



POINT LOMA ROTARY CLUB

SERVING OUR COMMUNITY SINCE 1950





13th Annual
**RIDE
THE
POINT**
Jim Krause Memorial Ride &

NOVEMBER 7, 2026



Ride
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More Info

5 Mile Family Fun Ride
25 Mile Enthusiast
62 Mile Metric Century

**RIDE THE
HIDDEN
UNRIDDEN
FORBIDDEN
POINT LOMA**

www.ridethepoint.org

**For pancreatic
cancer research**



Rotary Club
of Point Loma

Our Sponsors



Rider's Guide



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About Ride the Point

Thank you for signing up for the Point Loma Rotary Club 13th Annual Jim Krause Memorial Ride the Point for pancreatic cancer research. Jim Krause was a long-time resident of Point Loma, an avid cyclist, and a past president of the Point Loma Rotary Club. He succumbed to pancreatic cancer, leaving a great legacy of service to the community. In his memory, his family and many friends are sponsoring the ride to highlight the beautiful cycling areas around Point Loma and surrounding neighborhoods, promote a healthy lifestyle, and raise awareness of pancreatic cancer. Ride the Point is an all-volunteer event, and proceeds will stay in the local community to fund pancreatic cancer research at UC San Diego Moores Cancer Center and other civic projects. With your support we have raised over \$500,000 for pancreatic cancer research

Pancreatic cancer is the 4th leading cause of cancer-related deaths in both men and women. The overall 5-year survival for patients diagnosed with this disease is only 5.6 percent, and research over the past few decades has done little to improve these statistics. To address this need, a team of researchers at UC San Diego Moores Cancer Center is dedicated to the development and translation of new discoveries that will improve the outcome for patients with pancreatic cancer. You can learn more about Moores Cancer Center at <http://cancer.ucsd.edu>.

Since 1950 the Point Loma Rotary Club has participated in local, national, and international service projects. Local civic projects supported include leadership programs at local schools, Scouting, YMCA, Point Loma Library, Point Loma Summer Concerts, Children's Hospital, Holiday Helping Hands, Shelter Box, Clean Water for Fiji and Africa, and Polio Plus. For more information on the Point Loma Rotary Club, visit www.pointlomarotary.org.

We hope you enjoy the ride, and let us know if there is anything we can do to make it better –

Sincerely,
Richard Stakelum, Ed.D.
Event Director



Event Schedule

Friday

- 1:00 pm – 6:00 pm Registration & Packet Pick-up
PLNU Liberty Station
- 6:00 pm – VIP Reception
Southwestern Yacht Club

Saturday

- 5:00 am – VIP Parking Opens
USS Recruit
- 6:00 am – Registration & Packet Pick-up
PLNU Liberty Station
- 6:30 am – Opening Ceremonies
- 7:00 am – Metric & 25 Mile Ride Wave Start
- 8:00 am – Family Ride Start
- 9:00 am – Expo Begins
Lunch & Beer Garden Opens
- 2:00 pm – Expo & Entertainment Ends
- 2:00 pm – SAG Support Ends



General Information

Safety

This is a ride not a race. **Riders are required to follow all traffic and safety regulations.** All riders must wear a helmet and other rider safety gear. All roads and bike paths are open to other traffic including cars, bikes, and pedestrians. All riders are required to have health insurance and carry cell phones. In case of accident, riders should call 911 for assistance.

Participants will be riding in traffic and should adjust speed based on road conditions and traffic patterns. San Diego Police Department traffic controllers will be present at the start, riders are required to follow traffic controller instructions to ensure safety during the ride.

Security

Participants are required to present a valid picture ID at check-in and carry it with them throughout the ride. Riders are required to clearly display race numbers on bicycle and helmet throughout the ride. **Riders will be required to pull off the road before entering Naval Submarine Base Point Loma to show a picture ID. There is no stopping, deviating from marked route, or photography allowed while on the base.**

Liability Waivers

Riders are required to sign the Participant Release Form online during registration. Parents or guardians must sign liability waivers for minors. 25/62 mile riders must also sign the Naval Submarine Base Point Loma waiver.

Photography

Event photographers will be stationed throughout the route, individual pictures will be available after the event on the Ride the Point web site. **Photography is not allowed on Naval Submarine Base Point Loma, and**



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riders wearing GoPro or other wearable video or photography equipment must remove them during this portion of the route.

Restrooms

Start/Finish Restrooms are in PLNU Conference Center near registration. Portable restrooms will be located along the routes and near every Aid Station.

Types of Riders

Ride the Point is designed to meet the needs of a wide variety of riders:

VIP – The VIP category is open to anyone who chooses to contribute more for pancreatic cancer research. VIP benefits includes: VIP Reception, event jersey, concierge services, VIP parking, first start, luncheon, and special SWAG.

Metric Century – The 62-mile route is designed for experienced riders with Category 5 climbs, KOM/QOM segment, and in-traffic riding.

Enthusiast – The 25-mile route is designed for the recreational rider with one hill climb and the rest of the route either downhill or on the flat.

Family Fun Ride – The 5-mile route is designed for beginners and is on off-road bike trails and sidewalks. Family Fun riders are not allowed on streets for safety.



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Before the Event

Ride Start/End

Ride will start and end in the Point Loma Nazarene University Conference Center parking lot in Liberty Station. For GPS directions, use address: [2600 Laning Road San Diego, CA 92106](#). **When driving to the event, please drive to the parking area on Cushing Road where volunteers will direct you to the registration and start area.**

Transportation

Event is conveniently located near the San Diego International Airport and is accessible from major freeways.

Driving Directions to Start/Finish

From Airport – turn right onto Harbor Drive; after crossing bridge, turn right into Liberty Station on Laning Road; take the first right into the South Point shopping center. PLNU Conference Center will be on the left after passing the roundabout.

I-5 N – take Pacific Highway exit; bear left onto Barnett Street; turn left onto Rosecrans; turn left onto into Liberty Station on Laning Road; take the third left into the South Point shopping center. PLNU Conference Center will be on the left after passing the roundabout.

I-5 S – take Rosecrans exit 20; turn left into Liberty Station on Laning Road; take the third left into the South Point shopping center. PLNU Conference Center will be on the left after passing the roundabout.



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I-8 W – take Rosecrans exit; turn left into Liberty Station on Lanning Road; take the third left into the South Point shopping center. PLNU Conference Center will be on the left after passing the roundabout.

VIP Parking

VIP parking is behind the USS Recruit – follow the directions to the start area; turn right behind the stern of the USS Recruit; follow the road around the starboard side of the USS Recruit.

General Parking

Enter Liberty Station on Laning Road and turn onto Cushing Road. General parking will be on the right in NTC Park with overflow in parking lot across Cushing Road. Follow the NTC Park bike path to the event start area. Parking near the start line is restricted to not affect local businesses and Conference Center. Parking diagram:





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Registration & Packet Pick-up

Packet pick-up will be available at PLNU Conference Center on Friday from 1:00 pm until 6:00 pm and the day of the event from 6:00-7:00 am. VIP rider packet delivery will be at the VIP Reception Friday night. The registration and check-in area is located next to the PLNU Conference Center. See diagram below.





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Things to Bring

- Bike
- Helmet
- Cycling Shoes
- Water Bottle
- Sunglasses
- Hand Pump
- CO2 Cartridges
- Spare Tubes
- Tool Kit
- **Valid Photo ID – required for Base access**
- Cell Phone
- GPS Device
- Credit Card for Purchases
- Cash for Raffle
- Camera
- Sunscreen
- After-ride Footwear
- Change of Clothes



Before the Ride

Registration & Check-In

Registration and check-in will open at 6:00 am on the day of the event at the PLNU Conference Center and close at 8:00 am. Secure bicycle parking is available in the registration area, we appreciate riders not bringing their bikes into the registration lines. Participants will be directed into the correct check-in line based on first letter of last name. Participants **MUST** produce a valid photo ID and have signed waivers to check-in. Upon check-in, participants will be given ride numbers for bike and helmet and be directed to the start area.

A Solutions Table will be available at the Information Tent for same-day registration. Some route sections are closed to same-day registrants and late starters, including portions on federal property in Point Loma after 9:00 a.m. These riders will receive a detour route that bypasses the closed sections.

Family Ride Registration & Check-In

Family ride registration and check will occur from 7:00 am to 8:00 am in the same location and process as above. Parents and/or guardians must fill out a waiver for each minor participant.



During the Ride

Ride Start

Riders on the 25- and 62-mile routes will line up by lane in the PLNU parking lot at 6:30 a.m. Opening ceremonies will run from 6:45 to 7:00 a.m., followed by wave starts. VIP riders will start first, followed by Classes A, B, C, and D. Wave timing will vary based on traffic conditions.

Route Marking

Highly recommend all participants download electronic route maps from [Ride with GPS](#) and set their device for turn-by-turn directions. Cue sheets and maps of routes will be available at registration. Routes will be clearly marked with yellow and purple road arrows; signs and/or yellow arrow tape will mark turns. Course Marshals in yellow event vests will be at major intersections and turns to assist riders. Ride Marshals will lead and trail the rides and will also be embedded with riders throughout the route.

Aid Stations

There will be 5 Aid Stations along the 25/62 mile route providing water, Vitalyte Energy Drink, fruit, and energy bars. Stations will also have first aid kits, pumps, and assorted tubes for quick repairs. Mission Bay Rest Stop will also support a clothes drop in case riders want to drop excess cool weather clothing for pick-up at the end of ride. The below table lists the locations and operation times of the Rest Stations.

Rest Stop #1 Cabrillo National Monument: 7:00am-8:30am

Rest Stop #2 Robb Field: 7:30am-1:30pm

Rest Stop #3 Mission Bay: 7:45am-1:00pm

Rest Stop #4 Moores Cancer Center: 8:15am-11:00am

Rest Stop #5 Cycle Quest Sorrento Valley: 9:00am-12:00pm

All SAG support ends at 2:00pm.



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Support and Gear (SAG)

Moment Bicycles will provide bike repair assistance at the start and will have a repair van on call throughout the ride. There will be 3 sweep vehicles on different legs of the ride to pick up stragglers and those needing aid.

King of the Mountain (KOM)/Queen of the Mountain (QOM)

There will be a timed event from the Point Loma Tide Pools parking lot to the top of Cabrillo Road where the Stop Sign Ahead sign is located.

Time trial participants must use Strava for segment timing during the Tide Pools uphill run. The Strava leaderboard function will be used for KOM/QOM determination.

Course Closures

Due to legal agreements and availability of volunteers, the below course cut-off times are provided so that riders can accurately gauge the level of support available on each leg of the route. Each cut-off area has an associated detour so riders can continue the ride, but at a reduced mileage. The intent is to ensure a safe ride at a reasonable pace.

<u>Course Closure</u>		
<u>Mile #</u>	<u>Location</u>	<u>Closure</u>
2.5 mi.	Rosecrans & Kellogg St (Navy base Gate)	8:00
5.0 mi.	Cabrillo Monument main gate	9:00
28.0 mi.	Moore's Cancer Center (out)	10:00
62.0 mi	Finish Area	2:00



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Ride Finish

The finish line is located in the PLNU parking lot. The 25 mile and Metric riders should continue down Harbor Dr and take a right turn into Spanish Landing; follow the bike trail around to USS Recruit.

Family Ride

The Family Ride will start and finish in the PLNU parking lot, cross the street and ride along the USS Recruit. The ride will have a leading, follower, and supporting Ride Marshals. The ride is single file along the sidewalks of Spanish Landing. SDTC will be stationed at cross streets. Rest rooms are available along the route. The route goes across the NTC bridge, Spanish Landing, and NTC Park. Route Marshals will line the route at various points to provide direction and aid as needed.



RIDER CODE OF CONDUCT

Safety is a core value on Ride the Point. Your behavior will affect not only your safety, but the safety of those around you and the perceptions of the communities we ride through. We want everyone to make it back safely!

The following is a list of safety guidelines and our Code of Conduct. All participants must understand and adhere to these guidelines during the event. Violation of any of these rules could jeopardize your participation in RIDE THE POINT, the safety of your fellow participants, and the future of the event.

1. Bicycles are vehicles under the California Vehicle Code and you are subject to all the rules and regulations of that code. Obey all traffic laws, traffic signals and signs. When on public streets ride as far to the right as is safely possible. Assume car drivers cannot see you.
2. Stop at all stop signs and stop lights unless instructed otherwise by Traffic Control.
3. Always wear your helmet including in Rest Stops.
4. Ride single file and leave at least one bike length between you and the rider in front of you. No drafting. No pacelines. This is a RIDE not a RACE.
5. Communicate your intentions. Use verbal alerts to point out potential vehicle hazards. Use hand signals to indicate right turn, left turn, stopping or slowing. Alert others to potential hazards by pointing and/or calling out in a loud voice.



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6. Look behind you before passing to make sure it is clear. Pass only when it is safe to do so and pass only on the left. When passing, call out loudly, "On your left!"

7. Never wear headphones or ear buds while on your bike. The use of cell phones, iPods, mp3 players, radios, walkie talkies, handheld cameras or video cameras, or any other electronic device is prohibited while riding.

8. Control your bicycle: Keep at least one hand on the handlebars at all times, all wheels on the ground, and feet on pedals except at stops.

9. E-bikes should be operated in pedal assist mode only. E-bikers should stay in the flow of non-powered cyclist and follow standard cycling rules.

10. Yield and be courteous to pedestrians – your behavior represents the bicycling community and should leave a positive impression on participants and non-participants.

11. Ride the Point is an alcohol- and drug-free event. Do not consume alcohol or use recreational drugs on the ride.

Emergency Procedures: If an accident occurs requiring medical services, call 911 immediately and direct traffic around the scene. Get the participant's name and bib number while waiting for emergency personnel to arrive. Do not move an injured person if they are unable to move themselves. Notify a staff member and Director at (619) 794-9051.



After the Ride

Finish Area

The finish area is just beyond the inflatable arch and in front of the inflatable Rotary Wheel in the PLNU parking lot of Liberty Station. **Riders must dismount after crossing the archway.**

Medals

Participants will be presented with a limited edition Ride the Point event medal upon return to the finish area.

SWAG

Participants can pick a bag with promotional and discount items upon check-out at the finish area.

Bike Corral

Participants can check their bikes into the Bike Corral while they attend the Expo, beer garden, or luncheon. Helmet numbers are your bike receipt.

Luncheon/Beer Garden

Riders will be directed to the Luncheon or Beer Garden at the end of the ride. The pre-paid and VIP luncheon bracelets and will be available at the Solutions Table.

Health Lifestyle Expo

There will be a healthy lifestyle expo from 9:00 am until 2:00 pm in the PLNU parking lot adjacent to the finish line. There will be vendors, fun activities for families, and a memory wall and photo booth available for after-ride photos.



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There will also be a raffle for prizes, tickets are \$5 for 6 or 25 for \$20. Please write your bib number on ticket when depositing it in drawing container. Winners will be announced periodically, and you do not have to be present to win.

Funds donated during the event are charitable contributions to the Point Loma Rotary Endowment Fund.