	11.7	Straight	Recker/McKellips	
23.2	1.0	10.7	Left	Recker/McDowell	
24.2	1.0	9.7	Straight	McDowell/Higley	
25.2	1.0	8.7	Straight	McDowell/Greenfield	
26.2	1.0	7.7	Straight	McDowell/Val Vista	
27.2	0.2	6.7	Left	McDowell/Lindsay	
27.4	0.8	6.5	Straight	Lindsay .2 Miles South of McDowell in Church Parking Lot	AS
28.2	1.0	5.7	Straight	Lindsay/McKellips	
29.2	1.0	4.7	Straight	Lindsay/Brown	
30.2	1.0	3.7	Right	Lindsay/University	
31.2	1.0	2.7	Straight	University/Gilbert	
32.2	1.0	1.7	Straight	University/Stapley	
33.2	0.5	0.7	Straight	University/Mesa Drive	
33.7	0.2	0.2	Left	University/Center	
33.9	0.0	0.0	Straight	<b>Finish:</b> University/2nd St.	