

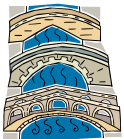
Level 2 Training Ride - The Village to Venice Beach - Approx. 25 miles

Ride Leaders: The Chain Gang & Shifting Gears

Mile		
Start		The Village 1125 McCadden Place, Hollywood
0.0	R	McCadden
0.1	R	Santa Monica
0.1	L	Highland
1.0	R	Oakwood
1.7	L	Martel - becomes Hauser
4.2	R	Venice - ride all the way to the beach

12.2 **PIT STOP @ Venice Beach**
Plenty of food & drink places to choose from.

Return up S. Venice Blvd



Stop and check out the **Venice Canal**.
On your right just past Pacific (the first traffic light after the pit stop)

20.2 **L** Hauser - becomes Martel

22.7 **R** Oakwood

22.8 **L** Mansfield

Immediate R Rosewood

22.9 **L** Highland. Go past Santa Monica to:

24.0 **R** Lexington

24.2 **R** McCadden

Finished!

Enjoy the Swap Meet!



What to bring on the AIDS Ride...

mostly packed in 2 gallon zip-lock bags

Bike

- Your Bike
- Your Helmet & helmet decorations
- Pump
- Water Bottles/Camelbak
- Fanny Pack / Seat Bag / Handle Bar Bag with:
 - Patch Kit
 - Spare Tubes
 - Tire Irons
 - Allen Key Wrenches
 - Camera & Film (write your name and rider number on all rolls and camera and put it in a ziplock bag!)
 - Credit Card
 - Money
 - Photo ID
 - Medical Insurance Card
 - SPF 15+ Lip Balm
 - SPF 15+ Sunscreen (small bottle for day reapplication)
 - Plastic Shower cap
 - List of Emergency Contacts

Bike Clothes

- Gloves (preferably 2 pairs)
- Jerseys (preferably 3 or more) & arm warmers
- Shoes
- Shorts (preferably 3 or more) & leg warmers
- Socks (a pair for each day)
- Rain/Wind Jacket
- Sunglasses
- Sweatband / Bandanas
- Purell Waterless Hand Sanitizer (for use at Pit Stops)

Toiletries

- Camp Towel (swim chamois or a camping fleece towel)
- Butt Balm / Chamois Butter
- Sunscreen (SPF 15+)
- Lip Balm (with sunscreen SPF 15+!!)
- Toothbrush & Toothpaste
- Deodorant
- Moisturizer
- Mouthwash
- Nail Clippers / Nail File / Nail Brush
- Razor & Shaving Cream
- Tampons / Sanitary Pads
- Shampoo
- Small Mirror
- Hairbrush / Comb & Hair Ties
- Soap
- Condoms etc.

First Aid Supplies

- Special Prescription Medication
- Painkillers (avoid aspirin – ibuprofen is preferable)
- Antacid
- Flexall / Bengay
- Band-Aids
- Insect Repellent

Misc.

- Watch
- Journal & Pens
- Extra 2 Gallon Zip Lock Plastic Bags
- Large Plastic Trash Bags (to protect bag from dew)
- String, Clothes Pegs & Hangers
- Cell Phone with extra batteries
- Colorful tie to identify your gear bag