



Banner
University Medicine

EL TOUR DE TUCSON



RIDER MANUAL
NOVEMBER 20, 2021



Where selfies are fun again.

Rediscover Arizona

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A smiling man with dark hair and a beard, wearing a purple long-sleeved shirt, is sitting on a couch and talking on a black smartphone. He is looking off to the side with a pleasant expression. The background is a warm, indoor setting with a window and some decor.

Health keeps no schedule. So neither do we.

Talk to a nurse on the Banner Health Nurse Now 24/7 line for the advice, assistance, and peace of mind you need, whenever you need it. Call any time at (844) 259-9494.



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TITLE SPONSOR

Banner – University Medicine has been the title sponsor of El Tour de Tucson since 2019. Thank you for your continued support of El Tour de Tucson!



El Tour community,

It is our pleasure to welcome you to the 38th Annual El Tour de Tucson. Banner – University Medicine Tucson is proud to be the title sponsor of this long-standing Tucson tradition. Whether you traveled many miles to join us, or are local to our community, we are grateful to have you join us for this magnificent community event. For 38 years, El Tour and Perimeter Bicycling have helped raise over \$100 million to support local and international charitable organizations, and we are honored that Banner Children's Diamond Children's Medical Center is this year's El Tour primary beneficiary. Please know that you are riding for wonderful organizations and we are grateful for your participation.

We hope you enjoy the new routes and have a safe and enjoyable ride!

Thank you,

A handwritten signature in black ink, appearing to read 'Chad Whelan'.

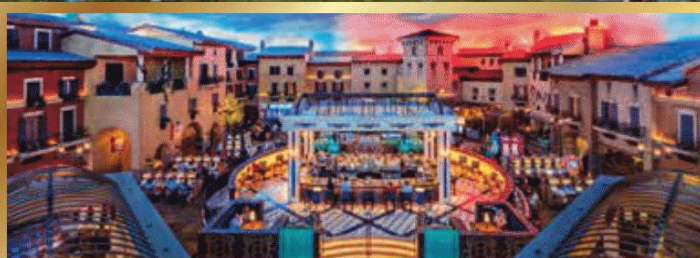
Chad Whelan, MD
Chief Executive Officer
Banner – University Medicine Division

A handwritten signature in black ink, appearing to read 'Sarah Frost'.

Sarah Frost
Chief Executive Officer
Banner – University Medical Center Tucson and South



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ABOUT EL TOUR DE TUCSON

El Tour de Tucson is the largest bicycle race in the United States, one of the largest rides in the country and Arizona's longest-running bicycle event. El Tour was founded in 1983 by **Richard J. DeBernardis** with 198 cyclists, this annual event now attracts over 7,500 cyclists from around the United State. Always held on the Saturday before Thanksgiving, El Tour has raised over \$100 million for multiple charitable agencies. The main beneficiary for this year's El Tour is **Diamond Children's Medical Center**.

El Tour has become known as "the most prestigious bicycling event for cyclists of all ages and abilities." Cyclists may ride all or part of Tucson's scenic roadways for 102, 57 or 28 miles. This year's **Chapman Automotive Group Fun Ride** features a 10, 5 and 1-mile course for kids, families and friends.

EVENT STARTING TIMES & LOCATIONS

102-Mile	7:00 am	Armory Park, Downtown Tucson (221 South 6 th Avenue)
1/5/10-Mile	8:00 am	Armory Park, Downtown Tucson (221 South 6 th Avenue)
57-Mile	10:00 am	Armory Park, Downtown Tucson (221 South 6 th Avenue)
28-Mile	12:00 pm	Marana Heritage River Park (12375 North Heritage Park Dr)
28-Mile E-Bike	12:00 pm	Marana Heritage River Park (12375 North Heritage Park Dr)

All events finish at Armory Park in Downtown Tucson. Enjoy the festivities of the Expo & Fiesta at the end of the ride featuring food and drink, live entertainment, awards ceremonies and the Ten55 Finish Line Beer Garden.

Please note that all routes officially close at 4:00 pm.

EL TOUR EXPO & FIESTA

Armory Park in Downtown Tucson is the site of the El Tour 3-Day Expo & Fiesta that features our Packet Pick-Up, live music, the Ten55 Finish Line Beer Garden.

Thursday (November 18, 2021)	Noon – 9:00 pm
Friday (November 19, 2021)	Noon – 9:00 pm
Saturday (November 20, 2021)	10:00 am – 7:00 pm

Free and open to the public. For two days prior to El Tour as well as ride day, over 7,500 cyclists and attendees interact with exhibitors, from big brands to local shops. Merchandise sales, product demos, giveaways, panels, contests — it's all at the El Tour Expo & Fiesta.

Large open-air expo area to see what is new and unique, and what makes this event so special and popular.

SONORAN SUNRISE

Cycling Collection

Available at the Expo & Fiesta
In the Registration/Merchandise Tents



PACKET PICK-UP LOCATION/DATES/TIMES

Armory Park is at 221 South 6th Avenue in Downtown Tucson and will host El Tour's annual 3-Day Expo & Fiesta that features our Packet Pick-Up. There will be NO packet pick-up the weekend prior to Ride Day or on the actual Ride Day, November 20.

Thursday (November 18, 2021) Noon – 9:00 pm
Friday (November 19, 2021) Noon – 9:00 pm

What to Bring When Picking Up Your Packet

- Bring your QR code, either printed out or on your smartphone.
- Your QR code will be on the registration confirmation email.
- The El Tour QR Code will also be sent a reminder email to all registered participants prior to ride week.
- To pick up a youth's packet without the youth present, the registered guardian must bring his/her own valid photo ID; his/her own QR code, either printed out or on a smartphone; and the youth's QR code. You do not need to provide ID for the registered youth.
- Note that adults may only pick up the rider packet for the single youth registered in connection with their name.



Changing Event Distances

At this point, if you want to change your ride distance (like changing from the 102-Mile to the 57-Mile event) you will need to make those changes at the Packet Pick-Up. Be sure to enter the line for **Distance Change** at Packet Pick-Up.

Proxy Packet Pickup

Anyone picking up a packet for someone else must bring the following to the Expo

- Print-out or digital display (on a smartphone or tablet) of the QR code(s) for the individual(s) whose packet you are picking up.

RIDER NUMBERS & COLORS

Your rider number identifies you as an official participant in El Tour events. Bibs are color-coded and numbers are assigned as follows:

1-100	Platinum Elite (Blue Top on Bib #s & Black Helmet #s)
101-700	Platinum (Blue Top on Bib #s & Black Helmet #s)
1001-4500	VIP & 102-Mile Riders (Blue Top on Bib #s & Black Helmet #s)
5001-7500	57-Mile Riders (Red Top on Bib #s & Red Helmet #s)
8001-9500	28-Mile Riders (Light Blue Top on Bib #s & Light Blue Helmet #s)
All #1s!	Fun Riders (Red Top on Bib #s, No Helmet #s)
10001-10200	Bike Patrol (Gold Top on Bib #s & Black Helmet #s)

PLACEMENT OF RIDER NUMBERS



Affix Rider Number with Safety Pins to your
BACK, LEFT SIDE

Your Small Number Sticker should be affixed to the
FRONT of your **HELMET**

Your Logo Number Sticker wraps around your **SEAT POST**
DO NOT REMOVE OR BEND THE SILVER TRACKER STICKERS

ABOUT TUCSON

In the Tucson area and beyond, the rich cultural heritage and storied history reflects a landscape found nowhere else on Earth. Venture off the beaten path and see what it means to free yourself. Explore barrio neighborhoods. Discover untouched corners of the vast Sonoran Desert. Look into the night sky with a million twinkling stars. Find freedom to roam from the depths of ancient caves to the tops of stunning mountain peaks.



ABOUT DOWNTOWN TUCSON

Downtown Tucson is having a renaissance as new restaurants and hotels, music, art, and events fill the streets and tune in to the casual Southwestern vibe. As you approach Downtown Tucson, watch for street signs leading to the six districts: Main Gate, Fourth Avenue, Congress Street, Presidio, Convention, and Sentinel. Each district has its own history and together they offer opportunities to experience Tucson's many entertaining sides. Follow the signs for an adventure through Tucson's first neighborhoods or a direct route to a favorite destination. The four-mile Sun Link Tucson Streetcar connects all six downtown districts, so sampling Tucson's unique culture and cuisine has never been simpler.





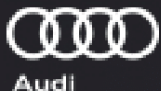
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EL TOUR DE TUCSON EXPO & FIESTA 3-DAY SCHEDULE

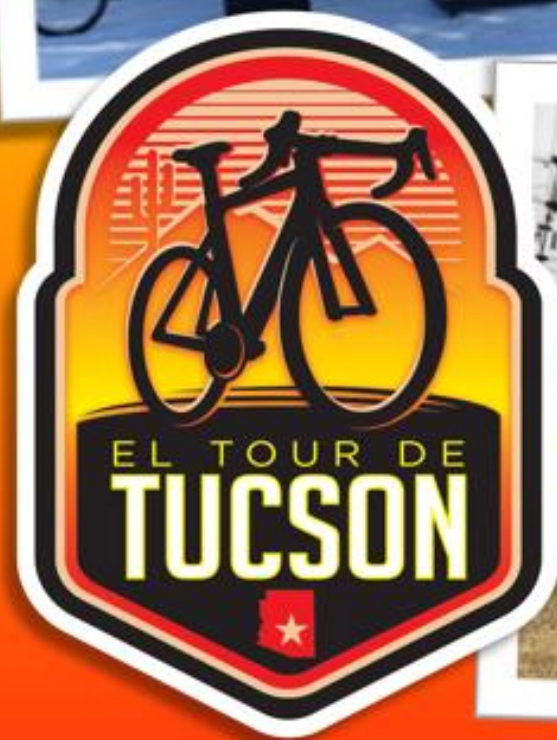
THURSDAY - NOVEMBER 18, 2021

12:00 pm	El Tour 3-Day Expo & Fiesta is OPEN!!!
12:00 pm	El Tour Registration & Merchandise Tent is OPEN!!!
12:00 pm	Food Booth and Exhibitor Booths are OPEN!!!
12:00 pm	Platinum Meeting (Merchandise & Registration Tent)
12:00 pm	Ten55 Brewing Finish Line Beer Garden Opens
1:00 pm	Safety & Route Orientation Meeting (Merchandise & Registration Tent)
2:00 pm	Safety & Route Orientation Meeting (Merchandise & Registration Tent)
3:00 pm	Safety & Route Orientation Meeting (Merchandise & Registration Tent)
4:00 pm	Safety & Route Orientation Meeting (Merchandise & Registration Tent)
5:00 pm	Safety & Route Orientation Meeting (Merchandise & Registration Tent)
5:00 pm	Headline Band: Badlands (Stewart Title Main Stage)
6:00 pm	Platinum Meeting (Merchandise & Registration Tent)
7:00 pm	Safety & Route Orientation Meeting (Merchandise & Registration Tent)
8:00 pm	Safety & Route Orientation Meeting (Merchandise & Registration Tent)
9:00 pm	Expo & Fiesta Closes



EL TOUR DE TUCSON 3-DAY EXPO & FIESTA

PACKET PICK-UP
EXHIBITORS
LIVE MUSIC
FOOD BOOTHS
& FOOD TRUCKS
FINISH LINE
BEER GARDEN



NOVEMBER 18/19/20, 2021

EL TOUR DE TUCSON EXPO & FIESTA 3-DAY SCHEDULE

FRIDAY - NOVEMBER 19, 2021

12:00 pm	El Tour 3-Day Expo & Fiesta is OPEN!!!
12:00 pm	El Tour Registration & Merchandise Tent is OPEN!!!
12:00 pm	Food Booth and Exhibitor Booths are OPEN!!!
12:00 pm	Platinum Meeting (Merchandise & Registration Tent)
12:00 pm	Ten55 Brewing Finish Line Beer Garden Opens
12:00 pm	USA Cycling Let's Ride Kid's Clinic - thru 3pm (Stewart Title Main Stage)
1:00 pm	Safety & Security Meeting (Merchandise & Registration Tent)
2:00 pm	Safety & Security Meeting (Merchandise & Registration Tent)
3:00 pm	Safety & Security Meeting (Merchandise & Registration Tent)
4:00 pm	Safety & Security Meeting (Merchandise & Registration Tent)
5:00 pm	Bike Patrol Certification Meeting (Merchandise & Registration Tent)
5:00 pm	Headline Band: Gigi and the GLOW! (Stewart Title Main Stage)
6:00 pm	Platinum Meeting (Merchandise & Registration Tent)
7:00 pm	Safety & Security Meeting (Merchandise & Registration Tent)
8:00 pm	Safety & Security Meeting (Merchandise & Registration Tent)
9:00 pm	Expo & Fiesta Closes



All roads lead to Downtown Tucson.

See the changes at RioNuevo.org

Proud sponsor of El Tour de Tucson

Visit RioNuevo.org to see how every \$1 of Rio Nuevo support yields \$10 of privately funded investment in Tucson's future.



EL TOUR DE TUCSON EXPO & FIESTA 3-DAY SCHEDULE

SATURDAY - NOVEMBER 20, 2021 - RIDE DAY! RACE DAY!

6:00 am	El Tour Registration & Merchandise Tent is OPEN!!!
6:00 am	Chapman Automotive Group Fun Ride Registration is OPEN!!!
6:50 am	Presentation of Colors/National Anthem by Arts Express
6:55 am	102-Mile El Tour de Tucson Platinum & Elite Ride Start
7:00 am	Rio Nuevo 102-Mile El Tour de Tucson Ride Start
8:00 am	Chapman Automotive Group Fun Rides Start
10:00am	Casino del Sol 57-Mile El Tour de Tucson Ride Start
10:00 am	El Tour 3-Day Expo & Fiesta is OPEN!!!
10:00 am	Ten55 Brewing Finish Line Beer Garden Opens
10:30 am	First 102-Mile Finishers Expected
12:00 pm	Opening Entertainment: Tom Walbank (Stewart Title Main Stage)
12:00 pm	Town of Marana/Gladden Farms 28-Mile Ride Start in Marana
12:15 pm	Town of Marana/Gladden Farms 28-Mile E-Bike Ride Start in Marana
1:00 pm	102-Mile Awards Ceremony (Chapman Automotive Awards Stage)
2:00 pm	57-Mile Awards Ceremony (Chapman Automotive Awards Stage)
3:00 pm	Headline Band: Maasman Band (Stewart Title Main Stage)
4:00 pm	28-Mile Awards Ceremony (Chapman Automotive Awards Stage)
4:00 pm	All El Tour de Tucson Routes Officially Closed
7:00 pm	Expo & Fiesta Closes, El Tour 3-Day Expo & Fiesta is Officially Closed



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KEYS TO SUCCESS.

Best of luck to all the El Tour de Tucson riders!



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U.S. News & World Report 2021-2022

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EL TOUR FIESTA ENTERTAINMENT

stewart
— TITLE —

MAIN STAGE ARMORY PARK

**BADLANDS
THURSDAY
5-9PM**



**GIGI &
THE GLOW
FRIDAY
5-9PM**

**MAASMAN BAND
SATURDAY
3-7PM**

**OPENING ACT NOON-2PM
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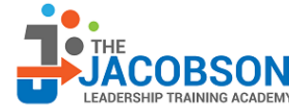
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NON-PROFIT PARTNERS

El Tour de Tucson enables nonprofit, charitable agencies to raise funds for their respective organizations. In 2019, our affiliate charities raised more than \$5.8 million, moving the overall total to \$101 million since El Tour de Tucson started in 1983.

Primary Beneficiary



Banner Children's at **Diamond Children's Medical Center** is a family-centered, 116-bed facility located in Tucson that provides pediatric care for children, from newborns to teens. It is the only pediatric medical facility in Arizona connected to an academic research facility, where physician-scientists conduct groundbreaking research to advance children's health. A portion (\$20) of each 28, 57 and 102-Mile entry is donated to **Diamond Children's Medical Center** and this portion of your entry may be eligible as a tax-deductible donation. Consult your tax professional.

El Tour Supporting Non-Profits

Our Non-Profit Partners ride in support of important causes.





RIDE ON

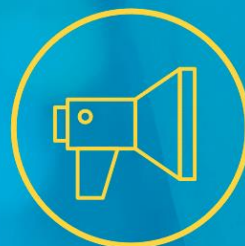
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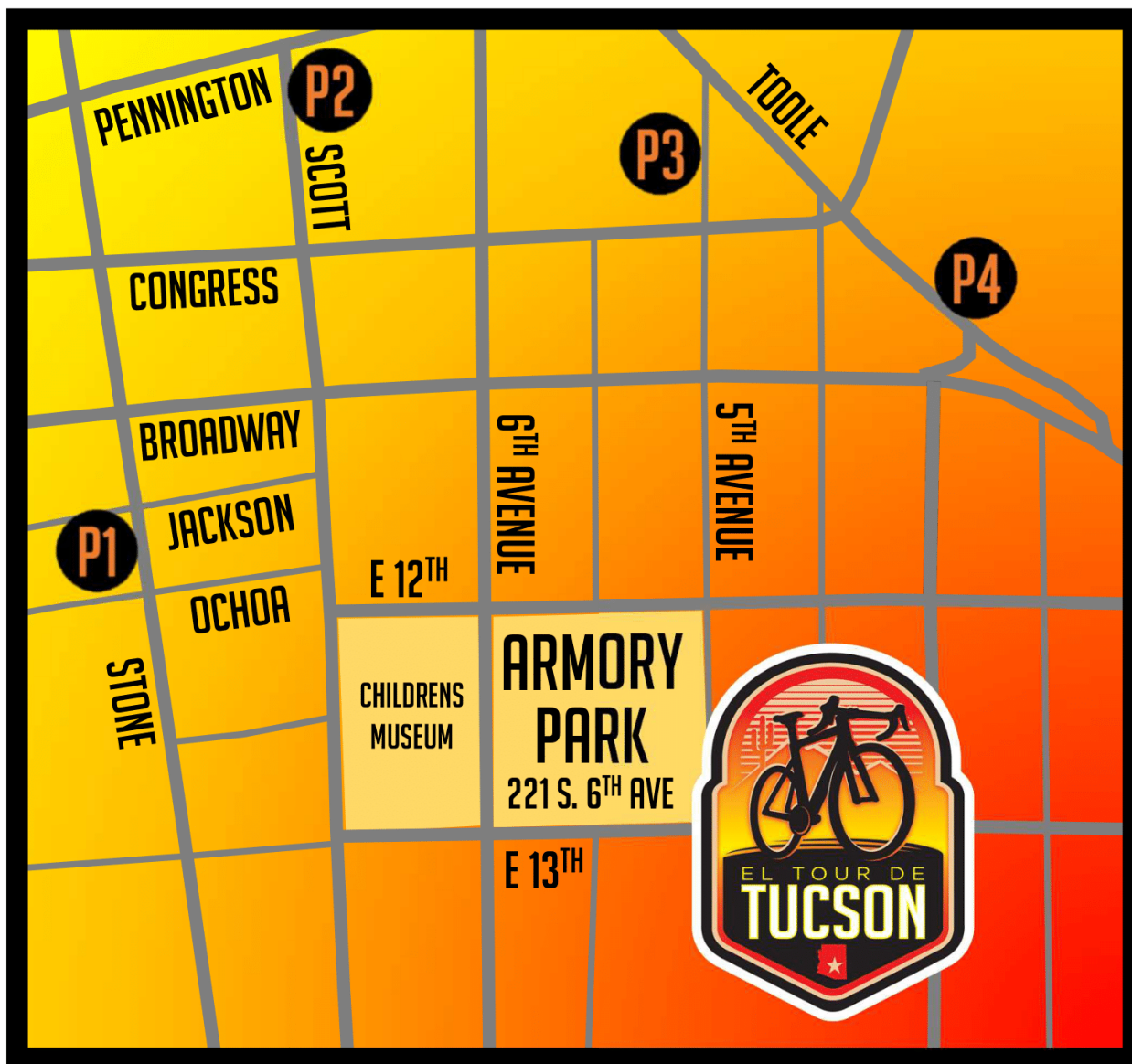
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El Tour de Tucson's
Official Graphics and
Printing Provider

PUBLIC PARKING FOR EL TOUR



- P1** **LA PLACITA GARAGE**
114 South Stone Avenue
- P2** **PENNINGTON STREET GARAGE**
114 South Stone Avenue
- P3** **DEPOT PLAZA GARAGE**
114 South Stone Avenue
- P4** **PLAZA CENTRO GARAGE**
114 South Stone Avenue



children's museum tucson



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CHILDREN MUST BE ACCOMPANIED BY ADULTS
ADULTS MUST BE ACCOMPANIED BY CHILDREN

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PLATINUM DESIGNATION

What is “Platinum” Designation?

- professional cyclists
- highly ranked USA Cycling amateurs
- event participants who have earned the designation
- “Platinum” is for safety to group the most experienced riders together
- “Platinum” is not an award

How to attain “Platinum”

- Finish a qualifying Perimeter Bicycling event within specified times (see chart below)
- Platinum designation expires **3 years** from date it was earned. Since we did not have events in 2020, **Platinum Designation is extended for 4 years**
- Hold a current USA Cycling/ UCI Professional, Cat 1 or 2 racing license for ROAD (track, cyclocross & mountain do not qualify) Must input license number during time of registration
- Tandems: BOTH riders must have earned platinum designation either on a tandem or individually

PLATINUM TIMES

El Tour	Men	Women
	Time under (hrs)	Time under (hrs)
100-Mile events	5:00	5:30

Platinum Meetings & Passes (Wristbands & Ride Numbers Required)

- Required for entry into Platinum corral at events
- Passes available ONLY at Platinum meetings at Expo/Package Pick-up: Meetings are at 12:00pm and 6:00 pm on Thursday November 18, 2021 & Friday, November 19, 2021
- You will receive a **PLATINUM WRISTBAND** that must be worn for your admittance to the Platinum corral.
- Must attend Platinum meeting to acquire ride credentials and wristband.
- **THERE WILL BE NO DISCUSSION OR NEGOTIATION OF PLATINUM DESIGNATION AT THE PLATINUM MEETING OR AT THE START LINE**
- Platinum passes NOT available ride morning
- **Platinum corral closes 30 minutes before start of El Tour de Tucson. BE ON TIME. (This is 6:30 am!)**
- The ride is a neutral start, and you **MUST** stay behind the pace car. The car will be going under 15 mph due to narrow roads and turns before Aviation Highway. When the pace car drops the flag, you can proceed full speed. **Anyone passing the pace car will be disqualified.**



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RIDE DAY PHOTOS

Get your personal race photos with FinisherPix!

FinisherPix is the official photographer at **El Tour de Tucson**. Your personal race photos will be available at www.finisherpix.com/e/4479. Make sure your **helmet ride number** is always facing front and don't forget to smile when you cross the finish line. Have a great ride!

Pre-order your FinisherPix Photo Pack now and **SAVE!** Your FinisherPix Photo Pack includes all your personal race photos in all digital formats (basic image, image with race time, image in certificate format). Pre-order here: www.finisherpix.com/e/4479

YOUR BEST PHOTOS!

- Ensure you have your helmet ride number always facing front and visible
- Look out for our FinisherPix photographers on course and SMILE ☺
- Look up when you cross the finish line and smile BIG and as you get your medal!





Great things *start* here!

El Tour 28-Mile Start Line Fiesta Sponsor

Join us in celebrating the 28-Mile race start with music,
food and entertainment for the whole family.

Date: November, 20th 2021

Location: Marana Heritage Park

Time: 9am – 12pm


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TOWN OF MARANA/GLADDEN FARMS 28-MILE EL TOUR

FOLLOW BLUE ARROWS



MARANA

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TANGERINE RD

FRONTAGE RD

AVRA VALLEY RD

TWIN PEAKS

TWIN PEAKS RD

SILVERBELL RD

CORTARO RD

INA RD

SANTA CRUZ RIVER

SUNSET RD

CAMINO DE CERRO

SWEETWATER DR

GORET DR

IRONWOOD HILL DR

GRANT RD

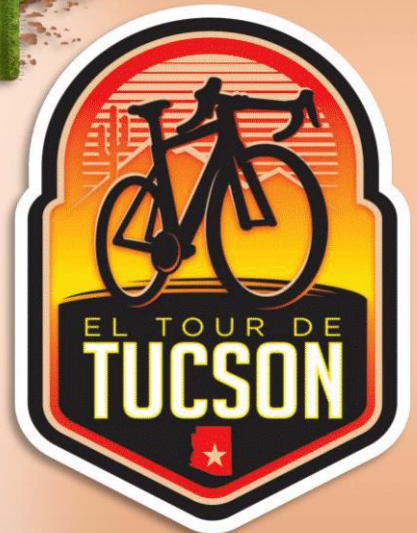
GREASEWOOD DR

STARR PASS DR

22ND DR

EVENT HOTLINE
520-745-2033

MAP NOT TO SCALE
ROUTE SUBJECT TO CHANGE

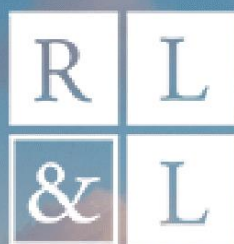


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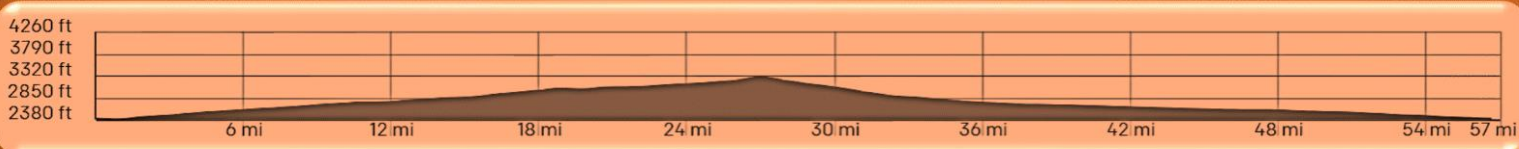
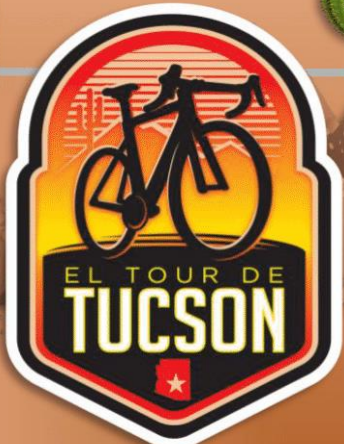
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CASINO DEL SOL 57-MILE EL TOUR DE TUCSON

FOLLOW GREEN ARROWS



**EVENT HOTLINE
520-745-2033**



38TH EL TOUR DE TUCSON

Cycling Apparel

**Available at the Expo & Fiesta
In the Registration/Merchandise Tents**





RIO NUEVO 102-MILE EL TOUR DE TUCSON

RACING ARIZONA



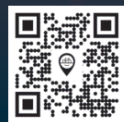
UNITED THROUGH GREAT BIKE RIDES



peopleforbikes

RIDE SPOT

DOWNLOAD THE APP





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CHAPMAN AUTOMOTIVE GROUP EL TOUR FUN RIDES

FOLLOW PURPLE ARROWS



10-MILE
TURN OFF ON GRANT

TUCSON



EVENT HOTLINE
520-745-2033

5-MILE
TURN OFF ON CONGRESS

DOWNTOWN TUCSON
ARMORY PARK

VERDUGO
PARK

1-MILE
TURN ON STONE

MAP NOT TO SCALE
ROUTE SUBJECT TO CHANGE



MLV

TEN55

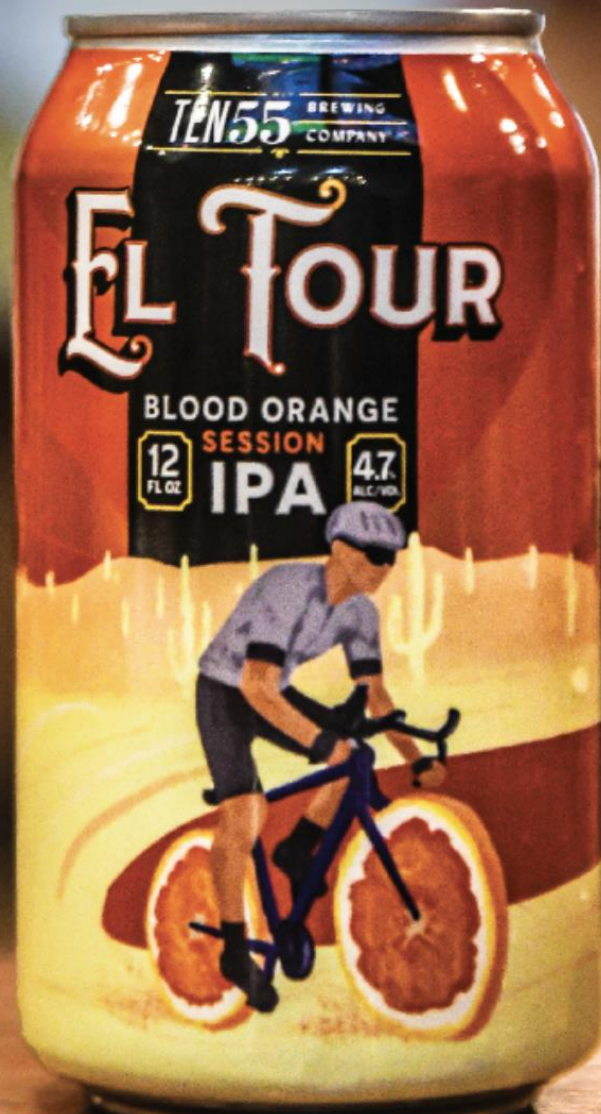


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DOWNLOADING DIGITAL ROUTE MAPS

Make the most of your El Tour de Tucson experience this fall by joining our community on **Ride Spot**. You'll get first access to the routes and the chance to win great prizes just for riding your bike.

Follow the directions below to join El Tour de Tucson on Ride Spot:

1. Download the Ride Spot app from Google Play or Apple's App Store. Make sure that your app is updated to the latest version for the best experience.
2. Update your profile — add a photo, a bit about yourself and your favorite bike!
3. In the "Social Feed" on the app, find the El Tour de Tucson Ride Spot Account (<https://ridespot.org/profile/view/90305>) and tap the follow button.

Saving the Routes for El Tour de Tucson

There are several ways to save the routes:

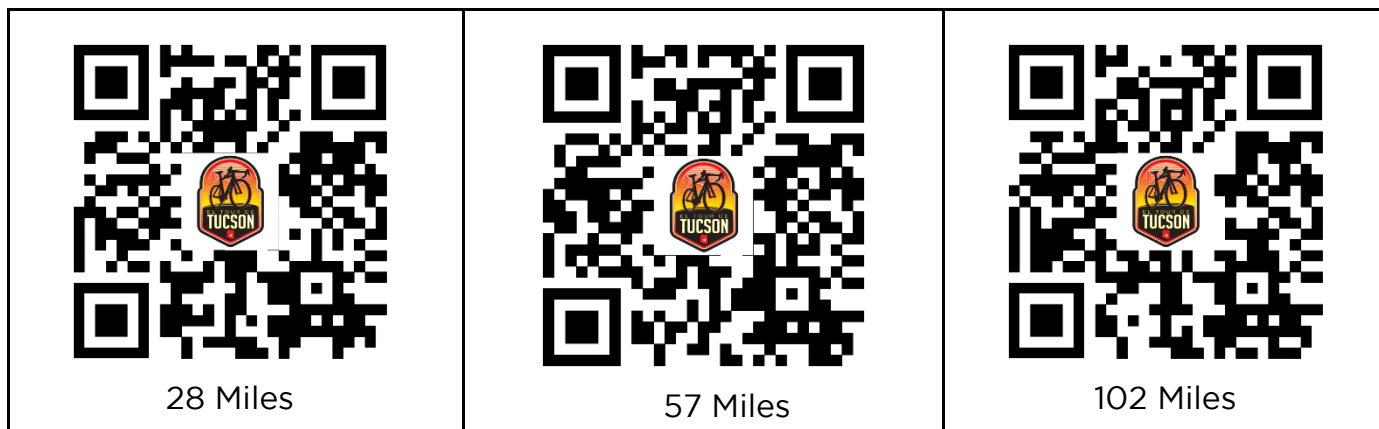
On Your Computer:

- Navigate to ridespot.org and sign in to your account.
- Go to the [El Tour de Tucson Profile](#).
- Under the "Classics" tab in the middle of the page, find the routes you want to save.
- Click on a route.
- Beneath the route map, click on the "Save" button and select "Save Route."
- You can also export GPX files to upload to your Garmin from the "Save" button.

On The App:

Open Ride Spot on your phone and navigate to the "Social Feed."

- Search for the El Tour de Tucson Profile.
- Tap on "Classics."
- Tap on the Route you want to save.
- Tap the "Save" button.
- The route is now saved to your Ride Spot account.
- Scanning QR Codes on the App:
 - Open Ride Spot and tap the "Scan" button in the bottom bar.
 - Hover your phone camera over the route QR code you want to save.
 - When the ride opens, click the "Save" button.



SONORAN SUNRISE

Casual Collection

Available at the Expo & Fiesta
In the Registration/Merchandise Tents





Exporting GPX Files:

- On your computer, navigate to the El Tour de Tucson profile.
- Under the “Classics” tab, find the list of Classic Routes available.
- Open the Route you’d like to save.
- Click on the “Save” button and a menu of options will pop-up.
- Save as GPX, TCX or as a printable Ride Card.

To Connect and Use Your Garmin

- To sync your Garmin device, log in to your Ride Spot account on your computer at ridespot.org.
 - Click on “Profile” then “My Account.”
 - Click on “Garmin Connect” and follow the prompts to sync accounts.
 - After you’ve synced your device, every time you save a ride with your Garmin, your ride will automatically be uploaded to Ride Spot.
- If you need to manually import GPX files to your Ride Spot account: Visit ridespot.org on a computer, select the “Create” menu and click “Import Route.” After you upload the GPX, make sure to give your ride a title, select the bike you rode and check the “Completed Ride” box before saving.
- You can also upload the GPX files **from** Ride Spot into your Garmin for turn-by-turn instructions.
 - Find the route you’d like to save using the desktop instructions above.
 - Open the route and click the blue save button below the map.
 - Choose “download GPX” and upload to your Garmin per their device instructions.
- We don’t currently sync with other devices or apps, but we are working on expanding our offerings for automatic uploads for future events.

THE MOST SCENIC METRIC CENTURY IN THE WORLD!

APRIL 2, 2022



ELTOURDEMESA.ORG



HOLUALOA
COMPANIES

EL TOUR DE
MESA

BIKE SHIPPING

If you are planning to ship your bike to Tucson, Bike Flights will provide that service! For more information for shipping your bike from Bike Flights, contact them at:

<https://www.bikeflights.com/events/El-Tour-de-Tucson>



Our partner bike shop, Bicycle Ranch Tucson, is available to receive your bike. If you would also like to book assembly, disassembly and repacking services in Tucson, please contact:

Bicycle Ranch Tucson

Contact Phone: (520) 219-4311

Services available include: Receiving, building and re-packing bike. Please arrange any and all services directly with Bicycle Ranch prior to shipping

Bicycle Ranch Tucson will receive your bike and reassemble, ensuring that things like your shifting is good and there was no damage in shipping. The assembly cost is \$55 and if you are needing to repack the bike after El Tour, then the total price to \$90.

You do not have to ship your bike to our suggested location on our suggested dates; you may ship instead to your hotel, a friend's house, a local UPS or another local bike shop. You may also manually enter different ship dates to better suit your itinerary. You are responsible for getting your bike to/from these locations and assembling and disassembling it or getting help from a local shop. Please note that if you ship your bike to yourself in care of any UPS location, you will have to present an ID when picking it up there.

BIKE RENTAL

If you are planning on renting a bike for your visit to Tucson, contact BIKES TUCSON. They rent carbon road bikes and hybrids.

Website: <https://www.bikestucson.com/>

Call Jason at 520-991-1986 (preferred method of contact)

or velovinyldesign@gmail.com

ARMORY PARK LAYOUT



MAP NOT TO EXACT SCALE. MAP SUBJECT TO CHANGE
ARMORY PARK - 221 SOUTH 6TH AVENUE, TUCSON, ARIZONA

CAUTION TO THOSE BIKING TO START LINES

We certainly encourage participants to ride their bikes to any of El Tour's start lines. Cyclists that do must exercise caution and follow Arizona State Bicycle Laws. Please be aware that it will be dark until 7:00 am on Ride Day.

Therefore, 102-mile cyclists riding to the start line at Armory Park must be equipped for night cycling. The 28-mile start at Heritage River Park (12375 N. Heritage River Park Dr at Tangerine Farms Rd.), Marana is at Noon and 12:15 pm for E-Bikes.

Be sure to have proper lighting, wear bright clothing, wear your helmet and do not bicycle up one-way streets. All Arizona State Bicycling Laws must be obeyed when riding to any of the start lines.

REMINDER: ROUTE CLOSES AT 4:00 PM

All Aid Stations, Route Support and Traffic Control will be discontinued at 4:00 pm. Cyclists who are on the route will be transported to the finish line. Failure to comply with event officials and/or law enforcement personnel will result in disqualification and/or traffic fines. Cyclists who do not stop must obey the bicycle lights law.

All Aid Stations close earlier on the route according to a schedule that will allow cyclists to finish by 4:00 pm.

SHUTTLE BACK TO MARANA START LINE

If you are riding the 28-Mile Event and park in Marana at Heritage River Park, El Tour will provide a free shuttle back to Marana for you to retrieve your vehicle. **This shuttle is for passengers only, no bikes.** You can also arrange an UBER or LYFT at your expense, but be sure to let your UBER/LYFT driver know if you are bringing a bike.

You can leave your bike in the Bike Valet and retrieve it when you return to downtown. The shuttle picks up on South 5th Avenue, in front of the Armory Park Senior Center.

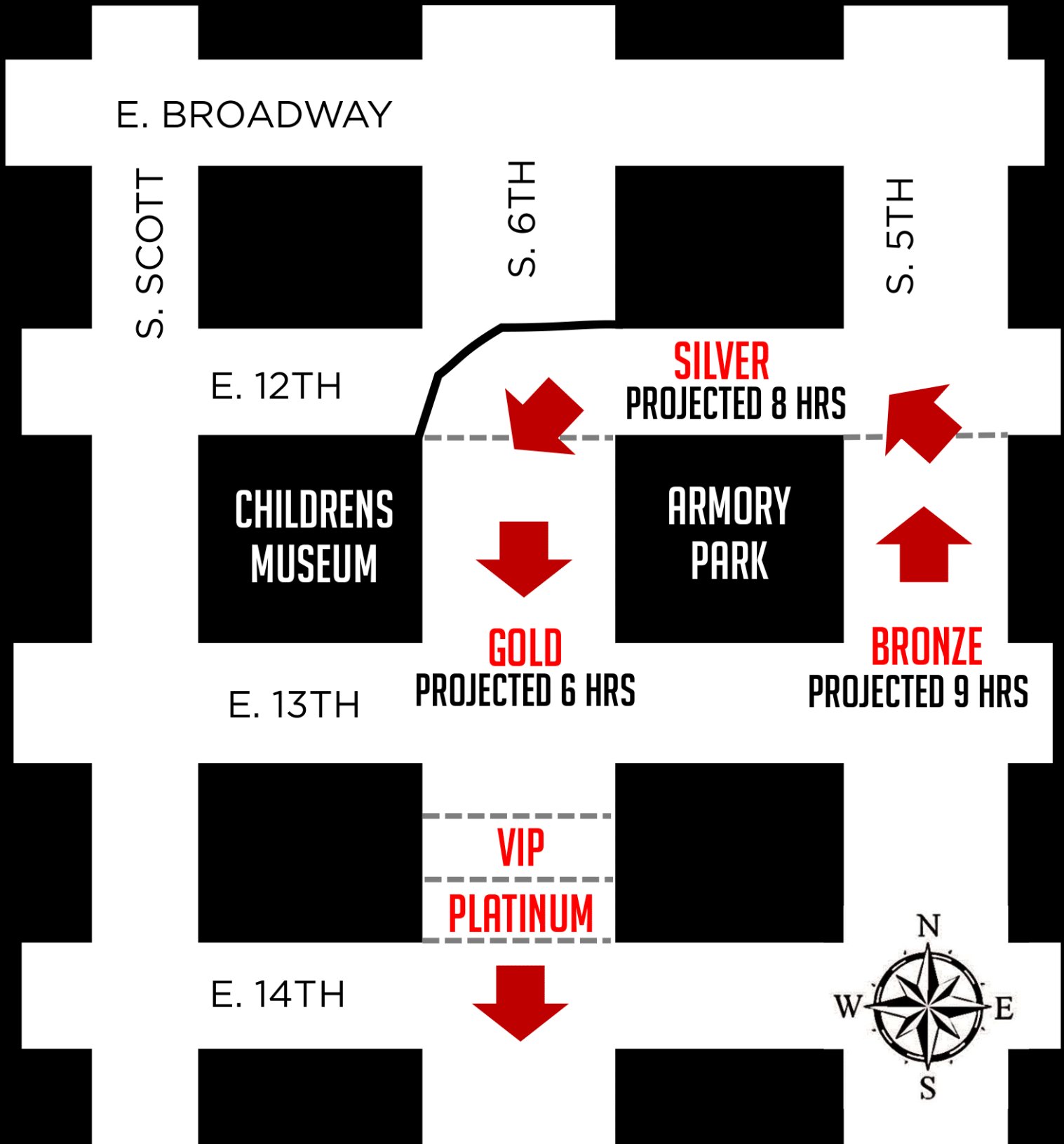
Shuttle Times from Armory Park to Marana are as follows:

- 3:00 pm
- 4:00 pm
- 5:00 pm
- 6:00 pm

COMMERCE BANK BIKE VALET

A secured area for bikes (the basketball courts at 6th Avenue & 13th Street) will be set up during Expo and Fiesta hours on Thursday, Friday and Saturday. For Saturday, your bike seat post number will match your race number for your entry. Thanks to Commerce Bank for sponsoring the bike valet.

102-MILE EL TOUR LINE-UP AREA



ENTER EACH SECTION ON THE EAST SIDE – DO NOT CLIMB OVER BARRICADES
YOUR CHIP TIMING STARTS WHEN YOU REACH 15TH STREET

EVENT DETAILS (LINE-UP, RIDE PACE)

RIO NUEVO 102-MILE EL TOUR EVENTS

Start: 6:55 am Platinum/7:00 am VIP, Gold, Silver & Bronze

First Finisher Expected: 10:45 am

Start Line: Armory Park, 221 S. 6th Avenue., downtown Tucson

Line up: Bike Patrol and volunteers will help direct you to the start line areas. Please be honest - lining up in a faster category could cause cycling accidents at the start. Do not “jump” the barricades you could be disqualified. Please be at the start by 6:00 am. According to medallion categories (expected finish times): Platinum, Gold, Silver or Bronze.

- Qualified and credentialed Platinum riders note that the platinum corral closes 30 minutes before start of El Tour de Tucson. BE ON TIME. (This is 6:30 am!)
- If you think you can finish in 6 hours, report to the Gold Area Gold Area cyclists typically begin arriving by 4:30 am.
- Under 8 hours go to the Silver Area
- Under 9 hours go to the Bronze Area

Ride Pace: Riding at 12 mph, riders will need 8.5 hours on their bikes to ride the 102-mile route. At this pace and five-minute average stop at six aid stations riders will be able to finish before 4:00 pm when the route closes.

Note: You must be at the Pecan Festival Aid Station by 1:30pm. There are still 45 miles until the finish line from the junction of Sahuarita Road and Nogales Highway. So, you would need to average 18 mph for 2.5 hours to finish by 4pm. If you reach this after 1:30pm, you will be required to turn north and not allowed to start the southern loop.

Route Closing: The route closes at 4:00pm.

CASINO DEL SOL 57-MILE EL TOUR EVENTS

Start: 10:00 am

Start Line: Armory Park, 221 S. 6th Avenue., downtown Tucson

Line up: 9:00 am

Ride Pace: Riding at 11 mph, riders will need 5.25 hours on their bikes to ride the 57-mile route. At this pace and five-minute average stop at six aid stations riders will be able to finish before 4:00 pm when the route closes.

Route Closing: The route closes at 4:00pm.

TOWN OF MARANA/GLADDEN FARMS 28-MILE EL TOUR EVENTS

Start: 12:00 Noon / E-Bikes to follow (approximately 12:15pm)

Start Line: Marana Heritage River Park, 12375 N. HeritagePark Drive, Marana, AZ

Line up: 11:30 am

Ride Pace: Riding at 9 mph, riders will need 3.25 hours on their bikes to ride the 28-mile route. At this pace and ten-minute average stop at the two aid stations riders will be able to finish before 4:00 pm when the route closes.

Directions: From I-10, exit Tangerine Road and head west about 3 miles. Turn left (south) at the Circle K Store which is Lon Adams Road/Heritage Park Drive and you will be directed to parking just south of the ride start at Marana Heritage River Park.

Note. Town of Marana is hosting a family festival beginning at 10:30 am with vendors, snacks and fun activities for all.

Route Closing: The route closes at 4:00pm.



**No journey is too long
with the right
company.**

CREST



Matt Nelson
COO / Sr. Vice President
Employee Benefits
(520) 784-7636
mnelson@crestins.com

CHAPMAN AUTOMOTIVE GROUP FUN RIDE

The Chapman Automotive Group Fun Ride is open to all who ride bikes. It is a great family and community event for novices and experienced cyclists to be part of El Tour de Tucson. Kid trailers are welcome!

START TIME for all distances: 8:00 am on 6th Ave at 13th Street, Armory Park

- 10-mile course starting in Armory Park and heads to the Santa Cruz River multi-use path – scenic and mostly away from traffic.
- 5-mile course: easy and mostly flat along the Santa Cruz river path.
- 1-mile course a very easy, all flat ride out-and-back on a closed street! Starting at Armory Park on 6th Ave south to 21st St and turn around, back to Armory Park.

FUN RIDE MEDALLION to all finishers.

The BEST DECORATED BIKE CONTEST (Youths 12 & under)

Show off your creativity ... deck out your bike! Wear a costume! Let your imagination go wild! Selection will be made at the Finish Line. The winner brings home a Conquistador Trophy, El Tour's highest award!



**El Tour
Fun Ride**



EL TOUR SAFETY & ROUTE ORIENTATION MEETING

Attendance by all cyclists is highly encouraged at the El Tour Safety and Route Orientation Meetings. These meetings provide El Tour cyclists with valuable Ride Day information regarding route conditions, updated cautions, safety protocols and other safety tips.

This is a great opportunity to ask questions about the ride and the route to veteran El Tour riders and the Bike Patrol riders.

Meetings take place in the Registration & Merchandise Tent meeting room.

We want everyone to have a safe and enjoyable ride!

THURSDAY - NOVEMBER 18, 2021

12:00 pm	Platinum Meeting (Merchandise & Registration Tent)
1:00 pm	Safety & Route Orientation Meeting (Merchandise & Registration Tent)
2:00 pm	Safety & Route Orientation Meeting (Merchandise & Registration Tent)
3:00 pm	Safety & Route Orientation Meeting (Merchandise & Registration Tent)
4:00 pm	Safety & Route Orientation Meeting (Merchandise & Registration Tent)
5:00 pm	Safety & Route Orientation Meeting (Merchandise & Registration Tent)
6:00 pm	Platinum Meeting (Merchandise & Registration Tent)
7:00 pm	Safety & Route Orientation Meeting (Merchandise & Registration Tent)
8:00 pm	Safety & Route Orientation Meeting (Merchandise & Registration Tent)

FRIDAY - NOVEMBER 19, 2021

12:00 pm	Platinum Meeting (Merchandise & Registration Tent)
1:00 pm	Safety & Security Meeting (Merchandise & Registration Tent)
2:00 pm	Safety & Security Meeting (Merchandise & Registration Tent)
3:00 pm	Safety & Security Meeting (Merchandise & Registration Tent)
4:00 pm	Safety & Security Meeting (Merchandise & Registration Tent)
5:00 pm	Bike Patrol Certification Meeting (Merchandise & Registration Tent)
6:00 pm	Platinum Meeting (Merchandise & Registration Tent)
7:00 pm	Safety & Security Meeting (Merchandise & Registration Tent)
8:00 pm	Safety & Security Meeting (Merchandise & Registration Tent)

TEN55 BREWING FINISH LINE BEER GARDEN

After you finish your ride, hang out in the **Ten55 Brewing Finish Line Beer Garden** and cheer on other cyclists as they finish their ride. Friends and family not riding? This will be the place to cheer you on! Ten55 will be serving an assortment of their local craft beer including the El Tour Blood Orange IPA, wines, refreshing hard selzers and soft drinks. Plenty of food is available from an assortment of local vendors. If you want to check out where the beers are brewed, the Ten55 Brewing Co. is just two blocks north of Armory Park at 110 East Congress Street.



FINISH LINE ANNOUNCER – FRANKIE ANDREU

We welcome Frankie Andreu to El Tour de Tucson. Frankie will be announcing the start/finish of El Tour. Frankie is an Olympian and former professional cyclist.



AWARDS

Olympic-like medallions will be awarded to all finishers who complete the ride before 4:00 pm.

102-mile medallions are broken down into Platinum, Gold and Silver based on finish time.

Special medallions will also be awarded to all 57-mile, 28-mile and Fun Ride finishers.



AWARDING MEDALLIONS

Medallion	Men's Time	Women's Time
Platinum	Under 5:00 hours	Under 5:30 hours
Gold	Under 6:00 hours	Under 6:15 hours
Silver	Under 9:00 hours	Under 9:00 hours



EL TOUR DE TUCSON AWARDS

PLACEMENT AWARDS

Events	Places Awarded	Categories
102-Mile	1-2-3 Places	Male & Female
102-Mile	1 st Place Tandem	Mixed, Males & Females
102-Mile	1-2-3 Places Youth	Male & Female (Under 18)
57-Mile	1-2-3 Places	Male & Female
57-Mile	1 st Place Tandem	Mixed, Males & Females
28-Mile	1-2-3 Places	Male & Female
28-Mile	1 st Place Tandem	Mixed, Males & Females

AWARD PRESENTATIONS

Events	Times	Location
102-Mile	1:00 pm	Chapman Automotive Award Stand
57-Mile	2:00 pm	Chapman Automotive Award Stand
28-Mile	4:00 pm	Chapman Automotive Award Stand



**AWARDED TO TOP OVERALL
3 MALE & 3 FEMALE
FINISHERS IN THE
EL TOUR 102-MILE EVENT**

Ben Bridge

TAG HEUER
AQUARACER
quartz watches
courtesy of
Ben Bridge



EL TOUR KID'S ART CONTEST

CHECK OUT THE ART ON DISPLAY AT THE
CHILDREN'S MUSEUM ACROSS FROM ARMORY PARK

Special thanks to our amazing artist Joe Pagac!



AWARDS NOT AWARDED ON RIDE DAY

Cushman & Wakefield | PICOR Most Distinguished Male & Female Awards

Presented to the eldest individual male and female cyclists who finish the 102, 57 and 28-mile events. Minimum age is 65 on event day.

Diamond Ventures El Tour Junior Award

Presented to the youngest individual male and female finisher the 102, 57 and 28-mile events. The recipient must be 14 or under on ride day and must pedal the complete route without assistance.

Ascension Wheelchair Lifts Adaptive Sportsman Award

Presented to the 1st place individual riding a handcycle in the 102, 57 and 28-mile events..

Recumbent Award

Presented to the 1st place individual riding a recumbent (two-wheel or trike) in the 102, 57 and 28-mile event. HPV/enclosed recumbents do not qualify.

El Tour Grande Award

The last individual 100-mile cyclist to cross the finish line in under 9 hours is honored for taking the most time to enjoy the route and is given an El Tour Conquistador.

Outstanding Bike Patrol

The Outstanding Bike Patroller will be awarded an El Conquistador Trophy. Not awarded ride day.

Outstanding Aid Station Award

An El Tour Conquistador is presented to the aid station that displays the most creativity and demonstrates the most enthusiasm and support for the cyclists. Not awarded on ride day.

Kids & Fun Ride Awards

The Best Decorated Bike Contest (Youths 12 & under) Deck out your bike and/or wear a costume in the Fun Ride! Selection will be made at the Finish Line. The winner brings home a Conquistador Trophy, El Tour's highest award!



JOIN THE EL TOUR DE TUCSON CHALLENGE

The first 50 people to complete the El Tour de Tucson Challenge on Ride Spot AND come to the PeopleForBikes tent at the Finish Line Fiesta to show us your recorded ride will earn limited edition prizes. Two lucky cyclists who record their rides will win a limited edition PeopleForBikes riding kit (jersey + bibs) valued at \$300.



LET'S RIDE CAMP: USA CYCLING'S KID'S SKILLS CLINIC

"Let's Ride" is USA Cycling's grass roots youth initiative to get more kids on bikes. Let's Ride is a basic bicycle skills and safety course to introduce elementary school aged kids to riding bikes and actively promote healthy lifestyle and sport. Let's Ride is FUN & FREE to all participants. Bring your bike!

**FREE HELMETS & T-SHIRTS
TO FIRST 100 KIDS!**

**Friday, November 19, 2021
Noon-3pm (Open House)
Armory Park Main Stage**



CEMEX - SAFER ROADS TOGETHER

CEMEX cares about the safety of our children and cyclists that interact on our roadways. Learn about interacting with large vehicles to make your rides as safe as they can be.



Friday, November 19, 2021
Noon-3pm (Open House Format)
Armory Park - 13th Street



ACCOMMODATIONS/HOTELS

Book with our official lodging partners and save during your stay! Rates typically are valid November 19-20, 2021 and are subject to occupancy and city taxes. Special rates for cyclists! Please visit the El Tour de Tucson website or VisitTucson.com for listings.

<https://eltourdetucson.org/el-tour-de-tucson/accommodations-and-travel/>



**Reach
the Loop!**

**Get Out!
Get Active!**

The Pima County REACH Program is proud to support El Tour de Tucson!

3RD ANNUAL TUCSON

GRAN FONDO



El Tour
participants
receive \$10 off
registration, use
the code
ElTour2022 at
check-out

SATURDAY, MARCH 12, 2022

www.1055brewing.com/gran-fondo

BIKE SHOP PARTNERS

Choose your favorite bike shop to help you find the right bicycle and service to prepare for your all your rides. Thank you to these local bike shops for supporting El Tour de Tucson. Be sure to have your bicycle in top working condition prior to coming to El Tour.

Support your local bike shops!



Enjoy the Ride

Congratulations to all the participants in the tour, and for everyone getting outside and enjoying the ride.



Tour 10 Model Homes Today!



MODELS OPEN
7 Floor Plans
1,383-2,685 sq. ft.



MODELS OPEN
10 Floor Plans
1,606-3,615 sq. ft.



MODELS OPEN
5 Floor Plans
1,668-2,897 sq. ft.



MARCH 2022
6 Floor Plans
2,200-2,910 sq. ft.

AID STATIONS

Each aid station is comprised of smiling, helpful volunteers, a HAM radio operator, and portable toilets.

The aid stations are located approximately every 10 miles and will have bananas, oranges and water. Some stations also have cookies, peanut butter, pancakes or brownies, supplied by volunteers. Some select aid stations will have energy gels and other performance items. Be prepared! If you have specific nutrition needs or preferences, please bring them with you.

There will be 16 official aid stations along all the routes for El Tour de Tucson. There are 12 aid stations on the 102-mile route, 7 on the 57-mile route, 3 on the 28-mile route and 2 for the Fun Rides. The last aid station for all routes is located at the Start/Finish Line in Armory Park.

For your safety and the safety of others, cyclists must pull completely off the roadway when stopping at an aid station. Handoffs are dangerous and prohibited and will result in disqualification.

If you are unable to continue your ride, ask the HAM radio operator to contact headquarters for SAG support dispatch. SAG vehicles will pick you up as soon as possible and transport you to the finish area downtown.

Please do not take more food than necessary; there will be other stops a few miles later.

Please deposit all trash including peels, Co2 canisters, tubes and wrappers in trash containers.

A big thanks to these awesome groups for volunteering at the aid stations.

- Pueblo Optimist
- Greater Faith Word Church International
- Machinist Local 933
- Natural Grocers
- Christ Community Church
- BSA Troop 739
- Tucson Rotary
- Sahuarita
- Green Valley
- Cemex
- Girl Scout Troop 9939
- Rotary Club of Marana
- Body Central
- AAA
- ASARCO

Thank you to ASARCO for sponsoring the food at the aid stations!



ASARCO

BIKE PATROL ON EL TOUR

Bike Patrol is the helping hands, eyes and ears of El Tour! Bike Patrol helps cyclists on the route with minor mechanical aid, first aid and moral support. Bike Patrol cyclists bring enthusiasm for cycling and a deep pool of experience to ensure the success of thousands of riders every year. They ride all or part of an event's route stopping to assist other cyclists and report their activities to headquarters during the event.

In the case of an emergency, the Bike Patrol can call for assistance. Bike Patrol is also responsible for guiding the riders at all three of the starting locations and reporting all rule infractions.

Hundreds of certified Bike Patrol cyclists bring enthusiasm for cycling and a deep pool of experience to ensure the success of thousands of riders in Perimeter's events every year.

Each Patroller must be certified to ride an event – a short class ensuring that you know what to expect and what is expected of you during an event. Certifications must be renewed every two (2) years. This has been extended to three (3) years since events were not held in 2020.

Upcoming Bike Patrol Certification Classes

- **Friday, November 19, 2021 (5pm-6pm)**
Armory Park in the Registration & Merchandise Tent (Meeting Room)

All Bike Patrol in an event receive a special Bike Patrol finishers medallion, an event t-shirt and could qualify for the Outstanding Bike Patrol! Bike Patrol stands out from other cyclists with either the Bike Patrol Jersey or a special Bike Patrol t-shirt that must be worn while patrolling an event.



Bike Patrol will be easily recognized wearing bright yellow T-shirts or bright yellow jerseys imprinted with crosses like the images above.

ROUTE MARKINGS

The route is marked with colorful arrows. The **GREEN ARROWS** will be followed by the 102-Mile riders and the 57-Mile riders. The **RED ARROWS** will mark when the 57-Milers split from the 102-Mile route. The 57-Milers rejoin the 102-Milers and continue to follow the **GREEN ARROWS** until the finish line. The **BLUE ARROWS** mark the 28-Mile ride from Marana. The **PURPLE ARROWS** mark the Fun Rides. The maps will remind you which arrows to follow.

Traffic Control officers will control motor vehicular and cyclist traffic on the route. Officers will give cyclists right of way and will stop bicycles during times of emergency and traffic congestion.

Citations will be issued to cyclists who do not obey regulations or listen to officers. Although officers and guides will be present, please use your map!



TIMING

On Your Left Timing is the official timing company for El Tour de Tucson. We now use chip timing, that is, your clock starts when your timing chip crosses the start line until you cross the finish line.



As you approach the official start line, USE CAUTION. There will be a timing mat on the road you must ride over to activate your timing chip. These timing mats will not be at finish line but instead be replaced by radio activated devices to make it safer for high-speed finishes.

Please be sure to affix your numbers as indicated on page 9.

RESULTS

- Unofficial results will be streaming live online at: www.trioyl.com/results
- Results can be accessed on your mobile device
- Results will be posted on www.eltourdetucson.org
- Results become official on December 4.

SCAN FOR RESULTS



HSL PROPERTIES VIP/SPONSOR ZONE

If you registered for the **VIP Experience**, you can start your morning off with a cup of hot coffee from Old Pueblo Coffee and pastries from LeBuzz in the **HSL VIP/Sponsor Zone**. The Zone will open at 5:30 am prior to the 102-Mile ride start.

After your ride, enjoy complimentary food and drinks as you watch El Tour participants cross the finish line! Delicious food prepared by El Charro, Barrio Charro and Barrio Bread.



Ten55 Brewing of Tucson will be pouring tasty beverages for all including the new El Tour Blood Orange IPA!



Rescue Me Wellness will have professionals on-hand for leg flush massages.

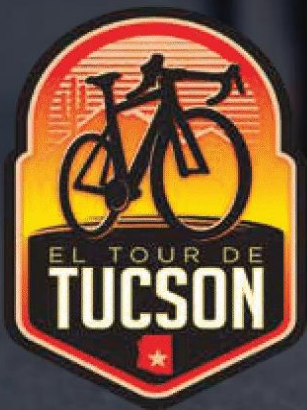


If you registered for the **VIP Experience**, you will receive a VIP Badge and Wristband at Packet Pick-up with your ride credentials.

HSL VIP/SPONSOR ZONE HOURS:
Saturday, November 20, 2021
5:30am – 6:00pm

We're Proud to Sponsor the **2021** **El Tour de Tucson**

Stewart is on a journey to become the premier title services company. That means we're focusing on our processes, offering the latest tools and resources, and going the extra mile to ensure you have the best customer experience possible.



**Ride along on our
journey with us.**

stewart.com/tucson
3939 E Broadway Blvd
Tucson, AZ 85711
520.327.7373

COVID UPDATES

How is El Tour de Tucson preparing for the 2021 event? Will participants be required to adhere to specific coronavirus (COVID-19) guidelines?

The health and safety of the cycling community is our top priority, and all event participants and attendees will be required to adhere to specific coronavirus (COVID-19) guidelines. We are working with our agency partners to plan a safe and enjoyable event and we recognize that guidelines are likely to change between now and November. We will continue to keep everyone updated on the latest health and safety procedures and guidelines.

Will El Tour de Tucson require participants to wear masks?

El Tour de Tucson as well as the Fiesta & Expo are all completely outdoors. There are currently no mask requirements for outdoor activities. You will be required to wear a mask for indoor settings that may include inside shuttles and SAG vehicles and we encourage mask wearing for outdoor spaces where social distancing may not be possible. El Tour de Tucson will adhere to local guidelines and best practices. Depending on the future state of COVID-19 and working in collaboration with public health and medical experts will determine that status.

Will El Tour de Tucson require COVID-19 tests or vaccination to participate in the 2021 event?

El Tour de Tucson will follow recommendations from the CDC and local health departments regarding COVID-19 testing and vaccinations. We are strongly encouraging participants to get vaccinated, if eligible. However, we are not requiring vaccinations to participate currently. We expect all those who participate in El Tour de Tucson to be vaccinated or have tested negative for the COVID virus in the last 72 hours. This expectation is necessary to ensure the safety of all those attending and participating. If you have not been vaccinated, tested negative for the COVID virus within the last 72 hours, or if you are currently having COVID symptoms, or if you are in any way concerned about your personal health, we encourage you to not attend these activities.

Here is a link to locations that offer free COVID-19 vaccinations. <https://www.vaccines.gov/>

If El Tour de Tucson is postponed due to a new COVID-19 outbreak, will I lose my money for registration?

We fully are planning to host this event on November 20, 2021. But, if El Tour de Tucson gets postponed due to new outbreaks, you will not lose your registration. Your registration will be rolled over until the time that is deemed safe enough to host the event.

--



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BIKE SAFETY AND LAWS

According to Arizona State law, cyclists have the very same rights and responsibilities as motorists. Respect for the rights of ALL road users will help you feel good about yourself and avoid accidents too.

Most crashes between motorists and cyclists happen at intersections. Most often, when the motorist is at fault, it is because they failed to yield the right-of-way to the cyclist. This usually happens when you turn left in front of a cyclist or pull out from a stop sign or driveway into a cyclist's path.

ARIZONA BICYCLE LAWS

- ARS 28-644 Stop for traffic lights and stop signs
- ARS 28-817 Always use a white headlight and a red rear reflector when you cycle after sunset or before sunrise
- ARS 28-792 ARS 28-904 Yield to pedestrians at crosswalks and on sidewalks
- ARS 28-756 Before you turn or change lanes, look behind you, signal to show your plan to turn or change lanes, and yield to any traffic already there. Cyclists may signal their turns by extending either their left arm for a left turn or their right arm for a right turn
- ARS 28-721 Any vehicle moving slower than the normal traffic speed shall drive in the right-hand lane, or "as close as PRACTICABLE" to the right edge of the road, except when preparing to turn left or when passing
- ARS 28-704 Any vehicle on a two-lane road that has five or more vehicles behind it must pull off at the first safe pullout to allow the vehicles behind to proceed
- ARS 28-815 Special conditions that affect cyclists more than motorists are recognized in the law
- Riding two abreast is permitted by law (A.R.S. 28-815)

You may ride far enough from the road edge to stay clear of surface debris, potholes, rough pavement, drain grates, and pavement joints, as well as to avoid pedestrians, dogs, parked vehicles, and other objects.

You may occupy any part of a lane when your safety warrants it. Never compromise your safety for the convenience of a motorist behind you.

LAWS FOR BICYCLE RIDERS ONLY

- ARS 28-813 Every person riding a bicycle must have a regular seat to sit on
- ARS 28-817 Every bicycle must have at least one brake that will make the wheel skid when applied
- ARS 28-815 You may ride no more than two side-by-side, except on exclusive bike paths
- ARS 28-816 You must have at least one hand on the handlebars at all times
- ARS 28-814 You may not attach your bicycle to, or hold onto, another vehicle on the roadway

Local law enforcement will be enforcing all laws, especially ARS 28-817.

Courtesy of the Arizona Governor's Office of Highway Safety

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NOV
13



turkey trot

Fun Run / 5k / 10k
Crossroads at Silverbell District Park

DEC
18



dirt dash

15.9k / 4.6k Trail Runs
Wild Burro Trailhead

DEC
31



eggnog jog

Fun Run / 5k / 10k
Crossroads at Silverbell District Park

MAY
7



mother's day 5k

Fun Run / 5k
Gladden Farms Community Park

JUN
18



aquathon

200 yd. + 1 mi. / 350 yd. + 3 mi. Swim and Run
Marana Pool, Ora Mae Harn District Park



SIGN UP TODAY

MaranaAZ.gov/run
(520) 382-1950

CYCLING TIPS

Make sure you are physically and mentally prepared for the challenge ahead. Events like El Tour are a great place to push yourself to the next level, but you must have the training and physical condition to go the distance. If you are a new cyclist, or just getting back on the road after a long period of inactivity, consult your physician to make sure you're good to go.

Your Bicycle

- If you haven't ridden your bicycle in a while, take it to a bike shop for a checkup before you start your training. The shop will help you understand how your bicycle works if you don't know. Have your bicycle checked thoroughly once a year.
- Have the bike shop check the fit of your bicycle. A bicycle is a lot like clothing - it needs to fit right to be comfortable, and this is more important the further you ride. Your power and efficiency increase with a well-fitted bicyclist.
- Be sure your tires are in good condition and keep them fully inflated. Check tires and air pressure before every ride (the correct pressure is printed on the sidewall).
- Have a maintenance check that you perform before every ride. Some use the "ABC Quick Check" **A** = Air in tires; proper inflation avoids flats. **B** = Brakes. **C** = Chain, crank, cassette/cogs and cables. **Quick** = Quick release or axle nuts. **Check** = everything else: water cage, handlebars, seat, etc.

Your Equipment

- Always wear a helmet when cycling! You never know when you may fall or crash, and your head is easily injured without a helmet. Be sure your helmet fits well and sits on your head level, with the chin strap snug (if you can fit more than one finger between the strap and your throat, the strap is too loose).
- Know how to repair a flat tire. Bring a pump (even if you use CO₂, still carry a pump, as you may use up all your CO₂), **two spare tubes**, a patch kit, and tire levers.
- Know how to put your chain back on (latex or cloth gloves can keep your hands from getting dirty).
- Carry a cell phone to call if you need help.
- Carry a multi-tool to help you tighten or adjust your handlebars, seat and other parts that might need adjustment.
- Bring your ICE (In Case of Emergency) card and health insurance card.
- Use Sunscreen. Re-apply it as needed, especially if you sweat a lot. Choose a sunscreen that effectively blocks both UVA and UVB rays.
- Use cycling gloves. They are specially designed to cushion

Nutrition & Hydration

- Pre-hydrate. Be sure you are well hydrated before your ride. For several days before a big ride, drink more than you need to help boost cellular hydration.
- Drink, drink and drink more! It is critical that you drink a small amount every five to fifteen minutes to stay hydrated. You won't notice how much you are sweating when on your bicycle, as it evaporates quickly. Drink at least one small bottle (16 oz. or 470 ml.) every hour you are riding (and very possibly more).

A woman with curly hair, wearing a black helmet, a dark blue t-shirt with 'BETTER BIKING' text, and black shorts, is riding a black mountain bike on a dirt trail. She is smiling and looking towards the right. The background shows a hilly landscape with dry grass and scattered trees under a clear sky.

**MORE PEOPLE ON
BIKES MORE OFTEN**



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- Carry more water than you think you will need. Our dry climate and heat can be unforgiving. It is better to have extra water than not enough. If you use a back mounted hydration system, carry empty water bottles on your bike as a backup in case your system leaks or ruptures.
- Consider using nutrient/electrolyte drinks. Many bicyclists use them all the time, but if you are not used to one, it can upset your stomach. Try different drinks on training rides, to find out which works best for you. Electrolytes can help prevent cramps.
- Eat before you are hungry. Bicycling causes your body to use from 200 to 700 or more calories per hour. Many riders like fresh fruit, and many use energy bars and/or gels to replace the extra energy used. Plan to eat from 100 to 500 calories per hour as you ride, when training. Avoid heavy, greasy snacks.

Your Cycling Conduct on the Road

- Always follow traffic laws. Predictability is the basis of traffic safety and is especially important for cyclists. So, when you are bicycling, do the same thing you would do if you were driving your car at the same speed; you will be legal, and a lot safer. Be visible to others. Think about how well others can see you. Dress in clothing that is easily seen (generally lighter and brighter colors) and position yourself and your bicycle where people will see what you are doing (i.e., turning left from the center left turn lane).
- Be courteous to everyone else on the road, especially motorists. If traffic builds up behind you, find a safe place to pull over and let them pass.
- Ride on the right in the same direction that traffic moves. This is an essential part of being predictable to other drivers. Use eye contact whenever possible to help confirm that you have been seen.
- Look where you want to go. If you get in a tight squeeze, to avoid a crash, look where you want to go, not at the obstacle you need to avoid.
- When cycling after sunset, or before sunrise, use a white light on the front and a red rear reflector, and a red rear light. Wear light colored clothing with reflective features to make yourself even more visible.
- For your safety, and the safety of others, please do not wear earbuds while riding. You need to be aware of all vehicles on the road with you.

Cycling with Others

- Group cycling is fun. It also requires more skills to ride close to others. Do not blindly follow riders in front over cattle guards or railroad tracks. Look beyond the rider in front of you, so you can anticipate problems. Remember, while we are legally entitled to ride two abreast, single up when it will help traffic flow better.
- Practice riding with others before doing so in an event. Check with local bicycle shops for club and other group rides that will let you practice the important skills needed. Riding with others will be a lot more fun after you get used to and skilled at it.
- Learn and follow group cycling etiquette. Hold your line. Do not move to either side without checking first; do not brake suddenly or make other sudden changes in speed; and do not pass without saying “passing” (it is best to always pass on the left).
- Call or point out to your fellow cyclists hazards such as potholes, glass, gravel, debris on the road, etc. Communicate effectively and help your fellow riders stay safe.

Individual Cycling Technique

- Enjoy your time cycling. Most bicyclists make their greatest improvements when they are having fun. A positive attitude can make a huge difference.
- Try to maintain a constant level of effort while bicycling. Use your gears just like you do with your car/truck, to keep your “engine” from having to go too fast or too slow. Your energy will last longer, your fitness will improve steadily, and you are less likely to strain something.
- Practice emergency braking. Your weight will shift forward when braking hard, so slide back on the saddle, and lower your upper body at the same time. Practice applying more pressure on the front brake than the rear, then easing off the front brake if the rear begins to skid, to maximize braking force. The front brake is essential to stopping quickly, as more than 70% of braking force comes from the front brake.

Road Conditions

- This event utilizes open public roads, which may or may not be maintained by local municipalities, cities, counties, and/or the State. The event is not responsible for the condition and maintenance of the roads. Road hazards are always possible and in entering this event, and signing the **Rider Waiver**, you agree and understand that you must be alert to all road hazards, including but not limited to potholes, uneven pavement, road cracks, road debris, unfinished construction, and motor vehicle traffic.



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Tune in to **ESPN Tucson** 1490 AM / 104.9 FM for LIVE up-to-the-minute coverage of the ride on Saturday, November 20th from 7:00-11:30 am

Fair Wheel Bikes' Ralph Philips and KGUN-9 TV Allen "Big Al" Kath are reporting on all the action directly from the Pace Car.

No matter where you are, you can know everything that's happening, as it happens, at the front of the pack, mile by mile by tuning in to 104.9 FM or 1490 AM.



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EVENT RULES

VIOLATION OF ANY RULE MAY RESULT IN DISQUALIFICATION OR TIME PENALTIES

1. **All Entrants must line up in the “official” start line area** -Entrants may not start in front of this area.
2. **All Entrants must properly enter the Start lineup**, and may not cut in line, climb over barricades, or in any other way improperly enter the Start area.
3. **All Entrants must properly wear a CPSC approved helmet.**
4. **All Entrants must not cross a solid yellow line**, whether double, or single on their side of the road (a no-passing zone).
5. **All Entrants must show and practice good sportsmanship** Un-sportsmanlike conduct of any kind is prohibited.
6. **All Entrants must obey Police, Bike Patrol and other Event Officials.**
7. **No Entrant may urinate in public** (this is a criminal offense).
8. **No Entrant may ride with, or receive support from,unregistered cyclists** (bandits).
9. **No Entrant may draft, hold onto, or catch a ride from or in any motorized vehicle.**
10. **All Entrants must cycle the complete official route**, as described on the official route map. Entrants may not short cut the official route and are responsible for knowing and following the official route.
11. **All Entrants must stay behind, and not pass, the lead vehicle (pace car).**
12. **All Entrants must wear their rider number on their back, the ride number on their helmet and the seat post ride number on their bike’s seat post.**
13. **No entrant in the 102-mile or the 57-mile events may utilize a motorized or power-assisted bicycle nor may a bicycle have such devices attached.** All bicycles must be powered by human force.
14. **Headsets covering or blocking both ears are prohibited**, (i.e., ipods headphones)
15. **Aero-type and other similar auxiliary handlebars are prohibited**; this includes “tri-bikes” with otherwise unremovable aerobars.
16. **All Entrants must start the Event before the last official vehicle (trail vehicle) has left the start line.**
17. **Team or “pack” tactics that endanger, or impede the progress of, any other cyclists, such as blocking, are prohibited.**
18. **All Entrants must show courteous behavior to Volunteers, Event Officials, and Police, and obey their instructions.**
19. **All Entrants must obey traffic control officers & personnel, and traffic control devices & signs, unless otherwise directed by an Official.**
20. **All Entrants must read and know Arizona State bicycle laws, and must always yield to emergency vehicles, even if the road is closed.**
21. **All Entrants must give the right of way to other road users, including bicycles and motor vehicles, when legally required to.**
22. **All Entrants must stay to the right of cones set up at intersections, unless directed otherwise by Police or Event Officials.**
23. **All Entrants must ride the entire event on the bicycle they start on** - changing bicycles is prohibited.
24. **All Entrants must bicycle single file, when possible, unless the road is closed to motor vehicle traffic (any road closures will be announced on Event day), or a police escort is provided.**

The Town of Sahuarita is one of Arizona's fastest growing communities.



Home to over 34,000 residents who enjoy a great quality of life: affordable homes, safe streets, scenic beauty, access to great education, and a thriving business environment.

Our town is diverse, educated, highly skilled and ready to work:

Bachelor's degree or higher - 40%

Median age - 38.5 years

Median household income - \$80,525

*Statistics taken from the United States Census and the Arizona Commerce Authority.




Sahuarita
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You're gonna love it here!

25. **Support crews/non-Official vehicles may meet and provide support to their Entrant(s) only at official Aid Stations, and may not follow Entrants on the Route.**
26. **Hand-offs at Aid Stations, or anywhere on the route, are prohibited** – All Entrants must stop to receive support, and must always pull completely off the pavement, staying out of the path of bicycle & motor vehicle traffic.
27. **All Entrants must verbally warn others when they overtake them** – call out “Passing”, or “on your Left” (the simpler, the better).
28. **Any Entrant riding after sunset must have at least a legal light** (a white headlight visible at least 500 feet ahead) and a red rear reflector, 2” or more in diameter;
29. **El Tour de Tucson is finished at 4:00pm** and all course support will be closed. Any Entrants still on the Route will be required to stop and will be transported to the Finish line by Event Officials and/or event volunteers.
30. **All Entrants who drop out of the event must notify an Event Official**, by informing an Aid Station or calling the Event Hotline phone number **520-369-0211**. Be sure to give your rider number.
31. **At the finish line all entrants must be courteous** to the finish chute volunteers. The final determination for the type of medallion is finish time, and riders in the chute will be given a medallion card to redeem at the awards stand.
32. **Rule Enforcement & Procedures:** 1) Police, Event Officials, and Bike Patrol will identify any Entrant who violates traffic laws or Event rules for possible disqualification. 2) Those so identified will be reported to the Rules/Results Committee, who will investigate and deal with each violation on a case-by-case basis, imposing penalties, including disqualification, as indicated. 3) Any Entrant may report rules violations and present supporting evidence at the Bike Patrol booth/tent at the Finish Line. All such reports must be in writing, and must be turned in within 15 minutes of the posting of the event results, or by 4:00pm the day of the Event, whichever is later (may also be E-mailed by the same time to Perimeter Bicycling at: El Tour de Tucson offices at info@eltourdetucson.org).
33. **Entrants are solely responsible for all their items of personal belongings.** El Tour/Perimeter Bicycling is not responsible for any items or personal belongings whatsoever, whether lost, stolen, placed at an aid station, or misplaced. Do not leave your belongings unattended.

EVENT HOTLINE: 520-745-2033

Call this number if you breakdown, get lost, drop out, etc.

THANK YOU VOLUNTEERS!

El Tour could not happen without the help of hundreds of volunteers. From packet pick-up to bike patrol to aid stations, volunteers are essential to the success of this event. **Be sure to say thanks to our wonderful volunteers!**



ABOUT PERIMETER BICYCLING ASSOCIATION

Perimeter Bicycling Association of America is a 501(c)3 nonprofit that produces bicycling events for community, charity and wellness.

El Tour de Tucson is Perimeter Bicycling's flagship event and one of the largest bicycling events in America. Held annually the Saturday before Thanksgiving, El Tour attracts over 7,500 cyclists of all ages and abilities from around the United States and beyond bringing together cyclists and members of the greater Tucson community for a cycling celebration.

As we head into the 38th anniversary of El Tour de Tucson, Perimeter Bicycling wants to emphasize all components are catalysts in driving it to help raise money for more than 100 nonprofits throughout the year. El Tour de Tucson enables nonprofit, charitable agencies to raise funds for their respective organizations.

In 2019, we reached a significant milestone in being the facilitator for helping charities raise over \$100 million through Perimeter's 37 years of charity work. In 2019, charities raised more than \$5.8 million, moving the overall total to \$101 million since El Tour started in 1983.

El Tour has come a long way, given in that 1983 with fewer than 200 cyclists, El Tour raised \$4,500 in its first ride. Since then, more than 270,000 cyclists have ridden in Perimeter events. El Tour, of course, has grown considerably since its inception, but the message has long been constant: charity, community, health and wellness through a strong and committed group of nonprofits, thousands of dedicated cyclists and volunteers who know the power of teamwork.

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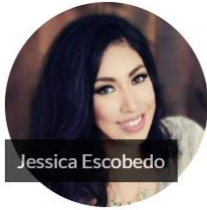
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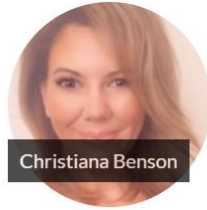
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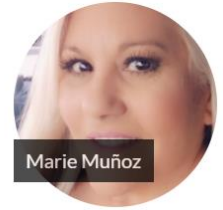
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- Marie Muñoz, Volunteer Coordinator

Office

2609 East Broadway, Tucson, AZ 85716

Event Hotline:
520-745-2033



WE WILL SEE YOU IN TUCSON!

