



2019 Pamper Pedal Rider Information Sheet

Thank you for registering for the 2019 Pamper Pedal! Please review the information below and we look forward to seeing you on Friday, May 31st for the pre event Wine & Cheese Social and Saturday, June 1st for the ride! If you have any questions please contact Caroline Casey at 760.914.0301 or eastsideveloinfo@gmail.com

Your 2019 Entry Includes:

- 2019 Eastside Velo Membership (\$40 Value)
- Pamper Pedal Rider Wristband
- Signature Tonik "Biker Girl Soft Cooler"
- Footloose Sports Premium Water Bottle
- Chamois Butter
- Clif Bar Products
- Friday Night Raffle Ticket
- Saturday Pool Raffle Ticket
- Complimentary Apps/Wine or Beer at Friday Evening Social
- Three On Course Aid Stations (Eastside Bakery, Top of Swall Meadows, Round Valley School)
- Post Ride Party with Food Truck (The Rolling Chef) & Swimming at Bishop City Pool
- On Course SAG Support
- Pay by the Minute Massage by Michelle Mather
- Special Pre Event Rides (Check ESV Calendar) and Social (May 23rd Women's Night)

Schedule of Events

Thursday, May 23rd, 2019: Women's Night

Location: Footloose Sports (3043 Main Street, Mammoth Lakes, CA 93546)

Time: 5:30pm-7:30pm

Events/Happenings: Footloose Sports welcomes the women of the Eastern Sierra to kick-off their cycling season with this "don't miss" event including: exclusive shop discounts, ebike demos, apps, wine, beer, raffles, and "Ask Your Bike Tech A Question" session. Drop in anytime and stay as long or short as you wish. Special thanks to Footloose Sports for hosting this free and great event!

WOMEN'S BIKE NIGHT



A fun, free evening to socialize with your fellow female cyclists in the Eastern Sierra.

Includes:

Complimentary Wine & Cheese Reception

Great Raffle Items

In Store Discounts

Open Format - Ask Your Bike Tech A Question

Free eBike Tours

- Free eBike Use

- Street Attire & Sneakers!

- 5:45pm & 6:15pm Tours



FREE

Thursday, May 23, 2019
4:30 - 7:30pm
Footloose Sports

www.eastsidevelo.org | eastsideveloinfo@gmail.com | 760-914-0301

Friday, May 31st, 2019: Pre Ride Wine & Cheese Social

Location: Footloose Sports (3043 Main Street, Mammoth Lakes, CA 93546)

Time: 5:00pm-7:00pm (Raffle & Rider Info @ 6:30pm)

Events/Happenings: Please join us for a fun wine and cheese social + rider briefing at Footloose Sports! On Friday, all riders are encouraged to come to Footloose Sports for goodie bag pick-up, on-site registration (if not already registered), complimentary apps, and glass of wine or beer courtesy of the event. We will also do a few fun raffle prizes that evening and there will be a rider briefing reviewing the course and safety messaging at 6:30pm. If you pre ordered a jersey and/or bibs, they will be waiting for you for pick-up from VR7 Cycling apparel!

Exclusive Pamper Pedal Dining Specials in Mammoth Lakes, CA on May 31st (Show Wristband):

Bleu: 10% Off Salad Bar (Dine In or Takeout)

Roberto's: Happy Hour Margarita Pricing

Saturday, June 1st, 2019

Location: Footloose Sports (3043 Main Street, Mammoth Lakes, CA 93546)

Timeline:

7:30am-8:15am: Day Of/Last Minute Registration at Footloose Sports

8:15am: Group Photo & Rider Safety Briefing

8:30am: Start with MLPD Lead Out

11:00am-3:00pm: Post Ride Party at Bishop City Pool

2:00pm: Raffle

3:00pm: Bus Departs for Mammoth

Ride Details

Ride Theme: Wildflowers

What to Bring:

- Properly Tuned/Functioned Bicycle
- Helmet
- Sunglasses/Eyewear
- Bike Clothing Appropriate for the Weather – Dressing to the Theme Highly Encouraged!
- Saddle Bag Containing – Tube, Tire Levers, Co2 and/or Pump
- Two Water Bottles Filled
- Energy Bar/Gels/Snacks As Needed (Note there will also be Four Rest Stops)
- Cell Phone
- Photo ID
- Sunscreen
- Extra Backpack with Clothing to Change Into at Bishop City Pool (Attach Name to Bag) Including Swimsuit/Towel/Extra Sunscreen/Flip Flops!

Friends/Family Options: We love family and friends and we want them to be able to celebrate your great accomplishments! Entry to our private pool party is \$10 and includes use of the pool and the changing/showers. You may purchase this ticket in advance via the registration platform, or on site at Footloose Sports on Friday or at the pool!

Parking: We suggest that you park in the Rite Aid/old Bank of America side of the parking lot near Footloose to keep spaces open for their customers.

Bag Drop: You will see a designated vehicle with “Bag Drop” signage in the parking lot at Footloose Sports! Please feel free to drop a bag in the vehicle prior to the ride and it will be transported to the Bishop City Pool for you.

Transportation: Participants may purchase the “bus ride back” as part of their entry. Space is limited. The bus will depart the Bishop City Pool at **3:00pm** and return to the Footloose Parking Lot in Mammoth Lakes, CA


Course Markings/Wayfinding: All participants will receive a laminated “cue sheet”. Please bring this with you. All turns will be marked with pinwheels! Look for the pinwheels along the course to guide you.

Rest Stops: There are three rest stops along the 48 mile ride course to keep you fully fueled! Each rest stop will have a range of hydrating beverages and food. If you have any specific dietary needs, we suggest you carry your own food!

Bathrooms: Bathrooms are available at the Start (Footloose Sports), Eastside Bake Shop, Crowley Lake Park, Tom's Place Restaurant, Millpond Park, and at the Finish at Bishop City Pool.

Post Ride Party: The post ride party will take place at Bishop City Pool! The Bishop City Pool is located off N. Main Street in Bishop across from Creekside Inn. Riders will enter the park via E. Yaney Street/Bruce Street for safety. You will be greeted by volunteers who will help you with your bike as well as hand you a nice cold towel!

New this year! We are bringing in a food truck! The Rolling Chef will be posted up for us at the Bishop City Pool and will be providing food! When you check-in at the pool, you will receive a meal ticket that you will redeem at the truck. Menu is below! Friends and Family may purchase food at the truck as well!



PAMPER PEDAL PARTICIPANTS USE TICKET TO REDEEM
CHOICE OF ONE BELOW (INCLUDES DRINK)

LUNCH MENU

BY THE ROLLING CHEF 395 FOOD TRUCK

<h3>CUBANITO BOWL</h3> <p>WHOLE BLACK BEANS, JASMINE WHITE RICE, CUBAN MARINATED TOFU, QUESO FRITO, LETTUCE, PICO DE GALLO & AVO SPREAD</p>	<h3>TALLARINE SALTADO</h3> <p>STIR FRY NOODLES TOSSED WITH RED ONIONS, TOMATOES, CHIVES AND OUR SPECIAL STIR FRY SAUCE. YOUR CHOICE OF SEASONED WOK-CHICKEN OR WOK-STEAK.</p>
<h3>GREEN ENSALADA</h3> <p>MIX OF GREENS, BABY TOMATOES, RED ONIONS AND YOUR CHOICE OF CUBAN MARINATED STEAK OR CUBAN MARINATED CHICKEN.</p>	<h3>OUR SAUCES</h3> <p>CHIMICHURRI: HERBS, GARLIC, RED WINE VINEGAR AND SPICES. AJI VERDE: JALAPENOS PEPPERS, PARSLEY, OLIVE OIL AND SPICES. AJI DE HABANERO: HABANERO PEPPERS, GARLIC, OLIVE OIL AND SPICES.</p>

We will also have some light apps, Dessert and wonderful cold non-alcoholic beverages (please no alcohol or glass in pool area)!

Swimming: We have our own private pool this year complete with a water slide and diving board from 11:00am-3:00pm! Please bring a bathing suit and towel so that you can enjoy the pool and cool off from your ride!

Massage: Pay by the Minute Massage will be provided by Michelle Mather at the Bishop City Pool!

SAG: SAG stands for Support and Gear! Footloose Sports and VR7 will be the SAG vehicles for the event and will follow the last rider. They are there to help with any mechanical issues! Feel free to flag them down if you need assistance. You can also check-in and ask for help from the many “Man Slaves” along the route!

Additional Jerseys & Shorts/Bibs: If you didn’t get a chance to order the exclusive and beautiful jersey and/or shorts, you will have plenty of opportunity to do so on Friday at the Wine & Cheese Social with Owner of VR7 Cycling Apparel (Bryan Staub) or on Saturday at the Bishop City Pool!

About The Route: The route is 48 miles long (see below for cue sheet and map link). **Note: Due to Road Damage on North Round Valley Road, the Route Will Go Up Pine Creek Road.** It is mainly downhill and a very enjoyable ride with little traffic. We do expect all riders to obey the rules of the road! It takes most riders around 3.5 hours to four hours to arrive in Bishop.

Pamper Pedal Route (48 Miles)

Leg	Dir	Type	Notes	Total
	→	Right	Turn right onto Main St (signs for US-395)	0.2
2.7	↑	Straight	Take the US-395 S ramp	3.0
0.3	↑	Straight	Merge onto US-395 S	3.3
6.9	→	Right	Turn right onto Crowley Lake Dr	10.2
8.3	←	Left	Turn left onto Rock Creek Rd	18.5
1.1	→	Right	Turn right onto Lower Rock Creek Rd/Old Sherwin Grade Rd	19.5
13.0	→	Right	Turn right onto Pine Creek Rd	32.5
1.6	←	Left	Turn left onto N Round Valley Rd	34.2
6.2	→	Right	Turn right onto Sawmill Rd	40.4
1.7	→	Right	Turn right onto Ed Powers Rd	42.1
1.1	←	Left	Turn left onto Red Hill Rd	43.2
4.2	←	Left	Turn left onto Home St	47.4
0.6	→	Right	Turn right onto W Yaney St	48.0
0.6	→	Right	Turn right onto Spruce St	48.6
0.1	→	Right	Turn right onto Bruce St	48.7

Downloadable Version: <https://ridewithgps.com/routes/26736530>