

TERRIBLE TWO RIDER GUIDE FOR 2023 for 200K and Super Century Riders

Just over a week until the event. Right now they are predicting mild weather for June 17 – fingers crossed!

See information below and on the event website: <http://www.terribletwodouble.com>

Much of the information below can be found on the FAQ page.

PACKET PICKUP

- Check-in and packet picket is available on Friday night (June 16th) from 4-7 PM at [Hopmonk Brewery](#) in Sebastopol.
- If you plan to check in on Saturday morning, please arrive AT LEAST 30 minutes before your start time. Packet pickup will be available starting at 4:30 AM on the day of the event for the 200 mile riders. All other riders, packet pickup starts on Saturday will start at 6:30 AM. We will have some breakfast items and coffee at the start.

START/FINISH LOCATION AND PARKING

- The Start/Finish is at a NEW location, [Sebastopol Center for the Arts](#) located at 282 S High St, Sebastopol.
- There are limited parking spots available at the facility, but public parking is available across the street and on nearby surface streets. See diagram below – there will be parking monitors there to direct you.
- Be careful NOT to park in any areas marked as 2 hour parking – you may be fined or towed.
- Please carpool if possible.



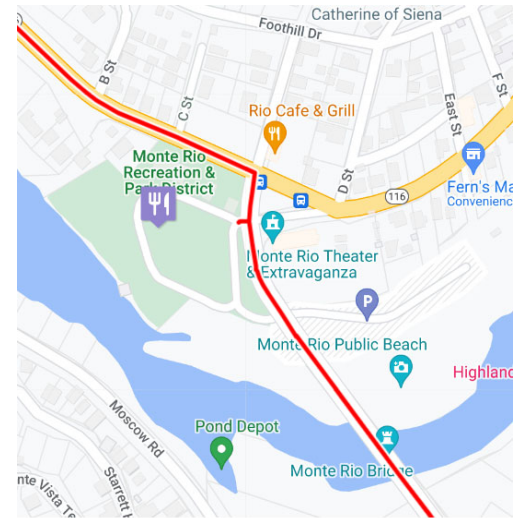
START TIMES

- The Terrific Two (200K) riders will start at 7:30 AM
- The Tremendous SuperCentury riders will start at 8 AM
- If you want to switch your route, we need to know by noon on Tuesday 6/13 to set up the bibs and starting lists. Email: ridedirector@srcc.com.
- Again, please arrive at least 30 minutes prior to your start time.

ROUTES

There have been some route changes this year:

- The Geysers is an up-and-back (on the SuperCentury route).
- The rest stop in Monte Rio will now be located at the Monte Rio Recreation Park District – before you cross the bridge – see map.



The route maps can be found here:

https://ridewithgps.com/auto_approve/Event/205521/cams6JfnPEevxE82

(note this link is to the RwGPS “event” – this may not open in the mobile app but will on a desktop/computer – once you open this link and join the event on a computer, it will appear under “My Events” on your RwGPS mobile app)

Otherwise, individual routes are here:

- 200 mile: <https://ridewithgps.com/routes/39921822>
- 200K: <https://ridewithgps.com/routes/38766087>
- SuperCentury: <https://ridewithgps.com/routes/39921641>

The route will NOT be marked. **Please study the route.** Printed route slips will be provided but GPS navigation devices (e.g., Garmin, Wahoo) need to be utilized.

TIMING

We will be recording your starting/ending times at start/finish. You must start at your assigned time and verify that your time is recorded at the finish. We also record arrival times at Warm Springs Dam (see cutoff time info below), providing one more datapoint. **ALL RIDERS STOP AT WARM SPRINGS DAM. Bib/Number “MUST” be worn and visible during the ride.**

CUTOFF TIMES (these mostly apply to the 200 mile riders or the 200K, not the SuperCentury)
The following cutoff times will be strictly enforced, lunch stop 2:00 PM, Ft Ross at 8:00 PM, and Monte Rio at 10:00 PM. Riders are required to check in at Warm Springs Dam. **If you do not continue beyond WSD, you must still check in.** Riders arriving at WSD after 2 PM will be required to take the “bailout” route, unless you cannot continue safely. A local rider (or two) will be on hand to guide you back to the start and we will have SAGs available. Our cut-off times are based on years of observation of the successes and failures of riders.

The course will start being cleared at 10:00 PM - after 10PM, support on the road will be minimal
If you abandon the TT for any reason, you must let us know – please text the ride director at 707-953-8192 or NET Control 707-217-5519. We will call your home or emergency contact number at a very late hour if we are unable to determine your whereabouts. For your safety we need to know that you either finished or left in reasonably good condition.

LIGHTS AND DROP BAGS

Sunrise 5:46 AM: The ride is scheduled for the Saturday nearest the longest day of the year.

Sunset 8:37 PM: Daylight decreases around 8 PM and darkness sets around 9:00 PM, with close to a full moon. **We advise riders to bring front and rear lights even if just for road safety.**

We will provide a drop bag service that will take items to the Warm Springs Dam rest stop. If you have special dietary items, you can send them forward in a drop bag at the start. We can collect drop bags at Warm Springs Dam to take items back to the finish, but keep in mind that you will need warmer layers and your lights when you hit the coast, so it is not advisable to drop those. We will not have drop bag service elsewhere as those would not make it back to start/finish before you do.

WEATHER

The forecast right now looks very favorable, with highs in only the 80s in Cloverdale, although the forecast could change, so keep an eye on it. It will be at least 20 degrees cooler (in the 50s) in the morning and evening, so plan to have layers, especially when you hit the coast after Skaggs Springs or get to Monte Rio. Even in mild conditions, the heat on Geysers and Skaggs can be extreme – one reason we have the strict cutoff – you don't want to climb Skaggs in the hottest part of the afternoon.

SUPPORT AND SAGs

We will provide some light breakfast items at the start, several fixed aid stations, traditional SAGs, and roaming vehicles with water on the Skaggs/Rancheria climb. There will be no rest stop between the start and Geysers for the SuperCentury riders, but we will have SAGs on the road with water/snacks and possibly stationed at Alexander Valley School. We offer Hammer Nutrition products and a variety of snack items. At the lunch stop (Rancheria for the 200K and Warm Springs Dam for the SuperCentury), you will get a sandwich, snacks, and drinks. If you have special dietary needs, please carry those specific items with you.

If you need a SAG to pick you up and bring you back to the start, you may need to ride with them for a while as they need to stay on the course. Emergency and SAG/support phone numbers will be provided in your packet.

PRIVATE SAGS ARE PROHIBITED

If you have a spouse or friend who serves as a private SAG for you at other events, we can add them to our SAG fleet, but they must work for all riders. If you wish to provide this, email ridedirector@srcc.com.

ROAD CONDITIONS

Sonoma County roads may be scenic, but they are also often in poor condition. Always leave a little margin for the unexpected, and leave yourself good sight lines for spotting road hazards. Especially watch the Geysers as well as the section on Skaggs from Rancheria to the coast. Also, there is only one lane on the second bridge in Monte Rio.

FINISH

A dinner will be served at the finish: burritos, salad, chips and guac, fruit, and something sweet. Drinks will be water, sodas, V8 chocolate milk, etc. And this year we will have beer!

JERSEYS, MERCHANDISE

T-shirts and hats will be distributed to purchasers and we will have a few extras for sale.

MORE INFORMATION FOR RIDERS

- Riders must wear their official bib number and it must be visible. Failure to do so will result in disqualification.
- Helmets are mandatory.
- Ear buds are prohibited.
- Two water bottles are highly recommended.
- Riders who drop out must notify course officials in person or call in. Don't make us look for you all night!

Sonoma County's rural and coastal roads are very popular with cyclists. You may only visit here once or twice a year, but the residents along our route have cyclists--in large groups and small--passing their homes and farms and wineries every day. You can help us preserve friendly relations with our neighbors by being a good ambassador for cycling when you ride here. Our use of this route in the future may depend on your good cycling behavior now. Thank you for your cooperation!

- This is not a race! We repeat... this is NOT a race.
- Obey all traffic laws.
- Ride single-file as much as possible.
- Stop and pull off the road for all emergency vehicles.
- If you must ride double at times, be vigilant for overtaking vehicles (including faster cyclists) and single up promptly.
- Please be courteous and friendly with all motorists and residents that you encounter. They are our neighbors.
- Participants are required to follow California Vehicle Code (CVC) regulations.
- A few seconds off your time does not justify the risk of an accident or the loss of our good public relations within this community. It is essential that all participants exercise restraint and simple common sense, especially in the first few miles, while the field is still bunched up.

We reserve the right to pull riders for flagrant traffic violations or for their own safety where they appear too debilitated to function responsibly/safely. **YOU MUST FOLLOW THE CALIFORNIA VEHICLE CODE** (i.e., stop at stop signs/lights, single up to allow cars to pass, etc.). Not doing so threatens our ability to continue to hold this and other cycling events in Sonoma County.%