



## Route and Support Overview

The Back to Back Century Challenge presented by Barney and Barney will be one of the most rewarding weekends you will spend on your bike. This is not a race and we encourage participants to take their time and enjoy the beauty of this Northern California route.

### Route Details:

<u>Day 1 Century Route</u> Total Distance: 109 mi Total Climbing: 3428 ft SAGs: 4 including lunch	<u>Day 1 Short Route</u> Total Distance: 76 mi Total Climbing: 2241 ft SAGs: 3 including lunch	<u>Day 2 Century Route</u> Total Distance: 108 mi Total Climbing: 3346 ft SAGs: 4 including lunch	<u>Day 2 Short Route</u> Distance: 72 mi Total Climbing: 2080 ft SAGs: 3 including lunch
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(Routes subject to change- turn by turn directions will be provided to all riders at ride orientation)

### How will the ride be supported?

There will be volunteers and guides who will be both on bicycles and in support vehicles along the entire route each day.

### Details on support and gear (SAG)

Support and Gear (SAG) is provided to ensure you complete the ride safely and happily. SAG vehicles will be at designated locations along the route as indicated by the cue sheet. The vehicles will be easily recognizable with CAF labeling. All SAG vehicles will have water, energy drink, energy gels, energy bars, snack items (like chips, pretzels, and nuts), sodas, floor pump, tubes, tires, and first aid.

### Start and Finish Locations

All riders will ride from The Lodge at Cavallo Point in Sausalito, CA on Saturday to the Doubletree in Rohnert Park (Santa Rosa, CA). On Sunday, all riders will ride from the Doubletree in Rohnert Park returning to the event start location at The Lodge at Cavallo Point. Riders have the option of the taking the long or short route each day and will advise staff of their selected route before departure each day.

### What is included in my fundraising?

In exchange for raising \$3,000, your participation will include hotel accommodations for 2 nights (8/19/2011 and 8/20/2011), all meals starting with dinner on Friday 8/19/2011 through post event refreshments on 8/21/2011, refreshments throughout the day while riding including beverages and energy foods, complimentary 15 minute massages, van and mechanical support, custom cycling apparel and more.

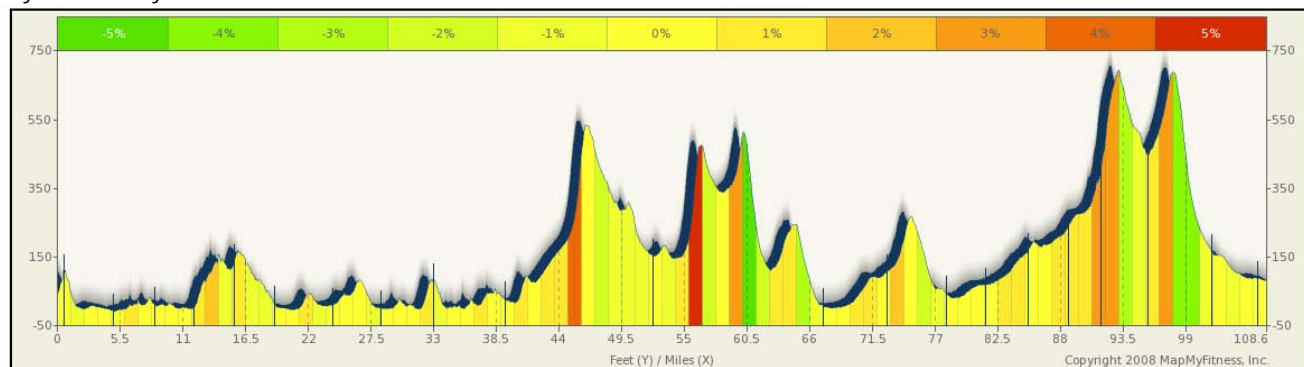
Each rider is responsible for their own transportation to San Francisco prior to the start of the event. Please plan to be at the Cavallo Point Lodge in Sausalito for rider check in and orientation by 5:00pm on Friday, August 19th. This orientation will include a fantastic welcome dinner.

## Luggage Transport

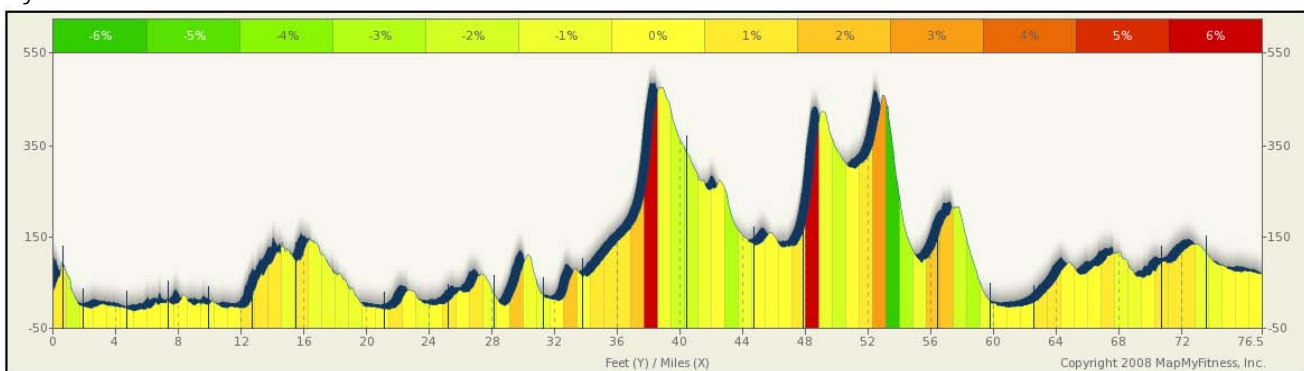
Luggage will be dropped off at the luggage truck each morning. The luggage will be transported via truck to the destination hotel directly. You will arrive at the destination hotel via bicycle. Check in with CAF staff to receive your room key. Your luggage will be placed in your room prior to arrival.

## Route Profiles:

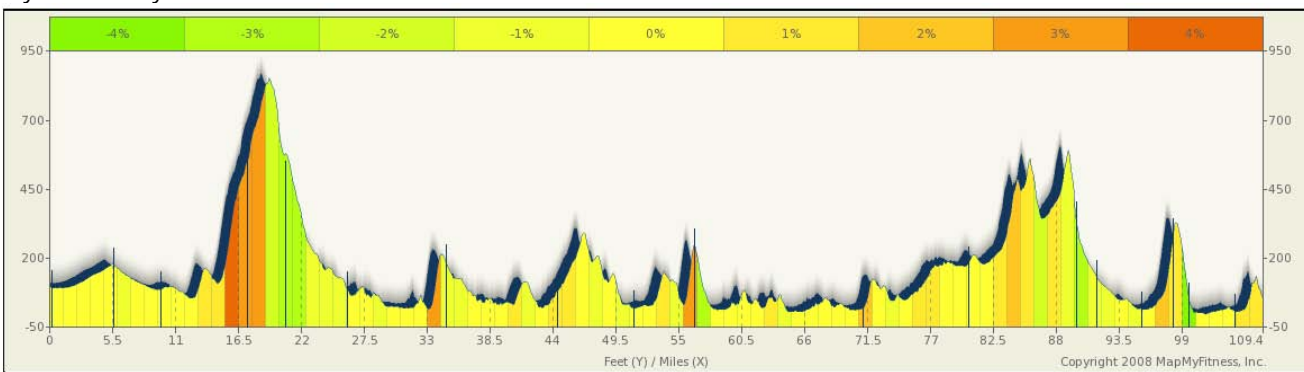
### Day 1 Century Route



### Day 1 Short Route



### Day 2 Century Route



### Day 2 Short Route

