

 American Diabetes Association®
Tour de Cure[®] 2009

Ship to Shore

Long Beach  Vincent Thomas Bridge  San Pedro  Palos Verdes, CA
May 31, 2009.



Join the *Ship to Shore* Tour de Cure 2009.
Beginning and ending at:
The Queen Mary Park.
1126 Queen's Highway
Long Beach, CA 90802

The *Ship to Shore* ride offers **five dynamic route options** - all fully supported with rest stops along the way.

The 60 Mile *Ship to Shore* Challenge – Be among the first cyclists to ride across the Gerald Desmond and Vincent Thomas Bridges to Ports O' Call in San Pedro, then loop around the picturesque Palos Verdes Peninsula with its soaring climbs and descents – an exhilarating challenge.

What I need to know about the 60 mile ride? – A series of long climbs connected by rolling terrain with a mostly down hill or flat final 15 miles. Route passes through the Long Beach downtown area, the port areas of Los Angeles and Long Beach – *including the Vincent Thomas and Gerald Desmond Bridges* – to reach the Palos Verdes Peninsula. Total climbing is approximately 3800 feet. Most grades are under 3% with the exception of the harbor bridges (3.5% to 4%), Anchovy (8%) and the final climb up Palos Verdes Drive East (5%). Riders should exercise extreme caution on the descents. The pavement is almost all excellent with a few railroad crossings that deserve caution in the port areas, some uneven pavement at Portugese Bend on the Palos Verdes Peninsula and a half-mile section of fair pavement on Alameda Street in the LA Harbor district.

The 33 mile Palos Verdes Tour – Cycle across the Gerald Desmond and Vincent Thomas Bridges, through San Pedro's waterfront and up to the Southern Palos Verdes Shoreline with its breathtaking views of Catalina Island, then double back to Long Beach via the inner-harbor roads.

What I need to know about the 33 mile ride? - More challenging than last year's 35 mile route as this year's half century features extended gradual climbs and one short steep wall on Anchovy at the turnaround (Can be skipped) and a mostly down hill or flat final 15 miles. Route passes through The Long Beach downtown area, the port areas of Los Angeles and Long Beach – *including the Vincent Thomas and Gerald Desmond Bridges* . Total climbing is approximately 1000 feet. Most grades are under 3% with the exception of the harbor bridges (3.5% to 4%) and Anchovy (8%). Riders should exercise extreme caution on the descents. The pavement is almost all excellent with a few railroad crossings that deserve caution in the port areas and a half-mile section of fair pavement on Alameda Street in the LA Harbor district.



The 20 mile Harbor Experience – For those who just want to say they were some of the first to have ever cycled over the bridges... here's a quick way to accomplish the feat and stretch out on the inner-harbor roads.



What I need to know about the 20 mile ride? - Though accessible to riders with some training, this route is not for beach cruisers or for those uncomfortable with climbs. Each of the harbor bridges are a sizable climb with grades between 3.5 and 4 percent (about 300 feet of climbing total). Riders should exercise extreme caution on the descents. Route passes through The Long Beach Downtown and the port areas of Los Angeles and Long Beach. The pavement is excellent with the exception of a number of railroad crossings that deserve caution on the way to Ports of Call. The 20 mile route returns through the inner harbor area. The pavement is mostly excellent with the exception of some additional railroad crossings and a half-mile section on Alameda Street in the harbor district which is fair.

The 11 mile San Pedro Ride and Harbor Cruise – Try something new by cycling over the harbor bridges to San Pedro, explore the Ports O' Call waterfront and then enjoy a unique 45 minute harbor cruise back to The Queen Mary.

What I need to know about the 11 mile ride? - Like the 20 mile route, this is accessible to riders with some training, but not for beach cruisers or for those uncomfortable with climbs. Each of the harbor bridges are a sizable climb with grades between 3.5 and 4 percent (about 300 feet of climbing total). Route passes through The Long Beach Downtown and the port areas of Los Angeles and Long Beach. The pavement is excellent with the exception of a number of railroad crossings that deserve caution on the way to the finish line at Ports O Call. The 11 mile ride is completed by a boat ride back to the Queen Mary from the Ports O' Call, generously donated by SPIRIT CRUISES. Boat is scheduled to pick up riders at 9:30am, harbor cruise takes 45 minutes. (If demand exceeds capacity, additional riders will be bussed back to The Queen Mary or are welcome to join the 20 mile riders. Preference will be given to pre-registered riders and those exceeding \$500 in funds raised)

The 5 mile Family Ride – Cross the Queensway Bridge for a short, relaxing ride along Long Beach's Shoreline Cycle Paths.

What I need to know about the 5 mile ride? - Family route is almost all flat with a baby climb over the Queensway Bridge. Route traces the shoreline, uses separated bicycle paths with a few street crossings at controlled intersections. Ideal for families participating with young children or anyone wanting a flat, easy ride.

IMPORTANT – PLEASE READ CAREFULLY

What else do I need to know about this year's all new Ship to Shore Tour de Cure?

All rides will start at 7:00 a.m. sharp – with the exception of the 5 mile ride which starts at 9:00 a.m. Riders leaving the start line after 7:30 a.m. will not be allowed on the port bridges.

Riders under 18 years of age are not advised to ride the Vincent Thomas or Gerald Desmond Bridges. In the interest of rider safety, The American Diabetes Association and local law enforcement reserves the right to redirect riders deemed to be of insufficient cycling ability to complete a crossing of the Gerald Desmond and Vincent Thomas bridges in a timely fashion to alternative routes. A parent or appointed guardian must remain with minor riders at all times.

All riders (regardless of age) are required to wear a helmet while riding.

The California Department of Transportation or Homeland Security may require last minute changes to some portions of the route in the port areas. We thank you in advance for your understanding should this occur.

Support the nearly 24 million Americans living with diabetes, prevent the further spread of diabetes in all our communities and help fund the search for a cure.

Register today at diabetes.org/tour-shiptoshore

All Riders, including children, must raise a minimum of \$150 in addition to a registration fee to participate.