

# LEAGUE OVERNIGHT RIDING CAMP

## CHECK LIST OF THINGS TO DO AND THINGS TO BRING

### THINGS TO DO:

- o Get your bike checked out and tuned by a professional mechanic.
- o Get plenty of rest the day before you come to camp.
- o Arrange carpools and/or tent-sharing with your teammates if possible.
- o Be sure that we receive your sign-up forms by the due date.

### THINGS TO BRING:

*Please pack all of your belongings (including tent & sleeping bag if possible) into one bag as staff will be transporting it up to camp while you ride your bike up from Drake High School. Label your bag, tent, sleeping bag, etc. with your name.*

- o **Warm sleeping bag**
- o **Sleeping pad if you have one**
- o **Pillow**
- o **Tent:** Share with friends, but be sure to plan it out.
- o **Several changes of warm clothes:** It can get pretty cold up at camp at night, and it could always rain.
- o **Warm jacket**
- o **Winter hat:** For cool evenings/mornings.
- o **Helmet**
- o **Eyewear**
- o **Sunblock**
- o **Camel-back or water bottles**
- o **Cycling shoes:** "Clip-in" shoes are recommended, but only if you have already learned to use them.
- o **Cycling socks:** Nylon is better than cotton.
- o **Shorts:** Lycra and/or nylon is best. Bring at least two pairs.
- o **Long sleeve jersey:** Or short sleeve jersey plus arm warmers.
- o **Knee warmers and arm warmers:** You'll need these for the cool morning.
- o **Wind breaker**
- o **Rain coat**
- o **Long-finger gloves**
- o **Towel**
- o **Toothbrush/toothpaste/soap/shampoo/etc:** Have this stuff in a bag so it's easy to carry to the bathroom facilities.
- o **Spare tube:** Always carry a spare when you ride.
- o **Multi-tool:** It should have the basic allen keys, a screw-driver, and spoke wrench.
- o **Portable pump:** You should have one that mounts on the bike or fits in your pack.

# GETTING TO DRAKE HIGH SCHOOL

1327 Sir Francis Drake Blvd., Fairfax, Marin County

*Pick-up and drop-off will take place at Drake High School.  
Registration, gear and bike-check will take place in front of the gym.*



## **From the North**

Find your way to Hwy 101 South towards San Rafael/San Francisco  
Take the Central San Rafael Exit  
Stay straight to go onto Heatherton Street  
Turn Right onto 3<sup>rd</sup> Street  
Follow 3<sup>rd</sup> Street which turns into Miracle Mile  
Follow Miracle Mile until you reach Sir Francis Drake Blvd.  
Bear Right onto Sir Francis Drake Blvd. and follow to #1327  
Turn left onto Saunders Avenue (which is before the light where you turn into the gym parking lot)  
Drake High School will be on your right as you drive down Saunders Ave.  
Turn right into a small parking lot in front of a large, industrial-type building. That's where we'll meet.

## **From the East Bay & points South**

Find your way to Hwy 580 West  
Take 580 over the Richmond Bridge (toll plaza)  
This will put you onto Hwy 101 North  
Take the Central San Rafael Exit  
Turn left onto 3<sup>rd</sup> Street  
Follow 3<sup>rd</sup> Street which turns into Miracle Mile  
Follow Miracle Mile until you reach Sir Francis Drake Blvd.  
Bear Right onto Sir Francis Drake Blvd. and follow to #1327  
Turn left onto Saunders Avenue (which is before the light where you turn into the gym parking lot)  
Drake High School will be on your right as you drive down Saunders Ave.  
Turn right into a small parking lot in front of a large, industrial-type building. That's where we'll meet.

## **From San Francisco**

Take the Golden Gate Bridge into Marin County  
Take Hwy 101 North  
Take the Central San Rafael Exit  
Turn left onto 3<sup>rd</sup> Street  
Follow 3<sup>rd</sup> Street which turns into Miracle Mile  
Follow Miracle Mile until you reach Sir Francis Drake Blvd.  
Bear Right onto Sir Francis Drake Blvd. and follow to #1327  
Turn left onto Saunders Avenue (which is before the light where you turn into the gym parking lot)  
Drake High School will be on your right as you drive down Saunders Ave.  
Turn right into a small parking lot in front of a large, industrial-type building. That's where we'll meet.