

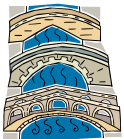
# Level 2 Training Ride - The Village to Venice Beach - Approx. 25 miles

## Ride Leaders: The Chain Gang & Shifting Gears

Mile		
Start		The Village 1125 McCadden Place, Hollywood
0.0	<b>R</b>	McCadden
0.1	<b>R</b>	Santa Monica
0.1	<b>L</b>	Highland
1.0	<b>R</b>	Oakwood
1.7	<b>L</b>	Martel - becomes Hauser
4.2	<b>R</b>	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