

PACWEST TOUR 2012



JULY 16 – 24, 2012
DAVENPORT TO REFUGIO

PacWest Tour 2012

Overall Plan

On July 16, 2012 we will drive from Roseville, CA to Davenport, CA. Once we arrive we will setup our bikes and head south arriving at Refugio State Beach (just North of Santa Barbara) 8 days and 454 miles later.

We will be staying at state beaches, private campgrounds, and a motel along the way. All of the locations we will stay at have hot showers, running water, and flush toilets. The private campground we will be staying at even has laundry facilities.

This will be a supported ride. We will not be carrying any of our gear with us. Instead a support vehicle (SAG) will transport our gear and will meet us along the way to ensure that if we need assistance or help its available.

There will be room for a total of 14 people on this trip. If all 14 spots are filled we will have two groups of people Group A and Group B:

Group A - will be the main group and consist of those riding the bikes. At least one vehicle will follow the group and meet them at certain points along the way with supplies as needed.

Group B - will be those needed to drive the additional support vehicle and gear to the next destination. Depending on how many vehicles we have and who goes will depend on if we need folks to switch from cycling to driving for a day.

What we have found is that some only want to cycle 20 or 30 miles for the day and then switch to driving. This allows others to get some bike time in. Either way it was very flexible for everyone.

We will be cooking most of our meals such as breakfast and dinner in camp. We will share responsibilities for cooking and cleanup. Most of the food will be purchased before hand with a few things bought on the road for the last couple of days. We will be buying lunch on the road most of the time. We will eat at places like Subway, and Roundtable. Most Days there will be others options available if you want something different.

New this time around is the King of the Hill Series. There will be some days that those that want to get a little bit more climbing than what is offered will be able to take an alternate route. For those that want to stick to the regular routes we will make sure that a group is formed and a vehicle goes with each.

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Here is a listing of the routes and mileage we will be covering:

	Route	Regular Route	King of the Hill
Monday	Davenport to Sunset State Beach (Watsonville)	38	
Tuesday	Sunset State Beach to Davenport to Sunset	56	64
Wednesday	Sunset SB to Big Sur Private Campground	72	
Thursday	Big Sur Campground to San Simeon (Cambria)	71	
Friday	San Simeon to Best Western (Arroyo Grande)	54	79
Saturday	Best Western to Refugio State Beach (Refugio)	75	
Sunday	Refugio - rest day on the beach		
Monday	Refugio to Carpinteria to Refugio	70	95
Tuesday	Refugio State Beach to Roseville		
	Total mileage for the trip	436	494

Lodging

Reservations will be made on January 2nd for all Campgrounds. The Private Campground Reservations and the Hotel Reservations have already been made. It is important to give a firm commitment so we do not loose out on any deposits made for reservations. We will be staying at the following places.

- Sunset State Beach – Sunset is located just south of Santa Cruz, closer to Watsonville and is a nice place as well. Plenty of hot showers to choose from. It's on the other side of a large dune, but near the beach. This also is a state facility. We'll be staying here for two nights.
- Big Sur Campground – This is a private campground, a little bit more expensive, but worth it. Here there is a laundry facility that we can use. The showers are nice and very hot.
- San Simeon State Beach – This is a State campground and is very nice. Plenty of showers to choose from and is within walking distance of the beach.
- Best Western – The Best Western is located in Arroyo Grande, just outside of Pismo Beach. They have a swimming pool, hot tub, and a great breakfast. This is well worth the money to stay for a night.
- Refugio State Beach – This is a State campground and is right on the beach. Hot showers are available here. We'll be staying here for 3 nights.

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Travel

To get to our start in Davenport we will travel together in two vehicles. In order to accommodate 14 people and all of the gear we will travel in two SUVs, each having a trailer in tow.

Deposit

In order to hold your spot on this trip you will need to pay an initial \$50 deposit. Your deposit will be used to pay for the reservations that will be made for the Campgrounds on January 2nd. Please pay Devin Holmes this by the end of December. Cash or Check will be fine.

As this is a first come first serve you need to get your deposit in to hold a spot. Once spots have been reserved a waiting list will be created. As spots open up they will be made available to those wanting to go.

If you pay the deposit and are not able to go your money will be refunded as long as your spot has been filled with someone else. At this point I have been able to accommodate those that have not been able to go.

3 Day Option

For those that can't commit to the entire trip we have a 3 day option for a few people. For those that want to come along with us you will need to arrange for your own transportation to the beginning in Davenport and then a pickup from the end routes.

There will be enough room for 3 people to attend the 3 day option. If there is a bigger response for this option I will be able to book an additional campground to accommodate for more.

The cost for the 3 day option will be \$70. This will include the cost for the two nights in the campground, food, snacks, breakfast, and dinner.

You will need to meet us in Davenport, CA to begin the ride to Sunset State Beach. You will stay the night in the campground with us there. On day two we will ride back out to Davenport, eat lunch and then ride back to Sunset State Beach. On day 3 we will leave camp to ride to Big Sur. You will need to have someone pick you up in camp in Big Sur or along the way in Marina or Monterey. If you would like to discuss additional alternatives to this option please let me know so we can figure something out for you.

You will need to cover all lunches that will be purchased on the road and quarters for the showers. If you bring \$25 (per person) this should cover all of your costs.

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8 Day Option

The entire trip consists of 8 days of the best vacation you could ever imagine on a bicycle. You will enjoy some of the best spots that the California Coast has to offer. There will be 7 days of cycling with 1 rest day at Refugio State Beach. Costs for the entire trip will be \$330.

After your initial deposit of \$50 the remainder of the cost of the trip will be \$280 per person. This will be due to Devin by the end of June.

The trip cost will take care of the campground fees, hotel room, breakfast, dinners, snacks along the way, and transportation costs.

You will need to cover all lunches that will be purchased on the road, quarters for the showers, quarters for laundry, and dinner Friday evening. If you bring \$80 (per person) this should cover all of your costs.

Time Line

The following is a rough time line of the next 7 months and what needs to happen each month to get you ready for this trip. For those already cycling and doing good you can ignore the training plan here. I put it in for those that do not have a base and need a guideline of what they need to be prepared for.

Dec:

- Pay Deposit of \$50 to Devin Holmes

Jan:

- Do some light training or spinning to get a base.

Feb:

- Review equipment list to see what you need to purchase.
- Begin outdoor rides as weather permits. Be able to ride at least 20 miles. If weather isn't very good continue with your spinning.
- Read some journals about touring from Crazyguyonabike.com to see what some others have said about riding the Pacific Coast.

Mar:

- Schedule to get a physical to ensure that you're physically fit for riding 400 miles in a week.
- You should be riding outside and comfortable with riding a total distance of at least 30 miles.

Apr:

- You should be able to ride at least 40 miles.

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- Go over the equipment list to make sure you know what you need.

May:

- Fill out Trip Paperwork and turn in to Devin Holmes.
- Start to purchase needed equipment and clothes for the ride.
- You should be able to ride at least 50 miles with some hills.

Jun:

- Make final payment of \$230 for trip to Devin Holmes.
- Finalize any purchases you might need for the trip.
- You should be able to ride at least 60 miles with some moderate hills.

Jul:

- It's time to pack and get ready to go.
- You should be able to ride at least 70 miles with some steep hills.

Itinerary

I have put together a general outline of what each day will look like. Keep in mind that this doesn't mean things will happen at the designated time. There may be days we feel like swimming before dinner or taking an extra long lunch. Just keep that in mind when looking this over.

Sunday – Getting ready to go.

7:00 pm Bring all of your gear over to Devin's house.

Monday – Davenport to Sunset State Beach (Watsonville)

7:00 am Leave Roseville
9:30 am Arrive Sausalito
12:00 pm Lunch in Davenport
3:30 pm Arrive Sunset State Beach
4:00 pm Setup Camp get Dinner Ready
5:30 pm Eat and enjoy the rest of the evening
9:00 pm Turn in for the night

Tuesday –Sunset Beach to Bonney Doons to Sunset (Watsonville)

7:30 am Breakfast and clean up
8:30 am Leave Sunset State Beach heading North
1:00 pm Lunch in Davenport
4:30 pm Arrive Sunset Beach in Watsonville
5:00 pm Get Dinner Ready
6:00 pm Eat and enjoy the rest of the evening
9:00 pm Turn in for the night

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Wednesday – Sunset Beach to Big Sur Campground (Big Sur)

8:00 am Breakfast and pack up camp
9:00 am Leave Sunset Beach heading South
12:00 pm Lunch in Marina
5:30 pm Arrive Big Sur Campground
5:30 pm Setup Camp, get Dinner Ready, and do laundry
6:00 pm Eat and enjoy the rest of the evening
9:00 pm Turn in for the night

Thursday – Big Sur Campground to San Simeon (Cambria)

8:00 am Breakfast and pack up camp
9:00 am Leave Big Sur Campground
12:00 pm Lunch on the road at Sand Dollar Beach
4:30 pm Arrive San Simeon Campground
5:00 pm Setup Camp get Dinner Ready
6:00 pm Eat and enjoy the rest of the evening
9:00 pm Turn in for the night

Friday – San Simeon to Best Western (Arroyo Grande)

8:00 am Breakfast and pack up camp
9:00 am Leave San Simeon Campground
12:00 pm Lunch in Morro Bay
4:30 pm Arrive Best Western Motel
5:00 pm Cleanup or go swimming in the pool
6:00 pm Get ready for Dinner
6:30 pm Eat at a nearby place
7:30 pm Enjoy night life in Pismo near the pier
9:30 pm Turn in for the night

Saturday – Best Western Motel to Refugio State Beach (Refugio)

8:00 am Breakfast and pack up
9:00 am Leave Best Western Motel
12:00 pm Lunch in Lompoc
4:30 pm Arrive Refugio State Beach
5:00 pm Setup Camp get Dinner Ready
6:00 pm Eat and enjoy the rest of the evening
9:00 pm Turn in for the night

Sunday – Rest Day at Refugio State Beach (Refugio)

8:00 am Breakfast
9:00 am Head in to Goleta to do laundry
12:00 pm Lunch in camp
1:00 pm Enjoy the afternoon doing whatever
5:30 pm Get Dinner Ready
6:00 pm Eat and enjoy the rest of the evening
9:00 pm Turn in for the night

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Monday – Refugio State Beach to Carpenteria to Refugio

- 7:30 am Breakfast and clean up
- 8:30 am Leave Refugio Campground and head South
- 1:00 pm Lunch at Fosters Freeze in Carpenteria
- 4:30 pm Arrive back at Refugio
- 5:00 pm Camps already up, get Dinner Ready
- 6:00 pm Eat and enjoy the rest of the evening
- 9:00 pm Turn in for the night

Tuesday –Refugio State Beach to Roseville

- 9:00 am Have Breakfast, pack up the vehicles and head for home.
- 12:00 pm Have lunch on the road heading home.
- 6:00 pm Arrive back home in Roseville

Contact & Medical Information

Because we will be on the road and anything can happen you will need to fill out the Activity Consent Form found at the end of this packet. This will need to be turned in by end of June. This will allow us to be aware of any medical conditions that you may have and need assistance with. All those that will be on the bike and part of this group will need to fill this out.

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Equipment List

The following is an equipment list that I have used for past trips. Please keep in mind that this is not an all inclusive list. You may have some things that you want to bring that I don't have listed here. When you pack your clothes and other gear you should use a large duffel bag or something along those lines. We will have some group gear such as the cooking gear, lantern, and ice chests. If you have group items such as these or have questions about the list below let me know.

Bike Gear

- 3 - Jerseys
- 3 - Bike shorts
- 3 - Pair Socks
- 2 - Pair Arm warmers
- 2 - Pair Leg warmers
- Bike gloves
- Helmet
- Bike Shoes
- Wind/Rain Jacket
- Skull Cap
- 2 - Water Bottles
- Handlebar Bag

Tools

- 4 - Spare Tubes
- Tire Iron
- Frame Bike Pump
- Patch Kit
- Toolkit
- Chain lube
- Cleaning rag
- Bike lock
- Rubber Gloves

Camping Gear

- Sleeping Bag
- Tent
- Sleeping pad
- Clothes Line
- Matches/Lighter
- Bug Spray
- Camp Pillow
- Flashlight
- Camp Chair

Personal Gear

- 2 - Pair regular socks
- 2 - Pair Shorts
- 2 - T-shirts
- 2 - Towels
- Swim suit/Towel
- Regular Pants
- Pair sandals
- Jacket/Sweatshirt
- Sun glasses
- Small hand towel
- Toothbrush
- Toothpaste
- Deodorant

Hygiene Items

- Prescription Medicine
- Ear plugs
- Small First Aid Kit
- Soap
- Shampoo
- Electric Razor
- Small Razor
- Quarters for showers
- Chap Stick
- Laundry Soap
- Quarters for Laundry
- Chamois Cream
- Sun Screen
- Ibuprofen

Miscellaneous

- Journal
- Note pad
- Camera
- Battery charger
- Cell Phone
- Boogie Board

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Menu

I have planned out an overall menu for you to review. Please keep in mind that this is not a fat free menu and does not take into consideration any special medical diets or allergies. If you find that you will not be able to eat the food listed here because of special circumstances please let me know what they are so we can figure out how to modify the menu and accommodate your needs. The main thing to remember is that you will be burning about 4,000 to 5,000 calories each day on this trip.

Monday

- Breakfast – will be muffins, pastries, and juice.
- Lunch – will be on the road in Davenport.
- Dinner – Taco Salad, Watermelon, Strawberry Shortcake, Drink.

Tuesday

- Breakfast – Pancakes, Sausages, Scrambled Eggs, Oatmeal, and juice.
- Lunch – will be on the road in Davenport, there are only two places to choose from, the Mexican diner or the Bar & Grill next door.
- Dinner – BBQ Chicken, Rice, Salad, Drink, Cantaloupe, and Pudding.

Wednesday

- Breakfast – Breakfast Burritos (scrambled eggs, bacon, and cheese rolled in tortilla) and juice.
- Lunch – will be on the road in Marina; there will be plenty to choose from.
- Dinner – Lasagna, Fruit, Bread, Drink, and Dessert.

Thursday

- Breakfast – French toast, Sausages, Scrambled Eggs, and juice.
- Lunch – will be on the road at the Sand Dollar Beach. We will have sandwiches, fruit, chips, and drinks for lunch this day.
- Dinner – Hamburgers, Fruit, Chips, Drink, and Dessert.

Friday

- Breakfast – French toast, Sausages, and juice.
- Lunch – will be on the road. We will eat in Morro Bay. There will be a few to choose from KFC, Roundtable, or Subway.
- Dinner – staying at the Best Western we will eat in Pismo Beach.

Saturday

- Breakfast – Continental breakfast at the motel.
- Lunch – will be on the road. We will eat in Lompoc. There will be plenty to choose from.
- Dinner – Spaghetti, Bread, Salad, Desert, and Drink.

Sunday

- Breakfast – Eggs, Bacon, Fruit, and Oatmeal
- Lunch – Hot Dogs, Fruit, Chips, Drink
- Dinner – Shrimp Pasta Primavera, Vegetable, Desert, and Drink

Monday

- Breakfast – Pancakes, Scrambled Eggs, Sausages, Oatmeal, and juice.
- Lunch – will be on the road in Carpenteria.
- Dinner – Foil Wrap Chicken, Fruit, and desert.

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Tuesday

- Breakfast – Oatmeal/Cold Cereal and Juice
- Lunch – will be on the road as we head home.

In addition to the menu listed above I will have plenty of snacks during the trip. These include red licorice, fruit snacks, candy bars, granola bars, Gatorade, Lemonade, peanuts, Oreos, and corn nuts. If there are other snacks that you prefer let me know so I can add them to the list. There will also be an ice chest filled with drinks and ice to use along the way so you can have cold drinks. We will also have a water jug filled with ice & water to mix drinks for your water bottles along the way.

Route Sheets

Each cyclist will have the necessary information to ride the entire route on their own. However we will be teaming up to ride together as much as possible. This makes for a more enjoyable ride and is a safe practice to buddy up to assist those that may have trouble with their bike or need anything along the way.

King of the Hill Series

As some people have now done this trip 3 times it's time to step it up and make it a bit more challenging. In order to do that I have created what I call the Kill of the Hill series. This means that on some days there will be specific routes to go out of our way and climb a hill or two. There will still be the regular routes for those that want to get to the destination with the least amount of climbing. The KOH routes will not be something that you want to attempt without training for. The very last day will have the most difficult KOH route as we will climb over 5,000 feet and ride 95 miles. If you ride all of the KOH routes you will climb a total of 22,400 feet for the entire week. Feel the burn!

Climbing Profiles

The first question that everyone always asks each day is, "How much climbing do we have to do?" Well to answer that question listed below you will find a climbing profile that will allow you to see the route as a whole and what the climbing will be for each day. New this time around is the type of climb it is rated as. For more details each of these routes can be found on the May My Ride (<http://www.maypmyride.com>) website under my profile - gingerloop. Please be sure to take a look there for more details on the routes and let me know if you have any questions.

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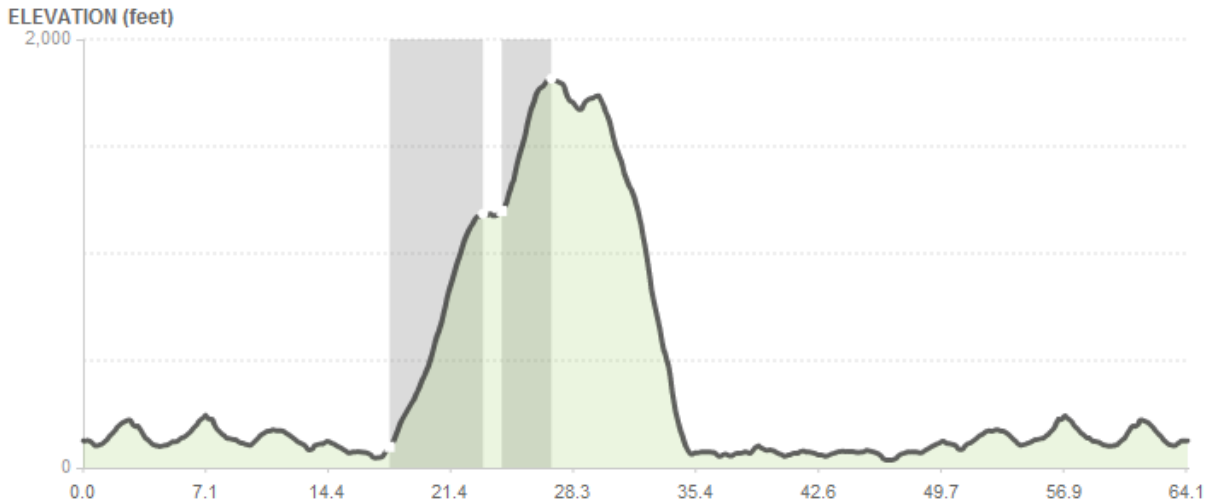
Day 1 – Davenport to Sunset State Beach – East to Moderate – 31 miles



Day 1 will give you a taste of the coast as we start in downtown Davenport. From there we head south and into Santa Cruz County, you will ride along the coast and enjoy some breath taking views. As we enter in the North part of Santa Cruz we will take a scenic route along West Cliff Drive. Here you will be able to watch the surfers as they ride the waves. After this we will make our way through the boardwalk up and over the river and lagoon and then continue our scenic view along East Cliff Drive and then down to Sea Cliff State Beach. Here we will ride along the bike trail and then head back to the top of the cliff. Once there we will have our first King of the Hill challenge as we climb Rio Del Mar Blvd, less than .77 miles, but a grade that will chew you up and spit you out if you don't gear down fast. Once at the top and you've had a chance to catch your breath it's time to make your way over to La Selva Beach. Once through we'll make our final approach through the sweet strawberry fields of Watsonville and into Sunset State Beach campground. Save a little for that last climb and then you'll find our campsite for the night.

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Day 2 –Sunset Beach to Davenport to Sunset State Beach
 King of the Hill Route: Moderate to Hard – 64 miles



127 ft Start Elev
1850.0 ft Max Elev
2966.0 ft Gain
-2969.0 ft Descent

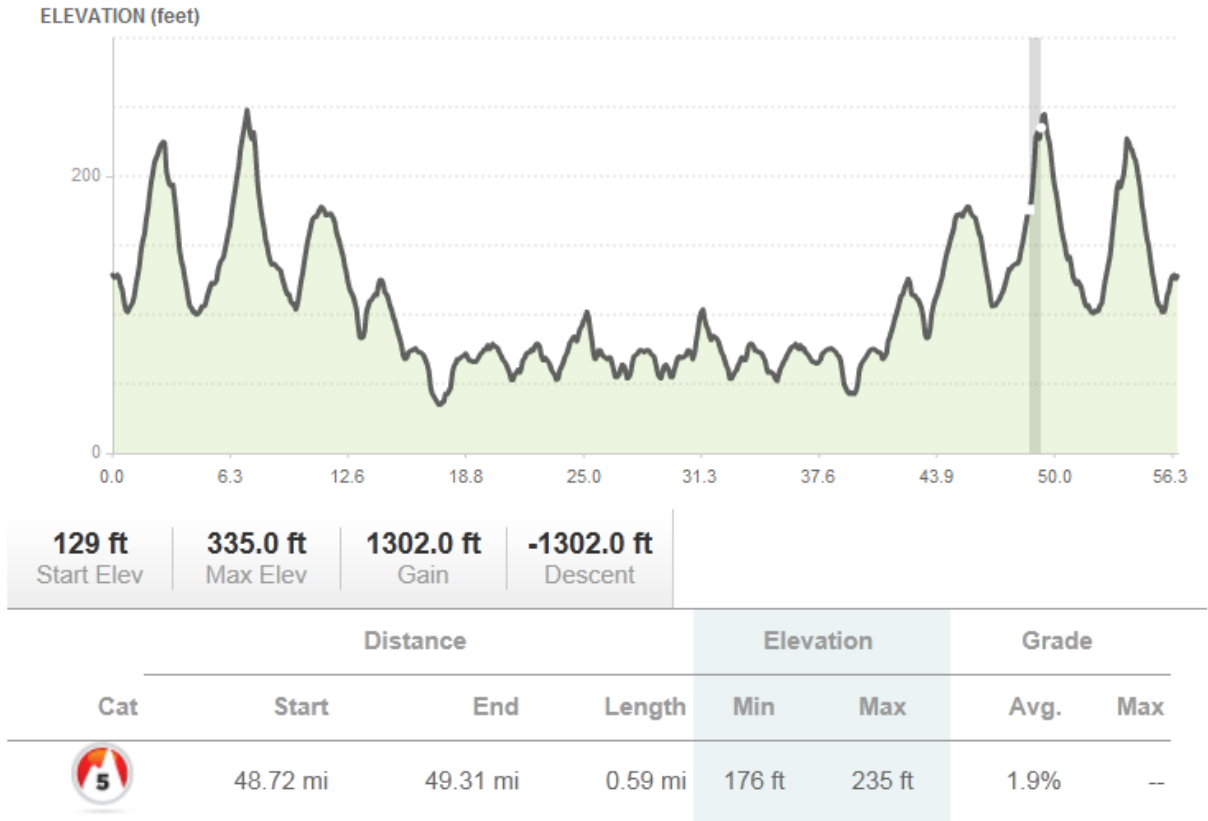
Cat	Distance			Elevation		Grade	
	Start	End	Length	Min	Max	Avg.	Max
	17.85 mi	23.21 mi	5.36 mi	98 ft	1,187 ft	3.8%	--
	24.18 mi	27.02 mi	2.83 mi	1,199 ft	1,816 ft	4.1%	--

Day 2 brings us to our first King of the Hill route. We will take a quick ride back out to Santa Cruz to begin the climb up the Santa Cruz Mountains. We will climb up Empire Grade connecting with Ice Cream Grade at the top, from there we will turn onto Bonny Doon Road and fly all the way down the hill. Once at the bottom we'll make a stop for lunch and then enjoy the rest of the day as we ride back to Sunset State.

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Day 2 –Sunset Beach to Davenport to Sunset State Beach

Regular Route: Moderate to Hard –56 miles

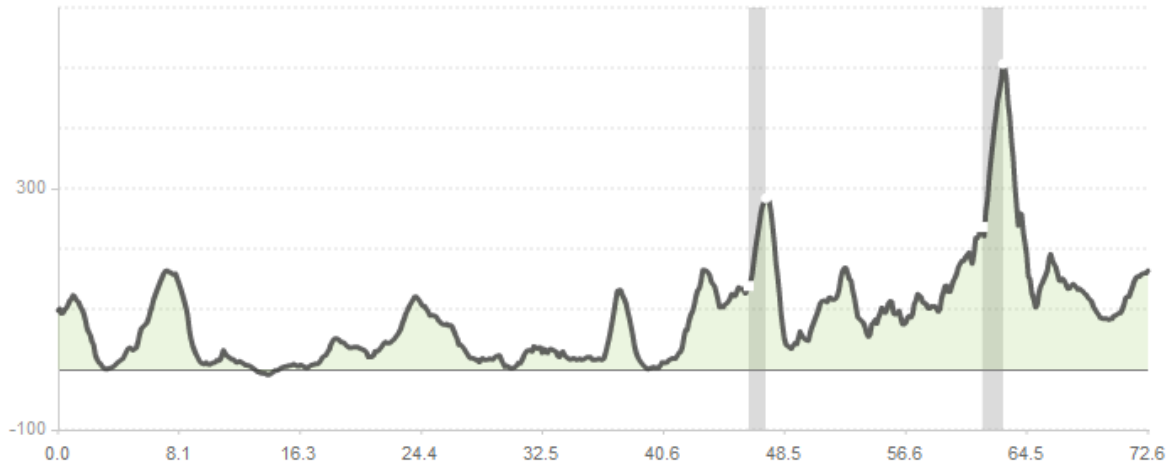




The regular route will be a ride out to Davenport to enjoy lunch and then a ride back to Sunset State Beach. If those that ride the King of the Hill route don't take too long maybe we'll see them for lunch! The hardest climb will be coming back into camp! Enjoy this route for some good miles.

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Day 3 – Sunset Beach to Big Sur – Easy to Moderate – 72 miles

ELEVATION (feet)

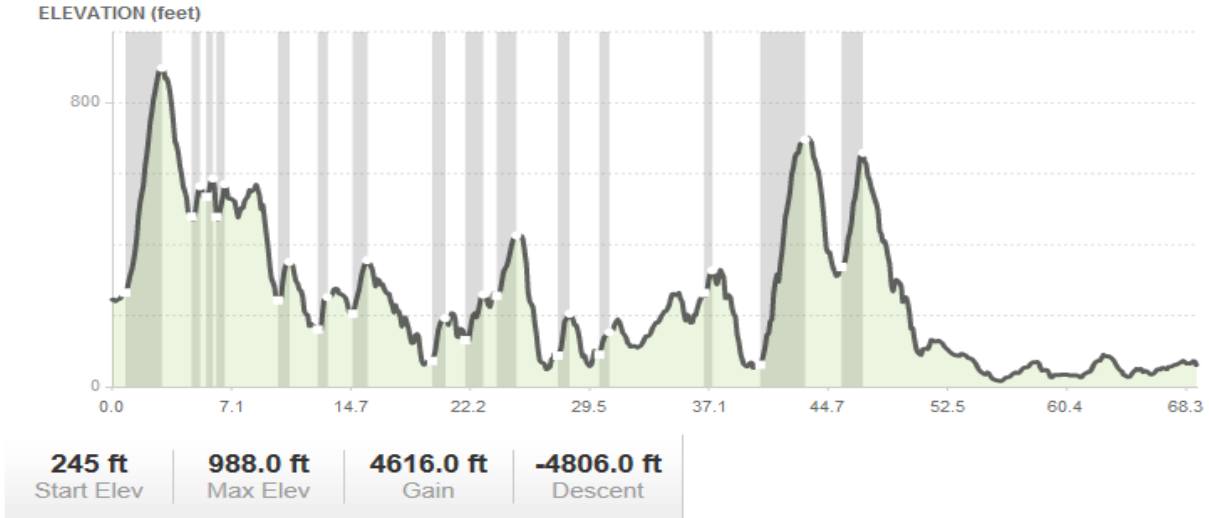


98 ft Start Elev	682.0 ft Max Elev	2139.0 ft Gain	-2073.0 ft Descent				
Distance				Elevation		Grade	
Cat	Start	End	Length	Min	Max	Avg.	Max
	46.29 mi	47.34 mi	1.05 mi	138 ft	284 ft	2.6%	--
	61.70 mi	63.00 mi	1.30 mi	235 ft	506 ft	3.9%	--

The first half of the day will be the easiest day for hills with nothing over 250 feet, the only difficult climb will be right after Carmel with a climb to 500 feet. For those that do not want to climb up and over Carmel you'll want to jump in the car when we get to Monterey. If you decide to take the 17 Mile Drive scenic route it is breathe taking in two ways, the scenery, and the climb at the end to get back to Highway 1. Once back on Highway 1 you'll enjoy breath taking views of the coastline as we ride through Carmel. Once past Carmel we will head up and over the famous arch bridges that you see on every tourist postcard. Once past the climb we'll have a heads down all out ride to get to the final destination of the day, Big Sur Campground.

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Day 4 – Big Sur to San Simeon – Moderate to Difficult – 71 miles



This is the day that separates the casual cyclist from the crazy cyclist. As soon as you come out of camp you make a right turn and hit the side of a hill. From there it is a long slow climb all the way to 900 feet, then it is a quick descent only to have to do it again. In total you will climb to almost 900 feet 4 times during the day. Then in between the main climbs you only have to climb to 400 to 500 feet in elevation. The last 20 miles of the day are the easiest for those that want to ride something during this day. Just as you come down out of the last hill you will be able to enjoy the coastal view and the many beaches along the way.

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Listed below are the many hill climbs you'll ride through the day from Big Sur to San Simeon.

Cat	Distance			Elevation		Grade	
	Start	End	Length	Min	Max	Avg.	Max
	0.81 mi	3.12 mi	2.31 mi	264 ft	899 ft	5.2%	--
	4.98 mi	5.45 mi	0.47 mi	479 ft	565 ft	3.5%	--
	5.72 mi	6.04 mi	0.32 mi	535 ft	587 ft	3.1%	--
	6.22 mi	6.69 mi	0.47 mi	478 ft	572 ft	3.8%	--
	10.09 mi	10.75 mi	0.65 mi	243 ft	351 ft	3.1%	--
	12.51 mi	13.14 mi	0.63 mi	160 ft	252 ft	2.8%	--
	14.79 mi	15.72 mi	0.94 mi	205 ft	356 ft	3.1%	--
	19.92 mi	20.73 mi	0.82 mi	73 ft	193 ft	2.8%	--
	21.99 mi	23.03 mi	1.04 mi	60 ft	212 ft	2.8%	--
	23.80 mi	24.99 mi	1.19 mi	255 ft	426 ft	2.7%	--
	27.59 mi	28.30 mi	0.71 mi	87 ft	206 ft	3.2%	--
	30.11 mi	30.65 mi	0.54 mi	89 ft	153 ft	2.2%	--
	36.83 mi	37.29 mi	0.47 mi	264 ft	327 ft	2.6%	--
	40.37 mi	43.28 mi	2.91 mi	61 ft	696 ft	4.1%	--
	45.58 mi	46.93 mi	1.35 mi	337 ft	659 ft	4.5%	--

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Day 5 – San Simeon to Arroyo Grande
 Regular Route: Easy to Moderate – 54 miles

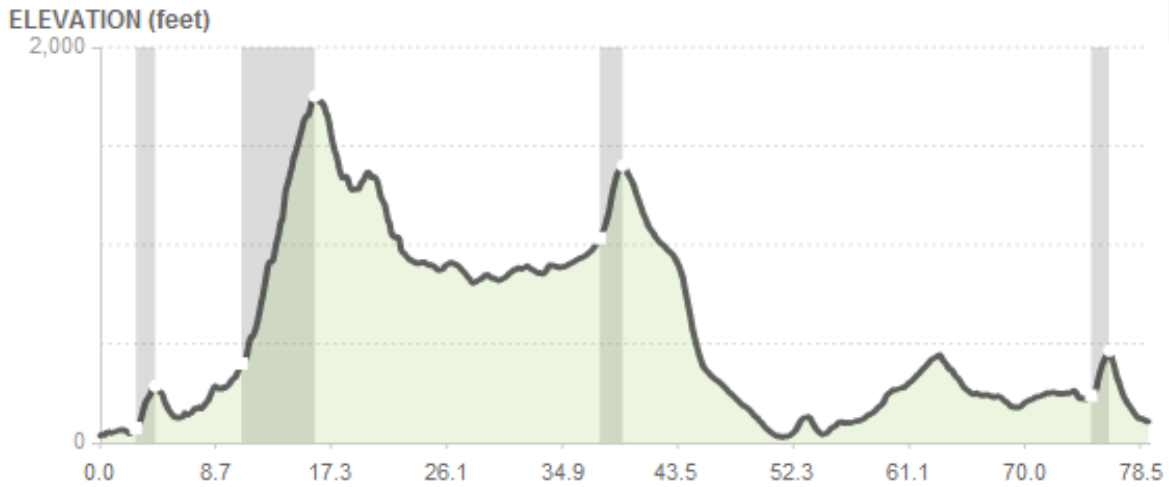


You start the morning off with a steep climb up and out of Cambria, from there on it's a few rollers along the way. Then as you enter Morro Bay you have a few more to climb. The biggest hill of the day is just before San Luis Obispo. From there on out it's a nice ride. The final stretch will be through Price Canyon, just before you drop down through Pismo and over to Arroyo Grande. The last climb will be the hill to get up and over to Arroyo Grande. The Best Western will be on the other side of 101, be careful as you make your way through here it is a busy section.

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Day 5 – San Simeon to Arroyo Grande

King of the Hill Route: Moderate to Difficult – 79 miles

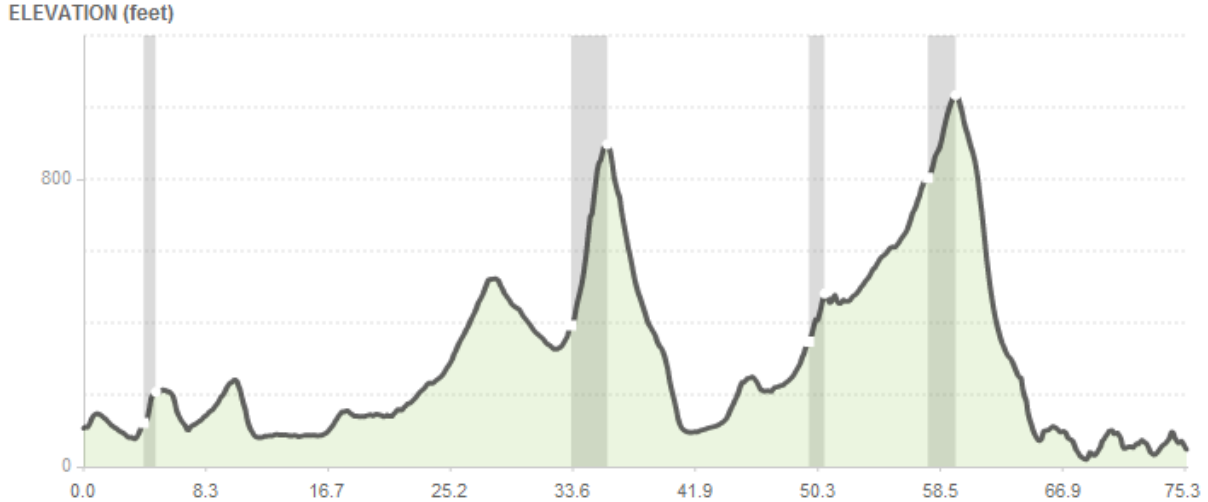


38 ft Start Elev	1886.0 ft Max Elev	3743.0 ft Gain	-3665.0 ft Descent				
Distance				Elevation		Grade	
Cat	Start	End	Length	Min	Max	Avg.	Max
	2.74 mi	4.12 mi	1.38 mi	74 ft	285 ft	2.9%	--
	10.67 mi	16.14 mi	5.47 mi	-439 ft	922 ft	4.7%	--
	37.71 mi	39.34 mi	1.63 mi	1,033 ft	1,403 ft	4.3%	--
	75.07 mi	76.22 mi	1.15 mi	238 ft	464 ft	3.7%	--

We'll start the morning off with a steep climb up and out of Cambria. Once out of Cambria it is a steep climb up Green Valley Road on our way to Templeton just South of Paso Robles. We will then head south to Atascadero and then climb up and over the coastal range once again, this time enjoying an 8 mile downhill ride. We will rejoin Highway 1 and head South again into Morro Bay we're we'll meet everyone up for lunch. After lunch we'll climb a few more hills as we head towards San Luis Obispo. From there on out it's a nice ride. The final stretch will be one more King of the Hill route as we revisit the wrong turn on route 227 this will take us all the way to our final destination for the day at the Best Western in Arroyo Grande, first one to check in gets the pool all to themselves.

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Day 6 – Arroyo Grande to Refugio – Moderate – 75 miles



107 ft Start Elev	1132.0 ft Max Elev	2746.0 ft Gain	-2805.0 ft Descent
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Cat	Distance			Elevation		Grade	
	Start	End	Length	Min	Max	Avg.	Max
	4.16 mi	4.90 mi	0.74 mi	121 ft	208 ft	2.2%	--
	33.48 mi	35.87 mi	2.39 mi	392 ft	897 ft	4.0%	--
	49.71 mi	50.72 mi	1.01 mi	348 ft	482 ft	2.5%	--
	57.73 mi	59.51 mi	1.77 mi	803 ft	1,035 ft	2.5%	--

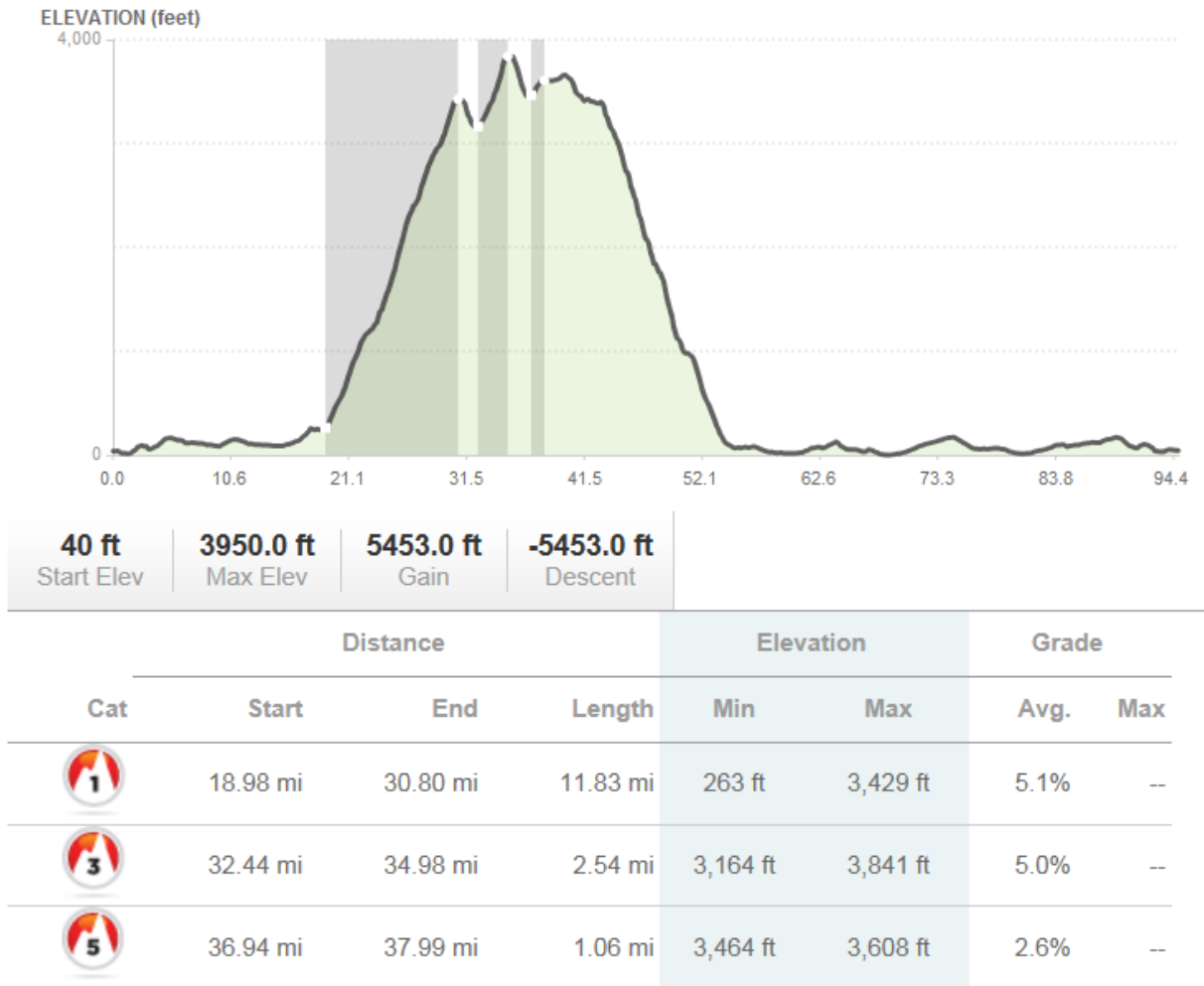
The beginning of the day will be a few small hills at 250 feet as we leave Pismo Beach. After that you'll enjoy the farmlands of Guadalupe. Once past Guadalupe you will have two good size hills to climb. The first is moderate while the second will be a steep climb up Harris Grade. After Harris Grade we'll fly down to Lompoc for lunch. Then after a great lunch we'll ride up and over the Santa Ynez Coastal Range and down to the Coast. Once on the coast you'll enjoy another 10 miles of the coastal views before we get to Refugio State Beach.

Day 6 –Refugio – Easy – 0 miles

After a long week of cycling you've earned a rest day, but don't wear yourself out lying on the beach all day.

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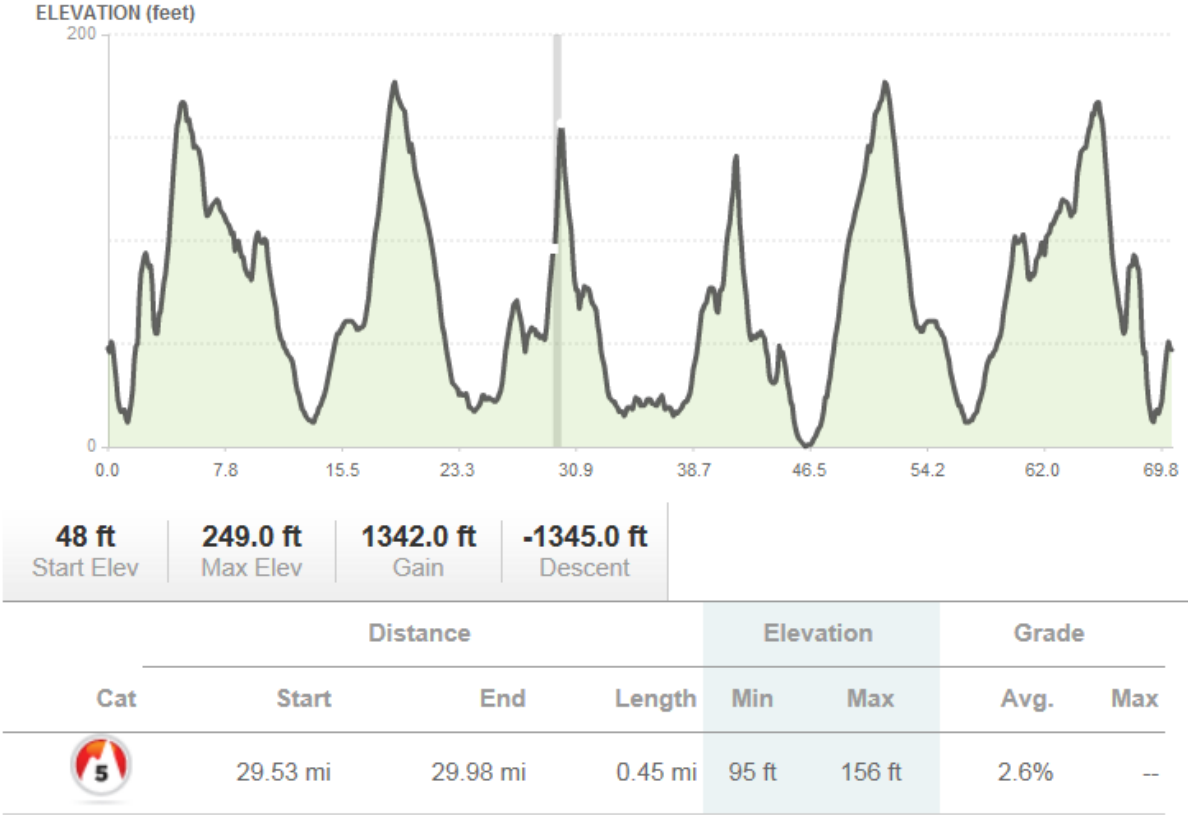
Day 7 – Refugio to Carpenteria to Refugio King of the Hill – Difficult to Hard – 95 miles



One more day on the road and this one is what you've been training for all week. This route will cause your lungs to burn, your thighs to scream, and your tongue to dry up and fall off. As you start your first climb rated at a Category 1 you will need to take it slow and steady for the next 14 miles. Just when you think you've made it to the top there's another mile to climb, then you have a few miles to wander through and then you're rewarded from all your hard work as you scream down the coastal range from 3,500 feet to 50 feet above sea level. Soon enough you'll be sitting at Fosters Freeze slugging down that milk shake wondering what were you thinking when you started out on the road that morning. But before you sit there too long and curl up in the fetal position it's time to climb back on the bike and ride back to Refugio. Once back in camp you can truly be proud of your King of the Hill status.

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Day 7 – Refugio to Carpenteria to Refugio Regular Route – Easy – 70 miles



One more day on the road and this one is a piece of cake. Don't let the profile fool you as most of the climbing will not be over 200 feet in elevation. After this past week you'll be racing up and down them. The most difficult part of the ride today is just navigating through Santa Barbara and then Carpenteria. Pay close attention to the street details. After you've gone through Carpenteria you'll be looking for the Fosters Freeze on the right hand side, first one there gets the Milk Shake! After a full filling lunch it's time to enjoy the ride back to Refugio back the way we came.

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FAQs

Touring is one of those things that you can study, study a little more, read about and then finally you just have to get out there and do it. I have tried to answer a few questions that some may ask, some that you may be afraid to ask, and others that I thought would help you in planning for this trip. Because we have many different levels of cyclists that will be on this trip I am trying to give enough information to address all levels. If you need more details please don't be afraid to ask myself or someone in the group.

Q: Did you really have that much fun as a group last year?

A: Yes we really did! We've done this trip as a group three years now. For me it's all about riding the bike, but what is more fun than the riding is in the evening when we're sitting around the campfire we get to tell stories, laugh at each other, with each other, and do it all over again the next day.

Q: Was there enough food to eat each day?

A: I was able to have more than enough for everyone. I don't think anyone could complain that they didn't have enough. In fact I think one person said they actually gained two pounds on the trip. This question was asked again at the beginning of the trip 2011, I told the person you won't go hungry, at the end of the trip I asked them if they got enough, their answer, they got more than enough.

Q: Do I have to drive the whole day?

A: Last year it worked out very nicely with this arrangement. Some days one person would drive for half of the day, then someone else would drive. On the difficult day 4 people were in the car during the big hills. Then during the last 20 miles everyone else got out and rode the bikes. It was very flexible and I think everyone was very accommodating in taking turns riding and driving.

Q: Did you have any problems on the trip?

A: Overall I would say there were no problems on the trip. Everyone really pitched in and helped make this the best time possible. We had the usual flat tires on the bikes now and then, but that's expected.

Q: Isn't it dangerous on Highway 1?

A: Yes and no. Now that I have ridden all of Highway 1 I can see that some parts are more dangerous than others. The worst part by far is from Fort Bragg south to San Francisco. That has got to be some of the worst stretches. Notice that we are not riding that section. Instead we are riding a section that I feel is less dangerous. Most of the road from Half Moon Bay to Santa Barbara has plenty of room for us as cyclists. However there will be some spots that will not be so great. The stretch from Big Sur to San Simeon isn't the best; it is more like the Fort Bragg Section. This will be the worst part of the trip. There are other areas that are more congested and you just need to pay attention to what you're doing and what is going on around you.

Q: Do cars bother you?

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A: Most of the cars that drove by gave me room if they could. At first it might bother you a little bit, sometimes they will be going by at 50 mph, but for the most part I would say that folks were very courteous as they went by. The only time I felt someone was getting too close were those that were in an RV. Truckers were probably the best and gave the most room.

Q: How often do you rest?

A: I like to stop at least every hour for about 10 minutes. I'm in no hurry on these trips. When you're in a hurry you just can't enjoy the ride. When I go on these trips it's about enjoying the ride. I like to stop and take a few pictures. Soak up the view and just have fun.

Q: Will there be places to use the restroom along the way?

A: Most stretches there will be opportunities to use facilities. Whether it is at a gas station, park, or beach. There are actually a lot of day parks along the coast that have restrooms to use, keep in mind though that some have better facilities than others. When we hit the Big Sur to San Simeon Stretch the facilities will be limited. Most gas stations of course have restrooms in them and many are very generous to let you fill up with water as well if you ask nice.

Q: Do I need to get a physical?

A: If you haven't had a physical in the last year I would say yes. When you go and see your doctor, tell him/her that you will be going on a bike trip for 7 days and 440 miles. Talk with them about any issues that you might have that would prevent you from going on a trip like this.

Q: What type of weather should I plan for?

A: Plan for the worst and hope for the best. The first year we lucked out with the weather and had mostly sunshine all week long. We didn't realize how lucky we were until the second year. The first three days of the 2nd Year's trip we didn't see the sun after we left Sausalito. Only a few of us actually brought a jacket to keep warm in the evenings. I was beginning to worry that we would be in the cold the whole time. Finally we hit sunshine on the 4th Day and it warmed up nicely for us. The trip in 2011 brought us very nice weather, we still had a little bit of overcast the first few days but overall it was very nice. Still bring a jacket just in case.

Q: Is it really that difficult to ride every day?

A: It is a lot more demanding than you think it is. Unless you have truly prepared yourself for riding every day you may have some difficulty. It is important to be as prepared as possible; otherwise you may not be able to ride as much you like. For the PacWest 2012 we will have some new routes that will truly challenge you with the King of the Hill Routes. You will need to be very prepared to take on these routes as they will be very demanding. The more you prepare the more you'll get out of it.

Q: Why did you create the King of the Hills Series?

A: At the end of the Tour last year we were all sitting around joking about how to make the routes better and bring a bit of a challenge to it. I remember someone mentioned time trials to the top of the hill, in an orange spandex skin suit wearing a time trial helmet. Many of these routes have been used on the Tour of California giving us a true

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challenge. While we won't have the skin suits, we will have the challenge of climbing what have been tackled by the best cyclists on the Tour of California.

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Additional Resources

If you are new to touring I would encourage you to do some research on your own to answer any additional questions you might have or to see what others have done. This packet will give you just enough information to be prepared for this trip. The following is a list of areas that you can go to for information on cycling and touring. They have been very helpful to me in my research.

Websites

Crazyguyonabike.com: The Crazy Guy on a Bike website is one of the best sites I have found when it comes to journals by other cyclists. The site is setup so that anyone can post their journals, pictures, and more. They are categorized such that you can find all of the journals on the Pacific Coast Route or on California in general. Be prepared to spend hours on this site.

<http://www.crazyguyonabike.com/> - main site

http://www.crazyguyonabike.com/doc/categories/?o=3Tzut&category_id=10&doctype=journal – Pacific Coast Section

Adventure Cycling Association: This where I buy the maps to plan out my trips. They also produce a monthly magazine that has articles about touring and places to go. You can find some good information here.

<https://www.adventurecycling.org/> - Main Site

Books

There are a number of books out there on Touring Long Distance. I actually have a couple of them and they have some good details. If you would like to borrow them just let me know.

The Complete Book of Long Distance Cycling: by Edmund R Burke. A good book that talks about everything you need to know to ride for long distances, long rides, comfort, health, gear, and more.

Bicycling the Pacific Coast: by Vicky Spring and Tom Kirkendall. This is known as the Pacific Coast Bible. Anyone that rides the pacific coast has this book. The 4th Edition is the latest. It lists all of the things you'll find along the way and points them out by mile marker. That is where the profile maps came from. Great book.

The Essential Touring Cyclist: by Richard Lovett. Another good book about equipment, gear, riding skills, and road smarts.

The Long Distance Cyclists' handbook 2nd edition: by Simon Doughty. Talks about bike setup, accessories, cycling clothing, nutrition, hydration, and safe cycling.

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Deposit and Initial Information

_____ Yes I plan on going on the PacWest 2012 Tour.

Please answer the following questions listed below to help in the planning efforts.

Name: _____

Please list some group gear and items that you have that would help in our camping (i.e. lantern, ice chest, etc).

Please list any food allergies or other medical information that I might need to be aware of when planning out menus and other activities.

Do you have a preference on who you want to room with in the hotel? _____

Will you be bringing your own tent? _____ How many does it sleep? _____

Are you willing to share a tent with someone else? _____

Do you have a large vehicle that you could drive people and gear? _____

**You will need to pay a \$50 Deposit to Devin Holmes by
December 31th**

**Final Payment of \$280 will need to be made by June 30th to Devin
Holmes**

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PacWest 2012 Activity Consent Form

On July 16, 2012 members of the Roseville 5th Ward Cycling Club will be leaving from Devin Holmes' house (1617 Killdeer Way) at 7:00 am to travel to Davenport. Once we arrive at Davenport we will begin riding via bicycle for the next 7 days until we reach Refugio State Beach. While on this trip we will take part in the following activities: Cycling, Camping, Swimming, Prepare Meals, and engage in other beach related activities. We will be returning to Roseville at approximately 6:00 pm Tuesday July 24, 2012.

Name: _____ Age of Participant: _____

Address: _____

Home Phone Number: _____ Date of Birth: _____

Hold Harmless Agreement and Emergency Instructions

I understand that participation in this cycling activity involves a certain degree of risk. I have carefully considered the risk involved and have given consent for myself to participate in the activity. I understand that participation in the activity is entirely voluntary and requires participants to abide by applicable rules and standards of conduct. I release Devin Holmes and members of the Roseville 5th Ward Cycling Club, the activity coordinators, and all volunteers, related parties, or other organizations associated with the activity from any and all claims or liability arising out of this participation.

In case of emergency involving me, I understand every effort will be made to contact those listed below. In the event I am not able to give instruction or my emergency contact cannot be reached, I hereby give my permission to the medical provider selected by Devin Holmes or other adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me. Medical providers are authorized to disclose to Devin Holmes or the adult in charge examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

Medical Insurance Carrier: _____ Id No. _____

Current Medication Instructions: _____

Allergies & Existing Medical Conditions: _____

Participants Signature

Date

Emergency Contact Name: _____ Relationship: _____

Emergency Contact Phone: _____ Cell: _____