

Certified Route # 411

<http://ridewithgps.com/routes/55083>

Distance: 300km (186 miles, 11125 elevation)

Time Limit: 20 hours

Start:	Finish
Healdsburg City Hall 401 Grove Street Healdsburg, CA 95448	Best Western 198 Dry Creek Rd Healdsburg, CA 95448 (707) 433-0300

There are no great hills to cross, but I would hate to classify the ride along the Pacific coast and out to the Lighthouse as just rollers. Maximum elevation is only 500', but it sure adds up. It's a long run up the coast from Pt. Reyes to Jenner and typical headwinds can make it seem longer. In 2009 these winds added over 2 hours to my time.

In 2010 we had to move the turnaround back from the lighthouse parking lot to South Beach due to the congestion of whale watching season. The ride now begins with a simple loop in Healdsburg to make up for the distance, and the inbound route is shorter than outbound.

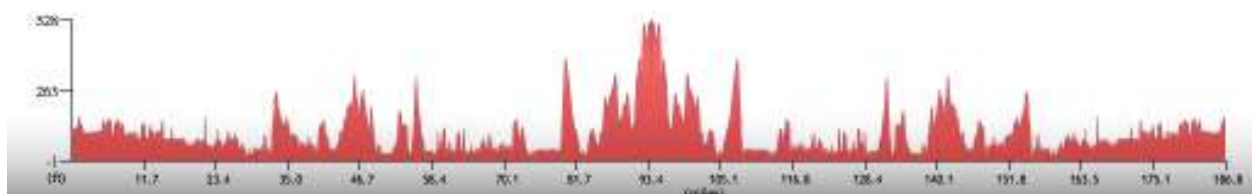
The only mid-leg control is Diekmann's in Bodega Bay. As big supporter of cyclists we wish to thank him with our support. Obtain a receipt with the time and put your name and RUSA number on it.



The staffed control at South Beach will have an SRCC style sampling of food and fluids. The sheltered and rarely used parking area allows us to spread out and lounge a bit before the return trip.

You pass Diekman's store again inbound, mile 146. He's open until 21:30 and expects us; thus the early start time. Take time to look at a map to plan other stops, especially on the return. The Marshall store has awesome clam chowder you should stop for and there is a Safeway in Guerneville at mile 166.

Take a moment to look at Sunset Ave in Forestville. If you miss it you can still make a left onto Westside, but it's a sketchy turn without a turn out and oncoming traffic. Slow for the turn onto Sunset Ave as it drops down and then bears left. It will go under River Rd where you then make a right onto Westside. It's much safer.



SRCC Randonneurs will have a room at the finish. Look for our signboard or banner. We'll have a light dinner and drink for you. Feel free to bring a towel and change of clothes and use the shower. The Bear sells growlers! I hope that you can hang and keep us company at the finish.

There is emergency contact information, both cell phone and the finish control landline, on the route sheet. Please, if you abandon the route I want (need, expect) you to call. Otherwise we worry and then call your emergency contact and worry them, too. Also, we can close controls once all riders are accounted for.

Some riders feel that they are capable of completing this ride in daylight. Be prepared for the unforeseen. An LED headlight and taillight are minor weight to carry for safety. Personally I HIGHLY recommend bar end lights, too, for they make you look wide from a distance. Please use lots of reflective material on you and your steed. Your bike should have reflective material on all four sides and preferably some on moving parts like wheel rims and crank arms. Electrical tape will protect the bikes finish from the glue. You can find ankle bands and a "Sam Browne" belt/sash at RUSA.org.