



Bike MS: Valero Bike to the Beach Ride 2008

Day 1 Course Closure Schedule

Why does the course have a closing time? The Day 1 course on Oct. 4 has a closing time for the safety of our riders. As the sun sets, roadside trees cast long shadows across the route, which can interfere with the ability of drivers in passing vehicles to adequately see our cyclists. The Day 1 course closing time of 6 p.m. Saturday, Oct. 4, is designed to protect all riders. Most riders typically arrive in Beeville well before the course closes.

What can help me arrive in Beeville before the course closes? Below is a ride schedule designed to allow you adequate rest time at each breakpoint and still arrive in Beeville before the 6 p.m. Saturday course closure. You will also find these departure times on your course cue card and posted at each breakpoint. The majority of riders are able meet this schedule without difficulty.

RIDE SCHEDULE				
Start Time (recreational)	8 a.m.			
Average Rest Time Per Breakpoint	0:10	<i>Your rest period @ each breakpoint</i>		
Time For Lunch Break	0:45	<i>How long you take for lunch</i>		
Total Time On Course	9:30	<i>Total time from start to finish</i>		
Total Break Time	2:15	<i>All rest breaks and lunch combined</i>		
Total Riding Time	7:15	<i>Time actually spent riding</i>		
Average Speed (Miles/Hour)	13.30	<i>The average speed you need to ride</i>		
BREAKPOINT SCHEDULE				
Breakpoint	Mileage	Ride Time	Arrival Time	Departure Time
Breakpoint 1	13.2	0:59	8:59	9:09
Breakpoint 2	12.7	0:57	10:06	10:16
Breakpoint 3	12.6	0:56	11:13	11:23
Breakpoint 4	6.9	0:31	11:54	12:04
Lunch	7.3	0:32	12:37	13:22
Breakpoint 5	9.4	0:42	14:05	14:15
Breakpoint 6	6.9	0:31	14:46	14:56
Breakpoint 7	8.0	0:36	15:32	15:42
Breakpoint 8	9.8	0:44	16:26	16:36
Breakpoint 9	5.7	0:25	17:02	17:12
Beeville	3.9	0:17	17:30	
Total Miles	96.4			

What do I do if I'm behind schedule? First, remember that this is NOT a race; it's a fundraising event to support breakthrough MS research and programs for persons living with multiple sclerosis. At any time, you can get a ride in one of our air-conditioned SAG vehicles to a breakpoint that puts you back on schedule. SAG vehicles are available when you need them to shorten the distance for you. Have fun; don't let an unforeseen mechanical or physical problem prevent you from enjoying this worthwhile event.

If you recognize early in the day that you're off-schedule, you may also try one or more of the following:

- Increasing your speed above the "average speed," but only if you feel comfortable and safe
- Decrease your rest time at each breakpoint until you're back on schedule
- Skip a breakpoint and use the saved time to get back on schedule
- Shorten your lunch break and use the saved time to get back on schedule
- Use a SAG vehicle to get back on schedule

What do I do if I am still on the course when it closes? A SAG vehicle driver will inform you that Ride Officials have closed the course for the day and you need to take a SAG vehicle to Beeville. Please cooperate with SAG drivers and Ride Officials; they are volunteers working in your best interests to keep you safe. The SAG vehicle will take you to the Beeville exit, where you can then ride across the Day 1 Finish Line!