

Santa Ynez Valley People Helping People



www.winecountrybiketrek.com



WINE COUNTRY BIKE TREK
"PEDAL FOR PEOPLE"

Event Basics

Call us! - (805) 938-1620. We're here to help!

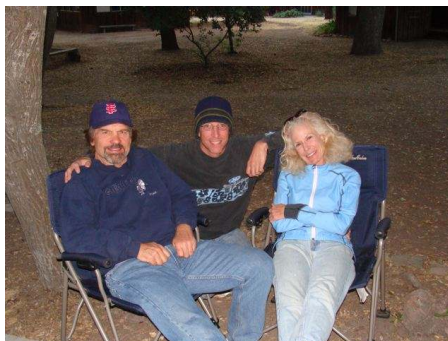
Welcome!

By registering for the People Helping People *Wine Country Bike Trek* you've joined a chain of events and a community of hundreds of people, working together to change the world, starting right here. The net proceeds of the money you raise will go directly toward making a difference in the lives of those in need. You will help save lives. It's as simple as that.

The People Helping People *Wine Country Bike Trek* provides more than just money—it provides inspiration, awareness, and a demonstration of what the world could be if people were simply kind to one another. Thank you for being a part of that, and welcome to the beginning of a wonderful journey.

The *Wine Country Bike Trek* Experience

You may be a little scared about what you've gotten yourself into. This is normal. You've made a brave commitment, and anything this big is bound to come with a little fear. That's what we're here for—to help you through it, to help you train, to fundraise, and to get ready for the *Wine Country Bike Trek*. Just call our office Monday-Friday at (805) 938-1620. We're here to answer your questions, celebrate your successes, offer you advice, allay your fears, and get you ready for the experience of a lifetime.



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Before the *Wine Country Bike Trek*

When to be in Solvang and Midland School:

Plan your travel so you arrive at check-in at Hans Christensen Andersen Park in Solvang no later than 8:30 on your registration day Friday, June 24, for three-day trekkers. One-day trekkers will meet at 8:00am on Saturday, June 25 at Midland School. Directions are listed on the website and will be sent along with the June newsletter.

First Stop: Check-in/Registration

This is the important first day of your adventure, the launching pad from which everything begins. When you check in, a volunteer will verify if you have met your fundraising minimum and have signed your medical waiver. If you haven't, you'll be directed to do so on-site. You'll then receive your Dashboard Display and RoadID. The Road ID should remain on your bike for the duration of the event as it will help us to easily identify Trekkers and their equipment.

Next Stop: Loading Your Gear

(3 day riders only)

Now that you have completed the check-in process, double check all your bags and load them directly onto the *Wine Country Bike Trek* gear truck. Please load gear as far to the back of the truck as possible.

Next Stop: Safety and Orientation

There is nothing on the *Wine Country Bike Trek* more important to us than your safety. One of the ways we help make the event safe is through the Safety and Orientation talk. It is informative, inspiring, and sets the tone for the days to come. The talk lets you know exactly how things will work on the event and reminds you what you can do to have the best event possible—through safety, and through basic human kindness.

Last but not Least: Other Things to Do

1. Meet your fellow participants.
2. Have your bike tuned up one last time.
3. Answer those last-minute questions.
4. For new riders, take this opportunity to meet our Ride Ambassadors.

Please allow plenty of time to get everything done. Remember, there will be close to 150 people checking in, attending the safety talk, and making final preparations, so arrive on time.

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On the Road

The *Wine Country Bike Trek* is demanding—there's no denying that. It will expect a lot from you—but in return, you can expect a lot from us. We provide you with two meals per day at camp, SAG stops every 10 miles along the route, route guides and road markings, medical support, cheers, hot showers, nightly entertainment, transportation for your gear, transportation should unforeseen circumstances cause you to be unable to finish your day's ride, and fun activities throughout the *Wine Country Bike Trek* weekend!

Opening Ceremonies

On June 24, 2011, at Hans Christian Andersen Park, we will all gather in the early morning for Opening Ceremonies. The Opening Ceremonies will give you a kick start for the day. From here, you will take to the planned cycling route on your First Day.

The Route

Each day, trekkers can choose from 30 or 50 miles routes. Support and Gear (SAG) stops are offered every ten miles. Fill up your water bottles and drink as much as you need. Snacks, fruit, and sports drinks are available to keep you fueled for your journey. Medical supplies will be available as well.

On Friday, trekkers start at Hans Christian Andersen Park and they will travel down HWY 246 making their way along the beautiful Santa Rita Hills toward Lompoc.

On Saturday, trekkers explore the Santa Ynez Valley with routes that take you through the back hills into Solvang, past Santa Ynez and through majestic sprawling hills of vineyards.

On Sunday, trekkers begin at Midland school and travel toward Los Alamos, conquering Drum Canyon and making their way back toward Hans Christian Anderson Park in Solvang.

See the route maps, descriptions and elevations enclosed in the May newsletter.

SAG (Support and Gear) Stops

SAG stops will be staffed by volunteers every ten miles along the trek routes. Fill up your water bottles and drink as much as you need. Snacks, fruit, and sports drinks will also be available to keep you fueled for your journey. Medical supplies will be available as well.

If You Are Unable to Continue

If you get injured or are too exhausted to finish the day's mileage, there will be vehicles—what we call “rovers”—to pick you up and take you to the next pit stop, where you can get medical attention if you need it. If you are still unable to ride, we will take you to camp. As the day comes to a close, rovers will pick up any trekkers who are still on the road, so they are not on the road after dark. At the bottom

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of each map is the name and phone number of our head rover. Call him if you need help while out on the road.

Medical Emergencies

As with any emergency, dial 911 first! Immediately report any medical emergencies to People Helping People staff or crew. Again, at the bottom of your map is the name and phone number of our head rover. Call him right away! We have a full crew of volunteers to assist you, as well as access to local emergency facilities for more serious injuries.

Weather

In the event of rain, the *Wine Country Bike Trek* will go forward regardless. June rainfall is rare in the Santa Ynez Valley and could be lovely on a hot summer day! We also suggest you bring sunblock. Highs are in the 80's - 90's and lows in the upper 40's. Afternoon highs rarely exceed 100 degrees. Dressing in layers is the best approach to staying comfortable.

Rider Safety Information

1. Carry a spare tube, pump, water, sunscreen, money, ID, cell phone, emergency phone numbers and critical medical information.
2. Helmets MUST be worn.
3. All riders must sign the release form before starting the ride. Registration is null and void if release form is not signed.
4. Minors (under 18 years) must be accompanied by an adult, and a parent or guardian must sign the release form. No Exceptions.
5. Bicyclists must obey all California Vehicle Code laws, including all stop signs and signals.

Daily Directions

Each morning, route descriptions will be available in the breakfast area or at check-in. In addition, the route will be clearly marked each day with white spray paint. Look for white arrows that will show you the way. Following other trekkers is helpful as well.

How to Reach Us

Mail: Donna Beal
WCBT Ride Director
919 Stacy Anne Terrace
Santa Maria, CA 93455

Phone: (805) 938-1620

Email: dkp99@hotmail.com

Website: www.winecountrybiketrek.com

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Essential Information

Important dates to mark on your calendar -

- **Pledge Minimum Due Date to get a T-shirt.: Friday, June 10.**
 - Three-day: \$350 (\$175) for children under 14)
 - One-day: \$100 (\$50 for children under 14)
- **If you want to be part of the Friday and Saturday night prize drawings, pledges MUST be in by Friday, June 10.**
- **All post ride pledges are due no later than August 15th at 10:00am.**
- **Check-In Day:**—official check-in (Check-in will ONLY be open at these times):
 - Three-day: **Friday, June 24**
 - Between 8:00 a.m. and 9:30 a.m.
 - Hans Christian Anderson Park in Solvang.

 - One-day: **Saturday, June 25**
 - Between 8:00 a.m. and 9:30 a.m.
 - Midland School – five miles up the road from the town of Los Olivos.

Refund Policy

Donor contributions and registration fees are non-refundable.

Life at Camp

You will be living in an amazing camping area. Think of it as a great big slumber party for the *Wine Country Bike Trek* community. *Midland School* is very gracious to allow us to use its campus. Please leave the campsite cleaner than when we arrived.

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Meals

The People Helping People *Wine Country Bike Trek* has a great menu set up for the entire event, consisting of all the building blocks to provide you with the energy you will need to complete the ride. A breakfast is served every morning, from 6 a.m. to 9 a.m. (except Friday, June 24, breakfast will start at check-in). Dinner will be served at camp from 6 p.m. to 8 p.m. If you prefer a vegetarian meal and did not indicate so on your registration form, call our office to let us know.



Showers, Sinks, and Toilet Facilities

Midland School has three sets of showers that it graciously allows us to use for our *Wine Country Bike Trek* weekend. Please respect the school grounds and keep these shower rooms clean. Don't forget to bring your own towel. Each shower room is equipped with toilets. Portable toilets will be set up at two of the SAG stops along the routes on certain days. Other restroom facilities are available as porta-potties along the *Wine Country Bike Trek* routes as well.

Other Camp Services

Lost and Found will be located in the Mess Hall along with general information, beverages, chips, and salsa. Massage therapists will be located to the right of the Mess Hall, toward the camping area.

Evening Entertainment

Each evening, you can gather at the Mess Hall to hear news about the route, fundraising, prizes, music, and more. Don't forget to bring a folding chair!

The Spirit of the *Wine Country Bike Trek* is community, family, and friends.

The *Wine Country Bike Trek* is about turning the impossible into the possible. It's about taking what you thought you knew about yourself and the world, and looking at it again, from a new perspective—a perspective where, suddenly, what you thought were only hopes or ideals are real. You could be doubting that 150 people will be able to make a difference in the lives of those in need. **But they will.**

The *Wine Country Bike Trek* is also about basic human kindness. We create a world where people work as a team. Where people can feel like heroes. Because they **(YOU)** are.

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Safety Policies

Our first priority on the People Helping People *Wine Country Bike Trek* is your safety. Make it your priority, too. The motto for the *Wine Country Bike Trek* is “Stay Alert! Stay Alive!” Please refer to the training section for a thorough discussion on safety. It’s of the utmost importance to everyone on the event—trekkers, crew, and staff alike.

1. Safety Rules

- You have a responsibility, not only for your own safety, but also for the safety of everyone on the *Wine Country Bike Trek*.
- Remember that riding in a group is different from riding by yourself. Your behavior affects others’ lives, as well as your own. Please ride single file whenever possible. We’d like our ride to enjoy the support of local motorists!
- The road is not closed to traffic during the *Wine Country Bike Trek*. Please use caution and ride single file line when riding near other vehicles.
- Unsafe behavior is cause for immediate expulsion from the *Wine Country Bike Trek*. If you are at all unsure about what unsafe behavior is, please ask.
- Cooperate with *Wine Country Bike Trek* officials at all time. Highway officers and local law enforcement will be monitoring the event—so please obey their instructions and signals.

2. Earphones/Cell Phones/Radios

Wine Country Bike Trek participants are not permitted to wear earphones or use radios or cellular phones while riding. However, we do recommend that you carry a cell phone with you in case of emergency.

3. Laws

Wine Country Bike Trek participants are not to engage in any activity which is in violation of any criminal or statutory laws.

4. Inappropriate Behavior

Wine Country Bike Trek participants should never engage in inappropriate behavior, including fighting, use of abusive language, or harassment of others.

5. Directions/Instructions

Wine Country Bike Trek participants must always follow directions and instructions given to them by an People Helping People *Wine Country Bike Trek* official. All trekkers must stay on the official *Wine Country Bike Trek* route.

6. Rules of the Road

Wine Country Bike Trek participants must follow the rules of the road at all times. Use common courtesy.

7. The Last Word ... You may be expelled from the *Wine Country Bike Trek* at any time for violating any of the previous *Wine Country Bike Trek* safety policies.

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Event Policies

The following policies exist to keep the *Wine Country Bike Trek* running smoothly and to ensure a positive experience for everyone.

1. Refunds

Donations are non-refundable and non-transferable.

2. Medical Matters

You will be required to sign a medical waiver before participating. *We ask that you carry your medical insurance card on you or in a fanny pack while riding.*

3. Identification

- All bikes must clearly display the ROAD ID signs during the *Wine Country Bike Trek*.
- All vehicles need to clearly display a dashboard sign with the trekker's number on it.

4. Daily Check-in

Please check in with our event staff at the Mess Hall each night and each morning as you enter/Exit the course for the day. SAG volunteers will also be checking your numbers off as you stop at each stop.

5. Route Hours

Riders may begin riding on the routes as early as 7:30 a.m. and may ride until 6:00 p.m. At 6:00 p.m., rovers will drive the routes and pick up all riders remaining on the road and take them into camp.

6. Vehicles

No vehicles are allowed to drive past the Mess Hall at Midland School. This means that any vehicles on school grounds are to remain near the entrance. There will be barricades set up as a reminder for you. We ask that all vehicles associated with the ride prominently display our dashboard sign, in either the front or back window of the vehicle.

7. Campsite Courtesy

We will be guests at our campsite, Midland School, and at all of our SAG stops. We want our hosts, as well as our participants and volunteers, to have a positive experience on the *Wine Country Bike Trek*, so please follow these rules:

- Show respect and don't litter at camp, at SAG stops, or on the road.
- Use the portable and regular toilets provided.
- No noise or radios after 10:00 p.m. We all want to get a good night's sleep.
- Camp only in designated tent or vehicle areas.
- Be respectful of all staff, fellow participants, and volunteers, as well as the various staff members from Midland School.

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- Please do not wander around the campus, as some of the faculty will still be in their homes.
- And of course, “No Smoking” anywhere on the Midland property.

—Thanks.

8. Guests

- The new guest price is \$150 for the weekend’s food, lodging, and entertainment. This price accurately reflects cost, including staff time spent processing guest forms and money. To simplify processing, there will be one price of \$150 to participate as a guest for the entire weekend no matter how many days a guest wants food and/or camping. The fee must be paid in advance of the *Wine Country Bike Trek*, a Camp Guest Application Form must be completed. All guests must prepay. Please submit Camp Guest Applications no later than Friday, June 10, 2011. There will be a limited number of spots. Thanks!
- If you have a request to add a guest for one meal, the fee is \$20.

9. If You Have to Leave the Event

Participants who wish to leave the *Wine Country Bike Trek* need to notify PHP staff person prior to leaving.

The People Helping People *Wine Country Bike Trek* reserves the right to refuse participation to anyone at any time during the event.

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Itinerary of Daily Events - *Wine Country Bike Trek* June 24-26, 2011

Please note that the daily schedule and activities are subject to change.

DAY ONE: Friday, June 24, 2011

TAKE OFF: Trekkers meet at Hans Christian Andersen Park to check in. After a road safety and maintenance briefing by Pete Nicklin, you will hit the road between 8:30 and 9:00

ROUTE: From Solvang to Lompoc, then and up to Los Olivos

CAMPSITE: Midland School, Los Olivos

FRIDAY ACTIVITIES	TIME
Meet at Hans Christian Andersen Park (Area D)	8:00-9:00
Coffee and Bagels	8:00-9:30
Gear Loading	8:00-9:30
Bike Mechanics	8:00-9:30
Mandatory Safety Talk/Route Briefing and Trek Start	8:30-8:45
Trek from Hans Christian Andersen Park to Midland School	9:00-5:00
Lunch (<i>you're on your own; the route passes through Solvang around lunch time</i>)	
-Set Up Camp Sites-	
Chips, Salsa, and Soda	2:00-5:00
Bike Mechanics	3:00-6:00
Cantina- Beer/Wine Garden (No Host)	4:30-9:00
Dinner by New West Catering	6:00-7:00
Entertainment Venue	
Music b	6:00-8:30
Announcements and Prizes	7:00-7:30
Quiet Time	10:00

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DAY TWO: Saturday, June 25, 2011

TAKE OFF: Trekkers will meet at Midland School's Bridge to take off. One-day-only trekkers will need to listen to the road safety and maintenance briefing by Pete Nicklin. You will hit the road between 8:30 and 9:00

ROUTE: From Los Olivos through the Santa Ynez Valley and back.

CAMPSITE: Midland School, Los Olivos

SATURDAY ACTIVITIES	TIME
Coffee	6:30-8:00
Breakfast	6:30-8:00
Bike Mechanics	7:00-9:00
Mandatory Safety Talk/Route Briefing	
One day riders only	8:15-8:30
Trek in and Around the Valley	8:00-4:00
Lunch (you're on your own)	11:00-2:00
Chips, Salsa, and Soda	2:00-5:00
Bike Mechanics	3:00-6:00
Cantina Beer/Wine Garden (No Host)	4:30-9:00
Dinner by Santa Barbara Suburban Kiwanis	6:00-7:00
Entertainment Venue	
Music Foggy Dew	6:00-9:00
Announcements	7:00-7:30
Raffle and Prize Drawing	7:30-8:00
Quiet Time	10:00

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JUNE 26, 2011

DAY THREE: Sunday, June 26, 2011

TAKE OFF: Trekkers will take off from Midland School and return to Hans Christian Andersen Park via DRUM CANYON.

ROUTE: From Los Olivos through the Valley and into Solvang.

Grand Finale: Hans Christian Andersen Park

SUNDAY ACTIVITIES	TIME
Coffee	6:30-8:00
Breakfast	6:30-8:00
Bike Mechanics	7:00-9:00
—Break Down Camp Sites—	7:00-9:00
Trek in and Around the Valley	8:00-3:00
Finish Line Welcome	12:00-3:00
Celebration BBQ donated by Buellton Rotary	12:00-3:00
Registration for 2012 Trek	1:00-3:00
Gear Truck Leaves	3:00