

INSTRUCTION

for the Ride on Labor Day, Monday, July 4th, 2011



- 1) The ride will begin at **9:00 AM**. Please gather prior to that in the grassy area under the trees north of the Belmont Plaza Swimming Pool at Bennett & Ocean Blvd. In Long Beach (Belmont Shore) From the start, the ride will proceed west along the bike path to the Los Angeles River bike path and proceed north to De Forest Park where we'll exit for lunch and fellowship before returning.
- 2) Prior to the ride, gather **sponsorships** from folks willing to make a contribution to your organization/congregation and the SCIC. (50/50) If you wish for it all to be donated to the SCIC, have sponsors make out checks directly to the South Coast Interfaith Council.
- 3) If you're having people donate half to your organization/congregation, have the funds made payable there. Send a check for 50% of proceeds to the SCIC after the ride at: **South Coast Interfaith Council, 759 Linden Ave., Long Beach, Ca. 90813** and designate it for the '11 "Bike-A-Thon."
- 4) If others are riding with you, please have them sign the **"Waiver and Release"** form prior to the event and give it to the registrar on Labor Day.
- 5) The length of the **ride round-trip is approximately 25 miles**. If anyone wishes to ride a shorter distance, the following entry points are suggested:
 - a) 4.6 miles from the start at Golden Shore Nature Reserve (city parking)
 - b) 5.6 miles from the start at Chester Pl./Fairbanks (street parking)
 - c) 6.6 miles from the start at Pacific Coast Hwy. (street parking or Goodwill lot)
 - d) 7.5 miles from the start at 25th/DeForest Ave. (street parking)
 - e) 8.6 miles from the start at 34th/DeForest Ave. (street parking)
 - f) 10.5 miles from the start at Del Amo Blvd/DeForest Ave. (street parking)
 - g) 12.5 miles from the start DeForest/E. Poppy St. (DeForest Park)
- 6) We will gather for lunch at De Forest Park for lunch and fellowship before returning to the starting point and finishing the ride.

Thanks for participating. If you have any questions, please contact Richard Brehove at (310) 325-7289 or by email at Richard@unitybike.org.

Sponsored by the South Coast Interfaith Council
759 Linden Ave., Long Beach, Ca. 90813

