

UNITY TOUR OVERNIGHT TRAINING RIDE

April 8th & 9th, 2017 – Saturday & Sunday

Rain or Shine

This is a 2-day Pre-Ride. On April 8 & 9th, 2017, we will meet at Devonshire Station at 0700 hours. We will ride to the city of Ventura, to The Country Inn & Suites. This is approximately 85 miles. The next morning (April 9th) we will get breakfast at the Country Inn & Suites and ride approximately 85 miles back to Devonshire Station. We will ride in one group at a pace that mirrors the Unity Tour (approximately 15 mph average). Some of the terrain is hilly and at times challenging but everyone always makes it. This training ride is a good gauge of your fitness level and will help determine how to train for the final weeks leading to the Tour. We are hoping for a 100% turn out so you can get to know each other, become use to riding together in a group and helping each other work through the ride. If you feel you aren't ready yet, come anyway, WE WON'T LEAVE YOU BEHIND. There is full support for the riders to help. If you feel that you are ready and don't need the ride, come and help others. Please remember, this is the UNITY TOUR and we are one. All support members should attend as well. We will provide lunch and snacks, drinks/water at the rest stop.

How to Make Hotel Reservations:

You will need to contact the hotel directly and register under **Group Code: "0417POLICE"** Reservations must be made to guarantee the room rate around \$95.00 plus tax, (single or double, Manager's reception-beer wine soda and light snacks on Saturday night and breakfast on Sunday). If you choose to split the room cost with a roommate, etc., you must make the arrangements yourselves. If your roommate is a member of the chapter, rider/support please provide their name when making the reservation so we know how many are coming. Spouses/others are welcome to join us at the hotel for the evening and dinner.

The Country Inn & Suites

298 South Chestnut St.

Ventura, CA 93001

Phone # (805) 653-1434

Group Code: "0313POLICE"

WHAT TO BRING:

- A day bag with:

Rain Gear

Personal Snacks / Drink mix

Jacket & warm riding clothes

Sunscreen

- Overnight bag for the hotel
- Helmet, gloves, & glasses
- Cycling shoes, shorts and jerseys
- Bike: lubed, tuned & ready to ride
- Extra tubes
- Money for dinner, & misc.
- 2 cycling water bottles

TRAINING BEGINS NOW!!! DON'T BE LEFT BEHIND!!!