



Banner  
University Medicine

# EL TOUR DE TUCSON



Joe Pagan 2021

**RIDER MANUAL**  
**NOVEMBER 19, 2022**





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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,

Welcome to the 39<sup>th</sup> Annual Banner – University Medicine Tucson El Tour de Tucson. We are proud to once again be the title sponsor of this long-standing, Tucson-based philanthropic tradition that raises over \$100 million in support of local and international charitable organizations.

Banner's partnership and investment in the El Tour de Tucson is an extension of our commitment as a non-profit hospital system to our community where each year, Banner contributes more than \$800 million to the Tucson community.

This year, your commitment to ride in El Tour greatly contributes to the Banner partnership with Pima JTED (Joint Technical Education District). JTED is a public school district that works with business and industry to offer premier, tuition-free career and technical education programs for approximately 22,000 high school age students.

We have named JTED as this year's El Tour primary beneficiary as our partnership with them will help to build a health care career focused campus to ensure Arizona has the future resources needed to keep our community healthy.

We thank you for registering to ride and wish you a safe and enjoyable tour.

Thank you,

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

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

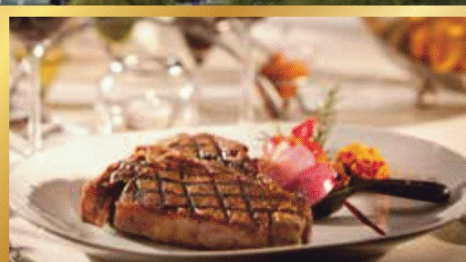
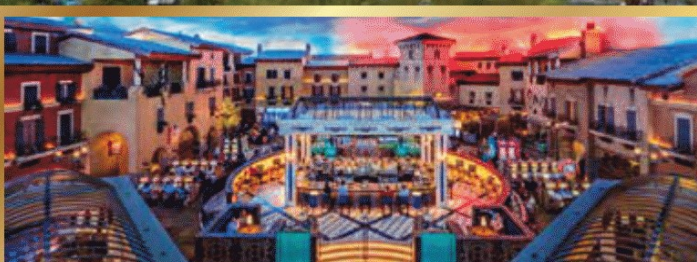
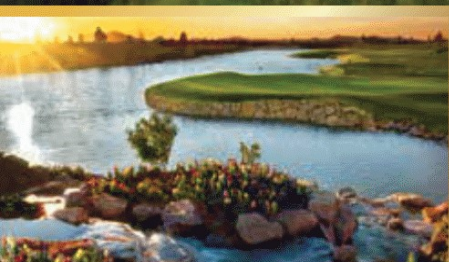


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# ABOUT EL TOUR DE TUCSON

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 States. 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 **PIMA JTED**.

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 Miles (Century), 63 Miles (Metric Century) or 32 Miles (Metric Half Century). This year's **El Tour Fun Ride** features a 10, 5 and 1-mile course for kids, families and friends.

## EVENT STARTING TIMES & LOCATIONS

- |   |          |
|---|----------|
| • 102-Mile Platinum & Elite (Century)     | 7:00 am  |
| • 102-Mile (Century)                      | 7:05 am  |
| • 1/5/10-Mile Fun Rides (1,5 or 10 Miles) | 8:00 am  |
| • 63-Mile (Metric Century)                | 9:00 am  |
| • 32-Mile (Metric 1/2 Century)            | 10:15 am |
| • 32-Mile E-Bike (Metric 1/2 Century)     | 10:20 am |

All events start and finish at the Tucson Convention Center in Downtown Tucson. The start line is located at 190 West Cushing Street near the DoubleTree Hotel at Cushing & Church Street. Enjoy the festivities of the **Nova Home Loans 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 NOVA HOME LOANS EXPO & FIESTA

The Tucson Convention Center in Downtown Tucson and the surrounding historic Plaza is the site of El Tour's 3-Day Nova Home Loans Expo & Fiesta that features our Packet Pick-Up, live music, the Ten55 Finish Line Beer Garden.

|                              |                    |
|------------------------------|--------------------|
| Thursday (November 17, 2022) | Noon – 9:00 pm     |
| Friday (November 18, 2022)   | Noon – 9:00 pm     |
| Saturday (November 19, 2022) | 10:00 am – 6:00 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 bicycle brands to local shops. This large open-air expo area highlights what is new and unique, and what makes this event so special and popular. Merchandise sales, product demos, giveaways, celebrity athletes, contests — it's all at the **El Tour Nova Home Loan Expo & Fiesta**.



# SONORAN SUNRISE

## *Cactus Cycling Collection*

Available at the Nova Home Loans Expo & Fiesta  
In the Registration/Merchandise Area at the TCC





# PACKET PICK-UP LOCATION/DATES/TIMES

## Tucson Convention Center North Meeting Rooms

260 South Church Avenue, Tucson, Arizona

Thursday, November 17<sup>th</sup> (Noon – 9:00 pm)

Friday, November 18<sup>th</sup> (Noon – 9:00 pm)

Packet Pick-up is in the heart of El Tour's annual 3-Day Nova Home Loans Expo & Fiesta. **There will be NO packet pick-up the weekend prior to Ride Day or on the actual Ride Day, November 19.**



## What to Bring When Picking Up Your Packet

- Bring your QR code (like image to right), 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 63-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 to the Expo, a 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 identify you as an official participant in El Tour events. Bibs are color-coded and numbers are assigned as follows:

|           |  |
|-----------|--|
| 1-100     | Platinum Elite (Black Numbers on Bibs & Black Helmet #s)           |
| 101-999   | Platinum (Black Numbers on Bibs & Black Helmet #s)                 |
| 1001-4500 | VIP & 102-Mile Riders (Black Numbers on Bibs & Black Helmet #s)    |
| 5001-7500 | 63-Mile Riders (Red Numbers on Bibs & Red Helmet #s)               |
| 8001-9500 | 32-Mile Riders (Light Blue Numbers on Bibs & Light Blue Helmet #s) |
| All #1s!  | Fun Riders (Black Numbers on Bibs, No 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'S NOVA HOME LOAN EXPO & FIESTA 3-DAY SCHEDULE

## THURSDAY - NOVEMBER 17, 2022

|          |   |
|----------|---|
| 12:00 pm | El Tour 3-Day Nova Home Loans Expo & Fiesta is OPEN!!!  |
| 12:00 pm | El Tour Registration & Merchandise (TCC North Meeting Rooms) OPENS!!!                             |
| 12:00 pm | Food Booth and Exhibitor Booths are OPEN!!!   |
| 12:00 pm | Platinum Meeting (inside TCC North Meeting Rooms)   |
| 12:00 pm | Ten55 Brewing Beer Garden Opens<br><b>Beer Garden Entertainment Area: Corey Spector (1pm-5pm)</b> |
| 1:00 pm  | Tucson Orthopaedic Institute Safety Meeting (TCC North Meeting Rooms)                             |
| 2:00 pm  | Tucson Orthopaedic Institute Safety Meeting (TCC North Meeting Rooms)                             |
| 3:00 pm  | Tucson Orthopaedic Institute Safety Meeting (TCC North Meeting Rooms)                             |
| 4:00 pm  | Tucson Orthopaedic Institute Safety Meeting (TCC North Meeting Rooms)                             |
| 5:00 pm  | Tucson Orthopaedic Institute Safety Meeting (TCC North Meeting Rooms)                             |
| 5:00 pm  | <b>Headline Band: Ritmo de Sanchez (Stewart Title Main Stage)</b>                                 |
| 6:00 pm  | Platinum Meeting (TCC North Meeting Rooms)  |
| 7:00 pm  | Tucson Orthopaedic Institute Safety Meeting (TCC North Meeting Rooms)                             |
| 8:00 pm  | Tucson Orthopaedic Institute Safety Meeting (TCC North Meeting Rooms)                             |
| 9:00 pm  | Nova Home Loans Expo & Fiesta Closes  |





# NOVA® HOME LOANS EL TOUR DE TUCSON 3-DAY EXPO & FIESTA



**PACKET PICK-UP**  
**EXHIBITORS**  
**LIVE MUSIC**  
**FOOD BOOTHS**  
**TEN55 FINISH LINE**  
**BEER GARDEN**



## NOVEMBER 17-19, 2022



# EL TOUR'S NOVA HOME LOAN EXPO & FIESTA 3-DAY SCHEDULE

## FRIDAY - NOVEMBER 18, 2022

|          |   |
|----------|---|
| 12:00 pm | El Tour 3-Day Nova Home Loans Expo & Fiesta is OPEN!!!                |
| 12:00 pm | El Tour Registration & Merchandise (TCC North Meeting Rooms) OPENS!   |
| 12:00 pm | Food Booth and Exhibitor Booths are OPEN!!!                           |
| 12:00 pm | Platinum Meeting (TCC North Meeting Rooms)                            |
| 12:00 pm | Ten55 Brewing Beer Garden Opens                                       |
| 1:00 pm  | <b>Beer Garden Entertainment Area: Lylah Elizabeth (1pm-5pm)</b>      |
| 1:00 pm  | Tucson Orthopaedic Institute Safety Meeting (TCC North Meeting Rooms) |
| 2:00 pm  | Tucson Orthopaedic Institute Safety Meeting (TCC North Meeting Rooms) |
| 3:00 pm  | Tucson Orthopaedic Institute Safety Meeting (TCC North Meeting Rooms) |
| 4:00 pm  | Tucson Orthopaedic Institute Safety Meeting (TCC North Meeting Rooms) |
| 5:00 pm  | Bike Patrol Certification Meeting (TCC North Meeting Rooms)           |
| 5:00 pm  | <b>Headline Band: Gigi and the GLOW! (Stewart Title Main Stage)</b>   |
| 6:00 pm  | Platinum Meeting (TCC North Meeting Rooms)                            |
| 7:00 pm  | Tucson Orthopaedic Institute Safety Meeting (TCC North Meeting Rooms) |
| 8:00 pm  | Tucson Orthopaedic Institute Safety Meeting (TCC North Meeting Rooms) |
| 9:00 pm  | Nova Home Loans Expo & Fiesta Closes                                  |





# All roads lead to Downtown Tucson.

See the changes at [RioNuevo.org](http://RioNuevo.org)

Visit [RioNuevo.org](http://RioNuevo.org) to see how every \$1 of Rio Nuevo support yields \$10 of privately funded investment in Tucson's future.

## Rio Nuevo District is a proud sponsor of El Tour de Tucson.



**RIO  
NUEVO**  
[www.RioNuevo.org](http://www.RioNuevo.org)



# EL TOUR'S NOVA HOME LOAN EXPO & FIESTA 3-DAY SCHEDULE

## SATURDAY - NOVEMBER 19, 2022 – RIDE DAY! RACE DAY!

|          |   |
|----------|---|
| 6:00 am  | El Tour Registration & Merchandise Opens (TCC North Meeting Rooms)                        |
| 6:00 am  | El Tour Fun Ride Registration is OPEN!!! (TCC North Meeting Rooms)                        |
| 6:50 am  | Presentation of Colors/National Anthem by Arts Express                                    |
| 7:00 am  | 102-Mile El Tour de Tucson Platinum & Elite Ride Start                                    |
| 7:05 am  | Tucson Conquistadores 102-Mile El Tour de Tucson Ride Start                               |
| 8:00 am  | El Tour Fun Rides Start   |
| 9:00am   | Coloring Contest Winners & Bike Decorating Contest (Awards Podium)                        |
| 9:00 am  | Casino del Sol 63-Mile El Tour de Tucson Ride Start                                       |
| 10:00 am | El Tour 3-Day Nova Home Loans Expo & Fiesta is OPEN!!!<br>Ten55 Brewing Beer Garden Opens |
| 10:15 am | 32-Mile El Tour de Tucson Ride Start  |
| 10:45 am | First 102-Mile Finishers Expected   |
| 12:00 pm | Headline Band: Heart & Soul (Stewart Title Main Stage)                                    |
| 1:00 pm  | 102-Mile Awards Ceremony (Awards Podium in Plaza)   |
| 2:00 pm  | 63-Mile Awards Ceremony (Awards Podium in Plaza)  |
| 3:00 pm  | 32-Mile & Adaptive Awards Ceremony (Awards Podium in Plaza)                               |
| 4:00 pm  | All El Tour de Tucson Routes Officially Closed  |
| 6:00 pm  | El Tour 3-Day Nova Home Loans Expo & Fiesta is Officially Closed                          |





#THEJENSIE



SHUT UP  
LEGS

## MEET JENS AT EL TOUR!

Free Poster and Picture!

Friday 11/18: 4-5PM

Saturday 11/19: 2-3PM

LOCATION:

EL TOUR DE TUCSON EXPO

SHUT UP LEGS /

PRIMAL BOOTH

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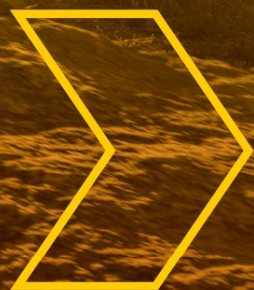
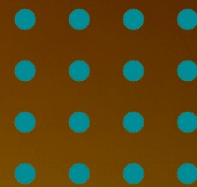
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Fiesta & Expo Sponsor





# EL TOUR FIESTA ENTERTAINMENT



TITLE

MAIN STAGE  
TCC HISTORIC PLAZA

RITMO  
DE SANCHEZ  
THURSDAY  
5-8PM



GIGI &  
THE GLOW  
FRIDAY  
5-8PM

HEART &  
SOUL  
SATURDAY  
NOON-4PM





# GOLD SPONSORS

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# SILVER SPONSORS

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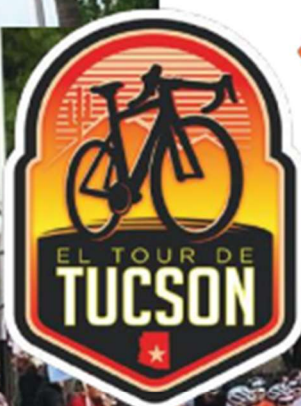


# SPECIAL THANKS

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- Pantano Christian Church
- GAP Ministries





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El Tour de Tucson



2021 El Tour de Tucson Pace Car



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# NON-PROFIT PARTNERS

El Tour de Tucson enables nonprofit, charitable agencies to raise funds for their respective organizations. Last year, our affiliate charities raised nearly \$5 million, moving the overall total to \$105 million since El Tour de Tucson started in 1983.

## Primary Beneficiary

This year, your commitment to ride in El Tour greatly contributes to the Banner - University Medicine partnership with Pima JTED (Joint Technical Education District). JTED is a public school district that works with business and industry to offer premier, tuition-free career and technical education programs for approximately 22,000 high school age students. We have named JTED as this year's El Tour primary beneficiary as Banner - University Medicine's partnership with them will help to build a health care career focused campus to ensure Arizona has the future resources needed to keep our community healthy.



### *El Tour de Tucson Supports these Great Charities!*





# We're Proud to Sponsor the **2022** **El Tour de Tucson**

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# AREA MAP & PARKING FOR EL TOUR – DOWNTOWN





# RIDE TUCSON

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[VisitTucson.org](http://VisitTucson.org)



# 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 (hours) | Time under (hours) |
| 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 17, 2022 & Friday, November 18, 2022
- 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 and the lead police motorcycles. The Subaru pace 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 or police 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 <https://www.finisherpix.com/en/event/5452/>.

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: <https://www.finisherpix.com/en/event/5452/>

## 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!







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Visit **NOVAHomeLoans.com** or call **800.955.9125**.



# TUCSON CONQUISTADORES 102 MILE/CENTURY BANNER - UNIVERSITY MEDICINE EL TOUR DE TUCSON

NOVEMBER 19, 2022

TUCSON CONVENTION CENTER  
(START/FINISH)

DOWNTOWN  
TUCSON

SAGUARO  
NATIONAL  
PARK

RINCON MOUNTAIN  
DISTRICT

AID  
STATIONS

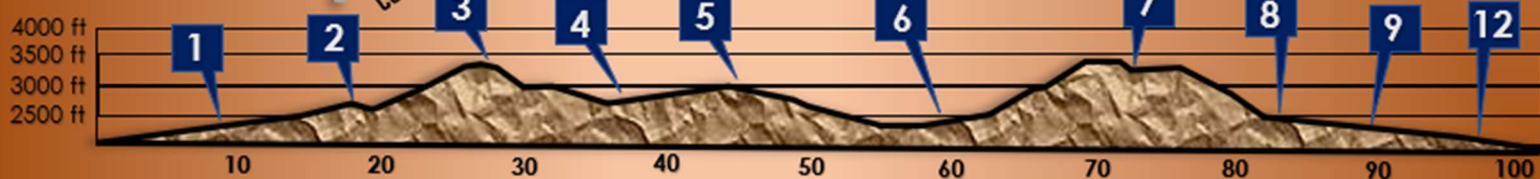
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EL TOUR DE  
TUCSON



MAP NOT TO SCALE  
ROUTE SUBJECT TO CHANGE

EVENT HOTLINE  
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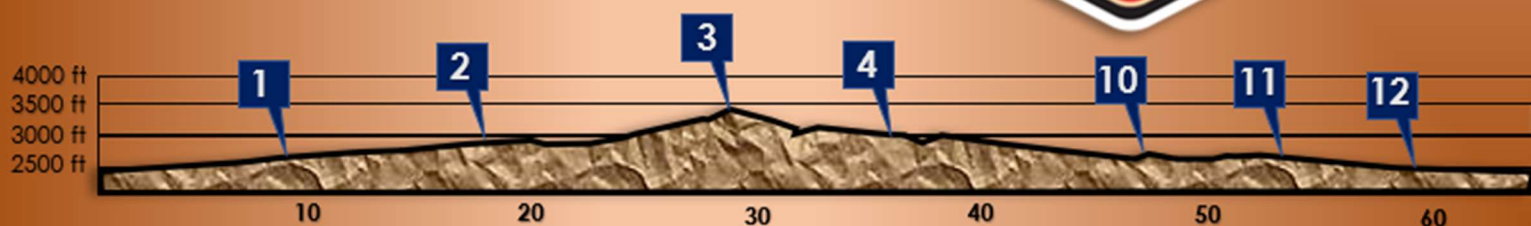
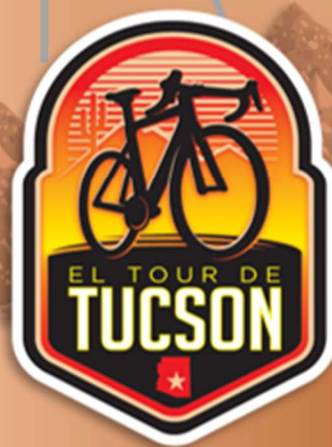
# CASINO DEL SOL 63 MILE/METRIC CENTURY (100KM) BANNER - UNIVERSITY MEDICINE EL TOUR DE TUCSON

NOVEMBER 19, 2022



EVENT HOTLINE  
520-745-2033

AID  
STATIONS





# 39<sup>TH</sup> EL TOUR DE TUCSON

## *Cycling Apparel*

Available at the Nova Home Loans Expo & Fiesta  
In the Registration/Merchandise Area at the TCC











# PRIMAL



**PROUD PARTNER**

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**USE CODE TUCSON22**

offer expires 12/31/2022





Banner  
University Medicine

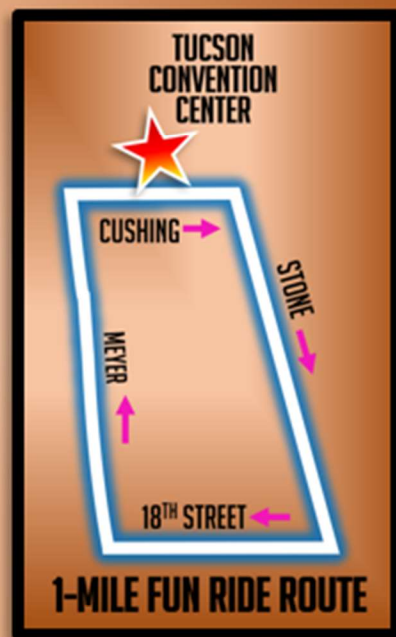
# EL TOUR DE TUCSON FUN RIDES

10-MILE  
TURN OFF ON GRANT



## TUCSON

5-MILE  
TURN OFF ON CONGRESS



TUCSON  
CONVENTION  
CENTER

DOWNTOWN TUCSON

1-MILE  
TURN ON MEYER

VERDUGO  
PARK  
AID STATION

MAP NOT TO SCALE  
ROUTE SUBJECT TO CHANGE

EVENT HOTLINE  
520-745-2033







**HOLUALOA  
COMPANIES**

# **EL TOUR DE TUCSON PROLOGUE**



**Bob "Bobke"  
ROLL**



**George  
HINCAPIE**



**Kristin  
ARMSTRONG**



**Christian  
VANDE VELDE**



**Mari  
HOLDEN**



**Bobby  
JULICH**



**Rahsaan  
BAHATI**



**Jens  
VOIGT**

# **WELCOME TO TUCSON ENJOY RIDING EL TOUR!**



# DOWNLOADING DIGITAL MAPS & INFO – RIDE WITH GPS

If you want to download any of the El Tour routes to your mobile device (Garmin, Wahoo, Android or Apple devices), visit the El Tour website at <https://eltourdetucson.org/el-tour-de-tucson/route/>

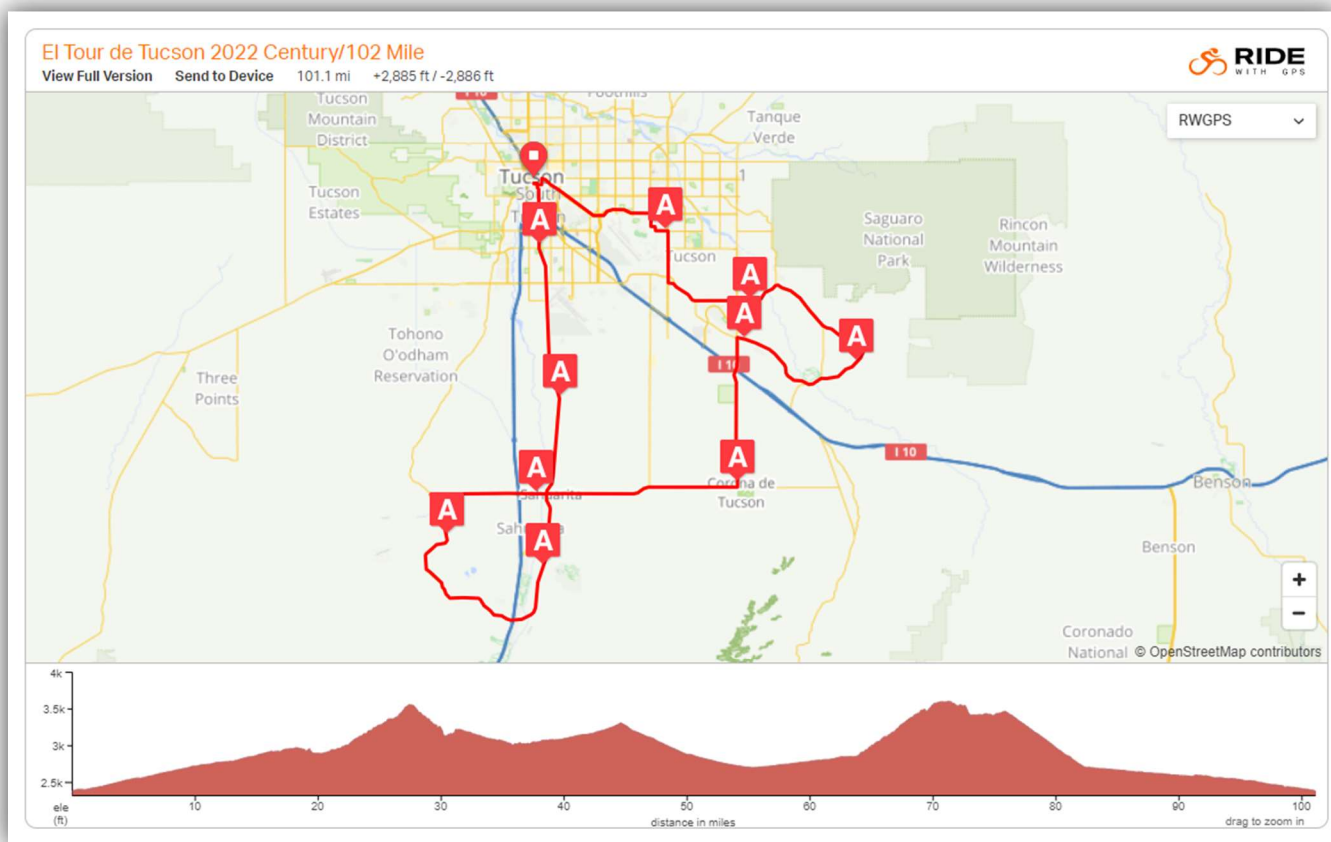
You will also be able to view and print turn-by-turn cue Sheets, see aid stations, elevations, segment climbs and other information about the routes.

## Cuesheet

|  |        |
|--|--------|
| → Turn right onto South Stone Avenue, US 80 Historic | 0.2 mi |
| ← Turn left onto East 15th Street                    | 0.3 mi |
| ← Turn left onto South 4th Avenue                    | 0.5 mi |
| ← Turn left  | 0.6 mi |
| ← Turn left onto South 4th Avenue                    | 0.6 mi |

## Segments

|                    |        |      |
|--------------------|--------|------|
| Pistol Hill        |        |      |
| 0.8 mi             | 141 ft | 3.2% |
| 6.5 mi Final Climb |        |      |
| 6.5 mi             | 745 ft | 1.9% |





# 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!



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



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



**MODELS OPEN**  
6 Floor Plans  
2,200-2,910 sq. ft.

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# DOWNLOADING DIGITAL MAPS & INFO – RIDE WITH GPS

If you want to download any of the El Tour routes to your mobile device, visit the El Tour website at <https://eltourdetucson.org/el-tour-de-tucson/route/> and click on Send to Device on the route you would like information about. Follow the instructions from there.

The image shows a screenshot of the El Tour de Tucson website. The top section displays the route name "El Tour de Tucson 2022 Century/102 Mile" with a "View Full Version" link and a "Send to Device" button. A large green arrow points to the "Send to Device" button. The map shows the route starting in Tucson and ending in Benson, with various landmarks and elevation markers. The "Send to Device" modal window is open, showing the route name and a "Select a device" section with radio buttons for iPhone, Android, Garmin Edge, and Wahoo. There is also a link for "Other Device". The modal window includes a "Step 1" indicator and a "Next" button.

El Tour de Tucson 2022 Century/102 Mile

View Full Version Send to Device 101.1 mi +2,885 ft / -2,886 ft

RIDE WITH GPS

RWGPS

Send to Device

Sending route: El Tour de Tucson 2022 Century/102 Mile

Select a device

☐ iPhone

☐ Android

☐ Garmin Edge

☐ Wahoo

or Other Device

El Tour de Tucson 2022 Century/102 ...  
gatorjtj

Step 1

Next



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# 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](mailto:velovinyldesign@gmail.com)



# TUCSON CONVENTION CENTER MAP





# CAUTION TO THOSE BIKING TO START LINES

We encourage participants to ride their bikes to El Tour's start lines. Please exercise caution and follow Arizona State Bicycle Laws. Be aware that it will be dark until close to 7:00 am on Ride Day. 102-mile cyclists riding to the start line must be equipped for night cycling. 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.

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

## PEOPLEFORBIKES BIKE VALET

A secured area for bikes will be set up during Expo and Fiesta hours on Saturday. Your bike seat post number will match your race number for your entry and claiming of bike.

*Proud Sponsor of the El Tour de Tucson—*  
**Best of Luck to all the Participants!**

*Jim Click Jr.*

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HOLMES TUTTLE

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# START LINE & 102-MILE EL TOUR LINE-UP

STONE AV

CHIP TIMING STARTS  
AT STONE AVENUE



MCCORMICK



PLATINUM  
WRISTBAND  
REQUIRED



VIP  
WRISTBAND  
REQUIRED

CONVENT

CHURCH AV

BATHROOMS  
WATER & MEDICAL

GOLD  
PROJECTED  
6 HOURS

MEYER AVE  
CAFÉ OPEN  
BREAKFAST  
& LUNCH  
CORONET  
OPEN DINNER

NOVA  
HOME LOANS  
EXPO &  
FIESTA

DOUBLETREE  
OPEN  
BREAKFAST  
LUNCH DINNER



MEYER

PACKET  
PICK-UP  
MEDALLIONS  
FOOD &  
DRINK

TUCSON  
CONVENTION  
CENTER

CUSHING STREET

SILVER  
PROJECTED  
8 HOURS

MAIN

BRONZE  
PROJECTED  
9 HOURS

EL MINUTO  
CAFÉ OPEN  
LUNCH

ENTER EACH SECTION THROUGH  
OPENINGS IN BARRICADES, DO NOT  
CLIMB OVER BARRICADES

EL PASO



# EVENT DETAILS (LINE-UP, LOCATION, RIDE PACE, ETC.)

## TUCSON CONQUISTADORES 102-MILE (CENTURY) EVENT

**Start:** 7:00 am Platinum/7:05 am VIP, Gold, Silver & Bronze

**First Finisher Expected:** 10:45 am

**Start Line:** Tucson Convention Center

190 West Cushing Street near the DoubleTree Hotel at Cushing Street & Church Avenue.

**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 5:00 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 southern loop before 1:00pm. There are still 45+ miles until the finish line from the junction of Sahuarita Road and Nogales Highway. So, you would need to average 15 mph for 3 straight hours to finish by 4pm. If you reach this after 1:00pm, 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 63-MILE (METRIC CENTURY) EVENT

**Start:** 9:00 am

**Start Line:** Tucson Convention Center

190 West Cushing Street near the DoubleTree Hotel at Cushing Street & Church Avenue.

**Line up:** 8:15 am (Following Fun Ride departure)

**Ride Pace:** Riding at 10 mph, riders will need 6.5 hours on their bikes to ride the 63-mile route. At this pace and five-minute average stop at the aid stations riders will be able to finish before 4:00 pm when the route closes.

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





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# EVENT DETAILS (LINE-UP, LOCATION, RIDE PACE, ETC.)

## EL TOUR 32-MILE (METRIC HALF CENTURY) EVENT

**Start:** 10:15 am / E-Bikes to follow (approximately 10:20 am)

**Start Line:** Tucson Convention Center  
190 West Cushing Street near the DoubleTree Hotel at Cushing Street & Church Avenue.

**Line up:** 9:30 am

**Ride Pace:** Riding at 9 mph, riders will need about 4 hours on their bikes to ride the 32-mile route. At this pace and ten-minute average stop at the aid stations riders will be able to finish well before 4:00 pm when the route closes.

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

The banner is split into two main color sections: a light beige/cream section on the left and a vibrant green section on the right. On the left, the text 'TUCSON ORTHOPAEDIC INSTITUTE' is displayed in a serif font, with 'TUCSON' and 'ORTHOPAEDIC' on the top line and 'INSTITUTE' on the bottom line. A small silhouette of a person running is integrated into the letter 'I' of 'INSTITUTE'. To the right of the text is a stylized green graphic of the Tucson skyline. Below the main text, it says 'SINCE 1994' in green. Further down, there are two paragraphs of text in a smaller font, followed by contact information: 'CONVENIENT LOCATIONS ACROSS SOUTHERN ARIZONA • (520) 784-6200'. The right side of the banner is a solid green triangle pointing upwards, containing the text 'GET BACK IN THE GAME' in large, bold, white sans-serif capital letters. At the bottom of the green section, a dark grey horizontal bar contains the website 'TUCSONORTHO.COM' in green sans-serif capital letters.

**TUCSON ORTHOPAEDIC INSTITUTE**

**SINCE 1994**

Since 1994, the board-certified physicians of Tucson Orthopaedic Institute have been setting the standard for orthopaedic care in southwestern Arizona.

Our reputation for consistently delivering world class care and successful outcomes have made us the first choice for orthopaedic care in the southwest, as well as the largest and most advanced multi-specialty orthopaedic practice in the Tucson area.

**CONVENIENT LOCATIONS ACROSS SOUTHERN ARIZONA • (520) 784-6200**

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# EL TOUR DE TUCSON FUN RIDE

The **El Tour de Tucson 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! **FUN RIDE MEDALLION** to all finishers.

**START TIME** for all distances: 8:00 am

**LOCATION:** Tucson Convention Center

190 West Cushing Street near the DoubleTree Hotel at Cushing Street & Church Avenue.

- 10-mile course starting at Cushing/Church Avenue 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 Cushing and Church Avenue and ends at Cushing & Meyer Avenue.

**The DENTAL PROS 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 after the Fun Ride at the Awards Podium at 9:30am. The winner brings home an El Tour de Tucson Trophy! Sponsored by Dental Pros!





# SAVE THE DATE

10th ANNUAL CLIP-IN WITH CHRISTIAN CYCLING CAMP  
IN ASPEN, COLORADO

PRESENTED BY THE LITTLE NELL

Sunday, August 13 - Thursday, August 17, 2023



CLIP-IN WITH CHRISTIAN CYCLING CAMP | [LEARN MORE](#)





# EL TOUR TUCSON ORTHOPAEDIC INSTITUTE SAFETY & ROUTE ORIENTATION MEETING

Attendance by all cyclists is highly encouraged at the El Tour Tucson Orthopaedic Institute 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 inside the TCC North Meeting rooms.

We want everyone to have a safe and enjoyable ride!

## THURSDAY - NOVEMBER 17, 2022

|          |  |
|----------|--|
| 12:00 pm | <b>Platinum Meeting</b> (TCC North Meeting Rooms)            |
| 1:00 pm  | Safety & Route Orientation Meeting (TCC North Meeting Rooms) |
| 2:00 pm  | Safety & Route Orientation Meeting (TCC North Meeting Rooms) |
| 3:00 pm  | Safety & Route Orientation Meeting (TCC North Meeting Rooms) |
| 4:00 pm  | Safety & Route Orientation Meeting (TCC North Meeting Rooms) |
| 5:00 pm  | Safety & Route Orientation Meeting (TCC North Meeting Rooms) |
| 6:00 pm  | <b>Platinum Meeting</b> (TCC North Meeting Rooms)            |
| 7:00 pm  | Safety & Route Orientation Meeting (TCC North Meeting Rooms) |
| 8:00 pm  | Safety & Route Orientation Meeting (TCC North Meeting Rooms) |

## FRIDAY - NOVEMBER 18, 2022

|          |  |
|----------|--|
| 12:00 pm | <b>Platinum Meeting</b> (TCC North Meeting Rooms)                  |
| 1:00 pm  | Safety & Security Meeting (TCC North Meeting Rooms)                |
| 2:00 pm  | Safety & Security Meeting (TCC North Meeting Rooms)                |
| 3:00 pm  | Safety & Security Meeting (TCC North Meeting Rooms)                |
| 4:00 pm  | Safety & Security Meeting (TCC North Meeting Rooms)                |
| 5:00 pm  | <b>Bike Patrol Certification Meeting</b> (TCC North Meeting Rooms) |
| 6:00 pm  | <b>Platinum Meeting</b> (TCC North Meeting Rooms)                  |
| 7:00 pm  | Safety & Security Meeting (TCC North Meeting Rooms)                |
| 8:00 pm  | Safety & Security Meeting (TCC North Meeting Rooms)                |



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# TEN55 BREWING FINISH LINE BEER GARDEN

Thursday and Friday from noon until 9pm and Saturday post-ride, hang out in the **Ten55 Brewing Finish Line Beer Garden** and re-live your accomplishments with friends. Ten55 will be serving an assortment of their local craft beer including the El Tour Blood Orange IPA. Plenty of food is available from an assortment of local vendors.



## DAYTIME FIESTA ENTERTAINMENT

### TEN55 BEER GARDEN / TCC HISTORIC PLAZA



**COREY SPECTOR**  
**THURSDAY 1-5 PM**

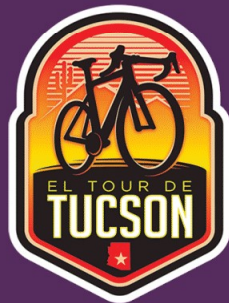


**LYLAH ELIZABETH**  
**FRIDAY 1-5 PM**



# Ben Bridge Jeweler is a proud sponsor of El Tour de Tucson.

We are honored to contribute to support their  
efforts in our local communities.



*Ben Bridge*  
La Encantada  
[benbridge.com](http://benbridge.com)



# FINISH LINE ANNOUNCER – FRANKIE ANDREU

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



## AWARDS/MEDALLIONS

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 63-mile, 32-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 |



watch for  
exciting news ...



a new el tour  
event for ladies!





Thanks to Arts Express Theatre  
for the wonderful singers  
of our National Anthem!



## POWERING THE COMMUNITY

Tucson Electric Power is investing in Southern Arizona's future through community outreach and philanthropy. Our employees increase the impact of our financial support by volunteering their time and talents to hundreds of worthy causes. Together, we're harnessing the power of compassion to make Tucson a better place to live.

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# EL TOUR

## BLOOD ORANGE SESSION IPA

Brewed with Amarillo and Mosaic hops and fresh blood orange, this beer is more mellow than your typical West Coast IPA. With half the bite and all the flavor, it's the perfect reward after a long ride through the Old Pueblo!



# EL TOUR DE TUCSON AWARDS

## PLACEMENT AWARDS

| Events                        | Places Awarded                           | Categories               |
|-------------------------------|--|--------------------------|
| 102-Mile (Century)            | 1-2-3 Places<br>(Receive Tissot Watches) | Male & Female            |
| 102-Mile (Century)            | 1 <sup>st</sup> Place Tandem             | Mixed, Males & Females   |
| 102-Mile (Century)            | 1-2-3 Places Youth                       | Male & Female (Under 18) |
| 63-Mile (Metric Century)      | 1-2-3 Places                             | Male & Female            |
| 63-Mile (Metric Century)      | 1 <sup>st</sup> Place Tandem             | Mixed, Males & Females   |
| 32-Mile (Metric Half Century) | 1-2-3 Places                             | Male & Female            |
| 32-Mile (Metric Half Century) | 1 <sup>st</sup> Place Tandem             | Mixed, Males & Females   |





# EL TOUR KID'S ART CONTEST

Special thanks to our amazing artist Joe Pagac!





# EL TOUR DE TUCSON AWARDS

## AWARD PRESENTATIONS

| Events   | Times   | Location  |
|--|---------|---|
| 102-Mile (Century)   | 1:00 pm | El Tour de Tucson Awards Podium   |
| 63-Mile (Metric Century)   | 2:00 pm | El Tour de Tucson Awards Podium   |
| 32-Mile (Metric Half Century)<br>& Adaptive Hand Cyclists<br>(All Distances Awarded) | 3:00 pm | El Tour de Tucson Awards Podium<br>(Adaptive Awards Sponsored by<br>Ascension Wheelchair Lifts) |







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# SPECIALTY AWARDS (SOME 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-mile/Century event. Minimum age is 65 on event day.

## Diamond Ventures El Tour Junior Award

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

## Ascension Wheelchair Lifts Adaptive Sports Award

Presented to the 1st place individual riding a handcycle in the 102, 63 and 32-mile events.

## Mountain Bike Award

Presented to the 1st place individual riding a MTB in the 102, 63 and 32-mile events.

## Outstanding Bike Patrol

The Outstanding Bike Patroller will be awarded an El Tour de Tucson Trophy. Not awarded ride day.

## Outstanding Aid Station Award

An El Tour de Tucson Trophy 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.

## Dental Pros Best Decorated Bike Contest (Youth ages 6-12)

Show off your creativity ... deck out your bike! Wear a costume! Let your imagination go wild! Selection will be made after the Fun Ride at the Awards Podium at 9:30am. The winner brings home an El Tour de Tucson Trophy! Sponsored by Dental Pros!





# ACCESSIBILITY BUILDS BETTER COMMUNITIES

Join the **Ascension Cycling Team** and **Southern Arizona Adaptive Sports - SAAS** today and ride **El Tour de Tucson** to support accessibility awareness.

Scan the QRCode or email us:  
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[ascension-lifts.com](http://ascension-lifts.com)



# ACCOMMODATIONS/HOTELS

Book with our official lodging partners and save during your stay! Rates typically are valid November 17-20, 2022 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/>



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Fun Ride Sponsor of the Tour De Tucson



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# 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!



## Reach the Loop!

## Get Out! Get Active!



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





# SAFER ROADS TOGETHER

The leading building materials company, CEMEX, has worked with the League of American Bicyclists to reduce and prevent incidents involving cyclists, pedestrians and other road users. CEMEX has invested in technology for its vehicles and continuous training for its team of more than 800 drivers to create awareness of the situation hazards. As a proud sponsor of Tour de Tucson CEMEX invites you to visit the Safer Roads Together exhibit and learn about our commitment to keeping all road users safe.

Being active in the communities in which we live and work is a core value at CEMEX. We leverage our core strengths, our employees' talent and time, and our social investments to support the social and economic development of our surrounding communities.

**[WWW.CEMEXUSA.COM](http://WWW.CEMEXUSA.COM)**

# JOIN US

**November 18th  
Tucson Convention  
Center**

**12 pm – 3 pm**



# AID STATIONS

Each aid station is comprised of smiling, helpful volunteers, a HAM radio operator, some Bike Patrollers, portable toilets and hand wash stations.

The aid stations are located approximately every 10-12 miles (some longer if mainly downhill) and will have bananas, oranges and water. Some stations also have cookies, peanut butter 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 14 official aid stations along all the routes for El Tour de Tucson. There are 11 aid stations on the 102-mile route, 8 stations on the 63-mile route, 5 stations on the 32-mile route and 2 stations for the Fun Rides. The last aid station for all routes is located at the Start/Finish Line near the Tucson Convention Center on Church Avenue north of Cushing Street.

**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 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.**

1. Christ Community Church
2. The Pueblo Optimist Club
3. Tucson Army Recruiting Company
4. BSA Troop 739
5. Body Central
6. Town of Sahuarita
7. Green Valley
8. Marana Rotary
9. Cemex
10. Girl Scout Troop 9939
11. Natural Grocers
12. Rotary District 5500
13. Stretch Lab (Finish Line)
14. AAA (Fun Ride)



*El Tour de Tucson partnered  
with great organizations to give*

**550 NEW BIKES**

*Helmets, Locks & El Tour Entry  
to Tucson kids in need!*



*Bikes for Change*



**THANK YOU!**

CANYON RANCH.



**PACE**  
ranch



# CREST INSURANCE 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 18, 2022 (5pm-6pm)**  
Tucson Convention Center in the North Meeting Rooms

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.



# 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**  
ARIZONA

*You're gonna love it here!*



# HSL PROPERTIES VIP EXPERIENCE/SPONSOR ZONE

If you registered for the **HSL VIP Experience**, start your morning off with a cup of hot coffee, pastries and bars in the **HSL VIP Experience/Sponsor Zone**. The Zone will open at 5:30 am prior to the 102-Mile ride start in the Plaza of the Tucson Convention Center.

After your ride, enjoy complimentary food, beverages and beer and re-live your ride with family and friends! Delicious food prepared by the Monica.



the monica  
tucson.com

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 19, 2022

5:30am – 6:00pm



# TIMING

On Your Left Timing is the official timing company for El Tour de Tucson. We have both gun time and chip timing, that is, your clock starts when your timing chip crosses the start line until you cross the finish line. **The gun time, first across the finish line, will be awarded the top places for all divisions and not chip time.**

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.

# RESULTS

- Unofficial results will be streaming live online at: <https://bikesignup.com/etdt/Results>
- Results can be accessed on your mobile device
- Results become official on December 4.



# ROUTE TRAFFIC CONTROL

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!

Stay to the right of traffic cones unless directed otherwise.

# 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.





# EL TOUR DE TUCSON

## *Casual Collection*

Available at the Nova Home Loans Expo & Fiesta  
In the Registration/Merchandise Area at the TCC

EL TOUR DE  
TUCSON



# 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.



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Heavy Equipment Operators

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Engineers and More!



# 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

## 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.

Banner|Aetna is proud to support the 2022 El Tour de Tucson

Banner|Aetna is the brand name used for products and services provided by Banner Health and Aetna Health Insurance Company and Banner Health and Aetna Health Plan Inc.

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## 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 CO<sub>2</sub>, still carry a pump, as you may use up all your CO<sub>2</sub>), **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).
- 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.



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## 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.



peopleforbikes  
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## 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 cattleguards 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.



# EL TOUR RIDE DAY RADIO SHOW



Tune in to **ESPN Tucson** 1490 AM / 104.9 FM for LIVE up-to-the-minute coverage of the ride on Saturday, November 19th from 7:00-11:30 am

Fair Wheel Bikes' Ralph Philips and TV personality Allen "Big Al" Kath are reporting on all the action directly from the Subaru 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.

**TUCSON SUBARU**



ARIZONA  
**LOTUS**  
CORP.



# 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).



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**PROUD SUPPORTER OF EL TOUR DE TUCSON**

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NEW Location NOW OPEN in Oro Valley!

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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 63-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. (There are medical exceptions)
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.

**PNC Bank is proud  
to support one of the  
premier bicycling  
events in the country-  
the 39th El Tour de  
Tucson!**



Thank you for generously supporting Tucson's nonprofits and charitable organizations. To all of the cyclists — enjoy the ride and be safe on the road.

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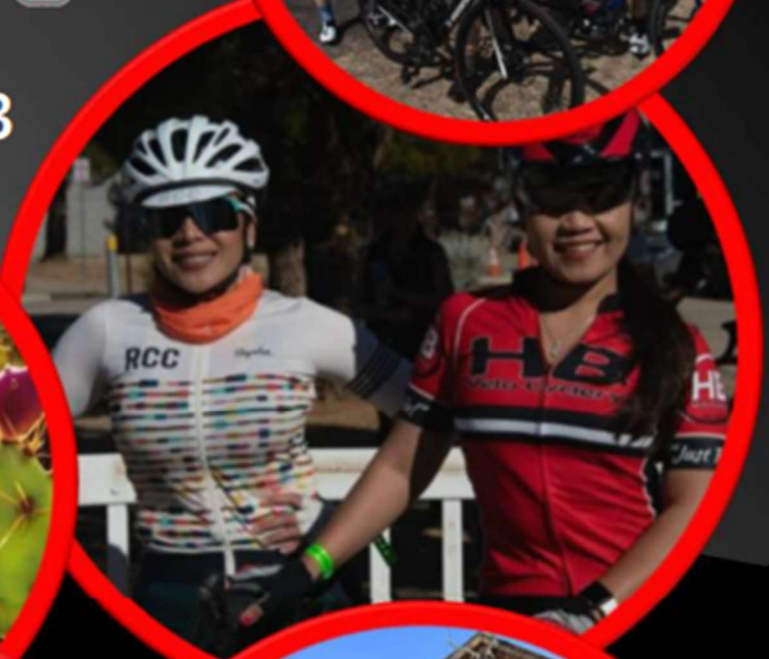
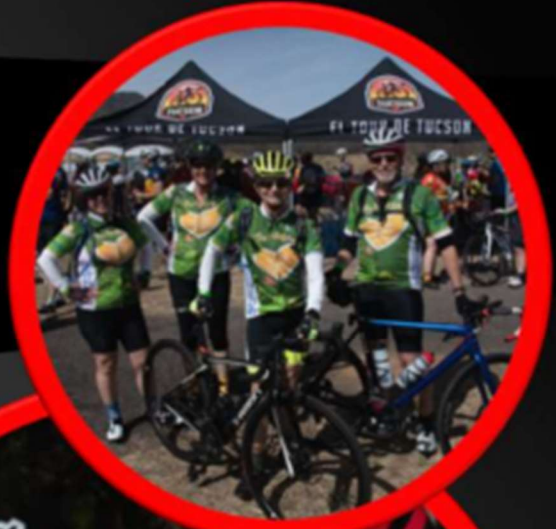
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# Arizona's Multi-Day Bike Tour & Festival

## EL★TOUR★DE ZONA

March 23-26, 2023



[ELTOURDEZONA.ORG](http://ELTOURDEZONA.ORG)

**3-DAYS/3-NIGHTS RIDING/CAMPING/FUN**  
**SIERRA VISTA/BISBEE/TOMBSTONE, ARIZONA**

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 **520-745-2033**. 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](mailto: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! Thanks to Vantage West Credit Union for Sponsoring the Volunteer T-shirts!



# 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 39th 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 50 nonprofits throughout the year. El Tour de Tucson enables nonprofit, charitable agencies to raise funds for their respective organizations.

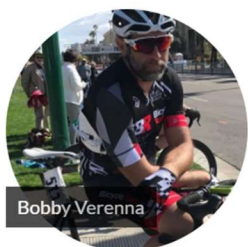
In 2019, we reached a significant milestone in being the facilitator for helping charities raise over \$100 million through Perimeter's 37 years of charity work. Last year, charities raised nearly \$5 million, moving the overall total to \$105 million since El Tour started in 1983.

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 280,000 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.

## Board of Directors



Lee Walker



Bobby Verenna



Shawna Ruboyianes



Amy Orchard



Steve Morganstern



Pat Lopez



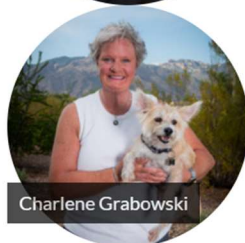
Dr. Sam Keim



Troy Jacobson



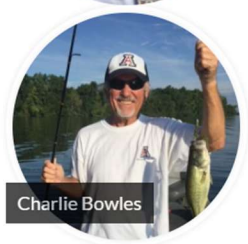
Andy Guerrero



Charlene Grabowski



John Cole



Charlie Bowles



Damion Alexander



There's a reason why Tucson is one of the most water-resilient cities in the Southwest. You made it happen by embracing the lifestyle of a responsible desert dweller.

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Learn how: [DesertDweller.tucsonaz.gov](http://DesertDweller.tucsonaz.gov)



CITY OF  
**TUCSON**



**TUCSON  
WATER**

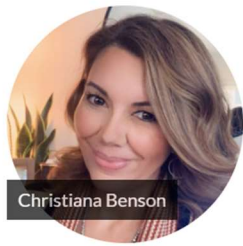
**TUCSON WATER  
RUNS  
DEEP.**



# PERIMETER BICYCLING ASSOCIATION STAFF



TJ Juskiewicz



Christiana Benson



Jessica Davis



Steve Rivera



Tim Escobedo

## Perimeter Staff

- TJ Juskiewicz, Executive Director
- Christiana Benson, Director of Business Development
- Tim Escobedo, Route Director
- Jessica Davis, Event Director (Vendors, Non-Profits, Aid Stations, Volunteers)
- Steve Rivera, Media & Public Relations Director

## Perimeter Support Team

- Yvonne Perez, Volunteer Coordinator
- Scott Garner, Registration Coordinator
- Craig Cooper, Merchandise Coordinator
- Noe Gamaz, Event Logistics Coordinator
- Bill Sarnack, Greg Yares & Nate Fontaine, Bike Patrol Coordinators
- Bradley Bittorf & Lara Cain, SAG Coordinators
- Cary Fishman, Communications Coordinator

## Office

2609 East Broadway, Tucson, AZ 85716

## Event Hotline:

520-745-2033





# WE WILL SEE YOU IN TUCSON!

