



Thank you for registering for *Ride the Parkway!*

Sunday, September 10, 2017

We look forward to a fun day of riding and socializing to support the American River Parkway Foundation.

Rider instructions for September 10th – please read carefully!

The Start

Check-in and day-of registration will be held from 7-9am on Sunday, September 10th at William B. Pond Recreation Area. Riders will receive their t-shirt, a wrist band for the BBQ, and a raffle ticket upon check-in, and may be required to sign a waiver. Coffee, donuts and bagels will be provided at the start.

Start your ride as soon as you check in. Your desired route will determine your check-in time*:

- Roadie (26+ miles) – Check-in starting at 7am
- Fixie/Single-Speed (12 miles) – Check-in starting at 8am
- Cruiser (5 miles) – Check-in starting at 9am

**Check-in times are suggested. You may start your ride anytime between 7-9am, regardless of route.*

Parking: Display your annual Sacramento County Parks Pass or bring \$5 for a day pass.

Unfortunately, due to a recent change in Sacramento County Parks permit restrictions, we are unable to offer a complimentary parking pass. We sincerely apologize for the inconvenience and for any confusion this policy change may have caused. If no ranger is present to collect your fee at the entry kiosk, please pay at the electronic pay station on your left just past the entry kiosk.

The ride starts and finishes at the Cottonwood Picnic Site within William B. Pond Recreation Area ([map](#)). Upon entering the park, proceed down the road to the first large parking lot on your left. You will see a shade structure near the bathrooms with a registration table. If the parking lot is full, you may park anywhere within the park and walk to the start.

The Ride

[Click here for a map of all routes and rest stops.](#)

Routes: We have 3 suggested routes and start times. Please review route maps as all routes are self-guided. Map handouts will be available at check-in. Distances are approximate; **you DO NOT need to notify us if you decide to switch routes.**

- Roadie (7am Start) – 26+ miles; ride downstream & turn around at Discovery Park, upstream & turn around at Hazel Ave, or combine both routes for a longer ride.**
- Fixie/Single-Speed (8am Start) – 12 miles; ride downstream and loop around at Guy West Bridge
- Cruiser (9am Start) – 5 miles; ride upstream & turn around at Hagan Park

****Roadie Route Riders may continue into the Folsom section of the bike trail past Hazel Ave; however due to the rock slide on the north side of Lake Natoma, this section is not recommended for those not familiar with the trail. Crossing city streets is required to access the trail all the way up to Beal's Point.**

Rest Stops: We will have 3 rest stops set up along the trail with refreshments and nutrition. Be sure to thank our volunteers!

- Discovery Park – Open 7:30-10:30am
- Guy West Bridge – Open 8-11:30am
- Hazel Ave – Open 8:30am-12pm

Safety: SAG support will be available at Guy West Bridge from Peak Adventures and at Hazel Ave from Atown Bikes. However, there is no SAG support along the bike trail, so carry a spare tube and patch kit with you. Please be sure to follow Parkway safety rules while on the trail: Wear a helmet, pass on the left and give an audible signal when passing, ride in single file, and watch your speed (the Parkway has a 15 MPH speed limit). Most importantly, have fun!

The Party

The BBQ starts at 11am and goes until 1:30 pm, so **plan your ride accordingly**. Bring a blanket and/or lawn chairs and enjoy a delicious BBQ lunch catered by **O'Connor's Wood Fire Grill**. Plus, cool off with a freeze from **Hagen's Orange Freeze**. A special thank you to our beverage sponsors **River City Brewing Co., Crooked Lane Brewing, New Belgium Brewing, Two Rivers Cider Co.** and **Barefoot Wine**. Only riders with the designated "over 21" wrist band will be served beer/wine. Additional non-alcoholic beverages will be available.

Team Competition: At 12:45pm, we will announce the winners of the team competition! A prize will be awarded for the team that brings out the most Parkway supporters. Team photos will be taken after the announcement.

Prize Drawing: We will hold our prize drawing at 1pm. You receive one ticket with your registration, but additional tickets will be available for purchase until 1pm. Enter for your chance to win a New Belgium Fat Tire Cruiser, a \$100 Paragary Restaurant Group gift card, a Sacramento County Parks Pass, and more! **Must be present to win.**

We look forward to seeing everyone on September 10th!

Proceeds from Ride the Parkway benefit the American River Parkway Foundation's Invasive Plant Management Program, aimed at removing plants such as yellow star thistle, red sesbania and broom. Removing invasive plants helps us to increase recreational access to trails and waterways, reduce fire fuels along the Parkway, and improve the biodiversity of native plants and animals.

If you have any questions please call ARPF @ (916) 486-2773, or for day-of questions call (916) 835-5928.

Directions:

From the west: Take Highway 80 East into Sacramento and follow the signs to Highway 50 East (South Lake Tahoe/Placerville).

From the east: Take Highway 50 West (Sacramento).

Take **Highway 50** to the **Watt Avenue exit**. Take **Watt Avenue North**. Turn right at the first stoplight, **Fair Oaks Blvd**. Take Fair Oaks Blvd. about 2.5 miles to **Arden Way**. Turn right onto Arden Way, which enters the **William B. Pond Recreation Area**.

If you use an internet mapping program, an address of 5700 Arden Way, Carmichael, CA 95608 will get you to the entrance of William B. Pond Recreation Area.