

# LA *Vuelta*

PUERTO RICO



2020 Vuelta Puerto Rico Guide



2020 Vuelta Puerto Rico  
...more than cycling!  
3 days • 375 miles • 1 island  
PO Box 9865  
San Juan, PR 00908-9865  
email: [info@VueltaPuertoRico.com](mailto:info@VueltaPuertoRico.com)  
Website: [www.VueltaPuertoRico.com](http://www.VueltaPuertoRico.com)  
#VueltaPuertoRico

## **Welcome to the XIII Edition of La Vuelta Puerto Rico**

This guide has been prepared to provide timely information and answers to most of your questions. So please, grab a coffee, sit back and read.

### **Message from the Director**

It was late December 2005 when I toyed with the idea of inviting a group of cycling friends to ride their bikes for a little longer than usual. Months later, I had designed a 375 mile route (600 km) that would be followed by around 40 of us. The goal was to complete the distance, non-stop and under 40 hours. We did it and it also spawned a group of ultra-cyclists and Randonneur's!

Aware of the fact that riding a bike 375 miles non-stop was not the cup of tea for most, the decision to break it down into three days was hatched and "La Vuelta de los nueve faros de Puerto Rico" (Lighthouse Cycling Tour) was born. This first edition in 2006 was "by invitation". A list was made of 100 friends and 89 actually signed up. We all completed the route as one unit with a 15-mph average speed while carrying our own stuff.

Fast forward to 2020. La Vuelta Puerto Rico has survived again and again, against absolutely all odds! As the world knows, Puerto Rico was hit by two hurricanes, Irma and Maria on September 2017, the latter causing catastrophic consequences for most of us living in the island. Personally I lost a LOT, but lucky me, I am alive unlike the 2975 souls who lost their lives during this period. So, two years later we have been slowly recovering, many rebuilding our homes and lives from not much when all of a sudden, our land started shaking. Late December and early January 2020, our entire island started to shake getting the brunt of it, the southwest part of Puerto Rico.



Now we are learning to live with another dimension of nature. After making numerous visits to the area we only had to take a 1.5-mile detour in one of the towns, actually going back to a road we used for many years. This move forced us to move breakfast to mile 43 that day which was a coincidence that breakfast on Day 1 is also on mile 43. So, lo and behold, we looked at our route for Day 3 and notice that mile 43 was at the Plaza of Isabela, and you guessed it, breakfast will be there too.

Yes, change is good! Keeps us moving ahead, keeps us on the edge of our seats and since we are in a change mode, we decided to go back to our origins in the date, February! Moving from now on to Presidents Day Weekend, we address countless issues that had been brought up by many sectors. It just seems so logical to have La Vuelta in February; I am not sure what the thought process actually was to have it moved to January in the past.



Moving forward, we are happy! I am grateful! Despite two years of massive blows, we have a significant number of riders that are jumping on a plane to experience this event. Cutting corners is not something I do, therefore you should expect the best! As for the roads, I haven't expressed myself about that but you will and I am confident that you will be pleasantly surprised!

This Vuelta Puerto Rico again will be very special to me. Our resilience to stand tall regardless of what is thrown our way will show. I look forward to personally meeting you and I thank you here in advance for choosing to participate in La Vuelta Puerto Rico ... we are ready for you, lets re-discover Puerto Rico!

Cheers!

William A. Medina  
Director  
Wednesday, February 12, 2020

**New for 2020!**

For many many years, repeat participants have requested two things;

- Some variation to the route,
- Less stops along the route.

Well, making any sort of variation to the route would force us into highly transited roads and no doubt a significantly shorter distance by 75 miles. That would change the DNA of the event, however, on the subject of less stops, we started last year making less stops and this year we are doing it again! Last year, some of the stops were eliminated simply because they also disappeared with the 2017 hurricanes Irma and María. This year, as recent as last month, our island was subject of the strongest seismic moves in several generations. This again forced us to look for alternatives which resulted in a few less stops. Case in point, we will start at 5:00 am and ride our bikes nonstop 43 miles to breakfast in Fajardo at the beautiful grounds of the El Conquistador Resort. Then peloton C will stop in Naguabo while Peloton A and B jump to Yabucoa. Yabucoa was hit REALLY hard by the hurricanes, which is the reason why we will stop at the only place we would find to refill and head up Camino Nuevo to lunch at the Punta Tuna Lighthouse in Maunabo.

On day 2, we will be riding non-stop like day one for 43 miles to have breakfast in La Parguera! La Parguera is one of the most biologically diverse ecosystems in Puerto Rico; characterized by one of the most extensive and well-developed coral reefs on the island. This year we will spend a full hour here which will give you time to go for a walk. Immediately after, we will move on to the fisherman's town of Boquerón in Cabo Rojo, that quaint little town on the west loved by so many. Let's see who finds that new really cool coffee shop!

On day 3, breakfast will be provided at the Plaza de Isabela, again 43 miles from the start, if you start in Mayagüez. So yes, its nonstop 43 miles every morning for a full breakfast!

Summary of some new stuff we have continued to develop:

- Official start from the Aloft San Juan Hotel!



- First 43 miles every day, non-stop, one peloton
- San Juan City Bike Tour ... non-stop around 35 miles
- New website (smartphone & tablet friendly, portrait & landscape, https protocol, etc.)
- Online shopping powered by Shopify (same day fulfillment)
- Plenty of roads under construction and new bridges
- Less trees on Day 1, sunny!!
- Spectacular views, again less trees
- More cycling, less stopping! One less stop all three days!
- A non-stop San Juan City Bike Tour ... best suggestion made from our riders!
- Staging areas after breakfast on Day 1 and Day 2 to separate pelotons
- Best route ever for the San Juan City Bike Tour
- Countless roads recently paved due to the ongoing reconstruction post hurricanes Irma, Maria and recent quakes of 2020.

### **Summary: Vuelta Puerto Rico ... in a nutshell**

#### **Thursday, February 13**

This is the day that we STRONGLY encourage you to fly to Puerto Rico. If you are three or four time zones away, it will be great for you to shake off the jet lag. In addition, it will give you ample cushion time to reschedule your flight in the event that there is foul weather that forces airports to cancel flights.

#### **Friday, February 14 (NO CHECK-INS)**

Had a tough flight? This day you open your bike box, assemble your bike and make sure all the fine-tuning has been taken care of.

#### **Saturday, February 15 (ALOFT SAN JUAN HOTEL: ID REQUIRED, NO EXCEPTIONS!)**

Starts at 7:30 AM! Are you doing the San Juan City Bike Tour? - Check-In starts at 6:00 AM at the Lobby Meeting Room of the Aloft San Juan Hotel located at 300 Convention Center Boulevard, adjacent to the Puerto Rico Convention Center.

Enjoy the 35-mile peloton style ride around the Capital City of San Juan... and if you haven't signed up, do so on the spot and if we don't have a jersey for you,



you will get it later via US Postal Service. The San Juan City Bike Tour will be NON-STOP for 2.5 hours. If you have a rental bike, it will be handed to you during this period.

12:00 NOON: Check-In for La Vuelta Puerto Rico, Jersey & Rental Bikes Pick Up – Aloft San Juan Hotel, Lobby Meeting Room, 300 Convention Center Boulevard, adjacent to the Puerto Rico Convention Center.

ID Required! Vuelta Puerto Rico Check-in will be open from 12:00 PM until 6:00 PM. Receive your packet with all the instructions during this time. Then relax because you have a lot of cycling ahead of you! NO CHECK-IN ON SUNDAY!

Our mechanics will be available all day, use this day to tweak your bike setup, re-pack your carry-on sized bag and make final arrangements with your hotel to leave your bike box in a secure location. Eat well and go to bed nice and early. Tomorrow will be a long day and we will start at the crack of dawn, literally! NO CHECK-IN ON SUNDAY!

### **Sunday, February 16 – Official start time 5:00 AM (NO CHECK IN TODAY!)**

Day One of La Vuelta Puerto Rico: San Juan to Ponce.

We all start at dark. Wearing sunglasses with dark tinted inserts at this time is NOT a good idea. Consider clear inserts. Remember that lights are required on all bikes at all times, both front white lights and rear red lights. **PLEASE NO BLINKING RED LIGHTS AND PLEASE DO NOT USE THE HIGH SETTING.** We start from the Aloft San Juan Hotel located in the Puerto Rico Convention



Center Area. Make sure you leave your carry-on sized luggage in the designated area of any one of Vuelta Puerto Rico affiliated hotels or bring them to the start in Old San Juan. If you are staying in Old San Juan, leave your bags at the Plaza de Armas Hotel, affiliated to the event or bring it to the start. Remember Uber is always an option.

## Monday, February 17 – Official start time 5:00 AM

Day Two of La Vuelta Puerto Rico: Ponce to Mayagüez

We all start at dark. Wearing sunglasses with dark tinted inserts at this time is NOT a good idea. Consider clear inserts. Remember that lights are required on all bikes at all times, both front white lights and rear red lights. **PLEASE NO BLINKING RED LIGHTS AND PLEASE DO NOT USE THE HIGH SETTING.**

We all start from the affiliated hotels where Road Captains will lead you along to a merging location of all pelotons. We will all ride at a neutral speed of 16 mph until we reach breakfast. Once we have breakfast the pelotons will be divided and released accordingly.



We will later reach the Flag Pavilion in Mayagüez for lunch and depart from there at 12:30 PM to Rincón at a neutral speed of 16 mph. If you arrive before, and you are staying at the Howard Johnson by Wyndham or Hotel Colonial, both located in the town core of Mayagüez, you are free to ride to these at anytime on your own. Both hotels are a few blocks away from the lunch spot. If you are staying at the Holiday

Inn Mayagüez or any hotel in Rincón, you need to be ready to leave at 12:30 PM when we all leave in one neutral peloton escorted by the Municipal Police of Mayagüez.

## Tuesday, February 18 – See official start times below.

Day Three of La Vuelta Puerto Rico: Mayagüez to San Juan

Peloton C starts at dark. Wearing sunglasses with dark tinted inserts at this time is NOT a good idea. Consider clear inserts. Remember that lights are required on all bikes at all times, both front white lights and rear red lights. **PLEASE NO BLINKING RED LIGHTS AND PLEASE DO NOT USE THE HIGH SETTING.**





The official start time for Peloton C is at 5:00 AM, Peloton B is at 6:30 AM, and Peloton A is at 8:00 AM.

If you are staying at the Howard Johnson Downtown by Wyndham or the Posada Hotel Colonial, cyclists from both hotels will assemble in front of the Howard Johnson and depart to the start line at: Peloton C is at 4:45 AM, Peloton B is at 6:15 AM, and Peloton A is at 7:45 AM. All pelotons are expected to be accompanied by the Municipal Police of Mayagüez directly to the Holiday Inn.

If you are staying in a Rincón affiliated hotel, allow 30 extra minutes for the peloton to reach your area where you will meet them at Road 115. All groups are expected to be in Dorado at 2:30 PM. The departure time from Dorado to San Juan will be at 3:00 PM. We will all roll at a neutral speed of 16 mph into the Old City of San Juan. Expected arrival time is 4:30 PM.

### **Wednesday, February 19**

**Tax incentives!** Start packing or call a real estate broker. This the day when many of you in the past have realized it's a good idea to consider moving to Puerto Rico. The tax laws, known as Act 20, the **Export Services Act**, and Act 22, the **Individual Investors Act**, shields new residents residing in Puerto Rico for at least half of the year from paying most federal income taxes. There is plenty of information about this online and may be of interest to some of you.

### **Check-In and Jersey Pick Up**

- Where : Aloft San Juan Hotel/Lobby Meeting Room located on the ground of the hotel.
- Dates : Saturday, February 15<sup>th</sup>. (ONE DAY ONLY)
- Time : 12:00 PM – 6:00 PM

You will be asked to present a **valid photo ID for verification**, sign the waiver at this time, pick up jersey and if you rented a bike from us, it will be there waiting for you. **Remember you may not sign the waiver or pick up anyone else's jersey, it's against our rules and we will make no exceptions.** This rule also applies to the Official Road Captains of the event.

All participants are required to **wear the Official La Vuelta Puerto Rico jersey on the last day** of the event, which is **Tuesday, February 18<sup>th</sup> and not before.**

Doing this helps make the arrival on the final day a real amazing sight for all participants and onlookers as well. Also, photos taken during this day are used for promotional purposes and are viewed all over the world.

### **San Juan City Bike Tour (SJCBT) - Saturday, February 15<sup>th</sup>**

This is a 2.5-hour bike ride around the Capital of Puerto Rico, San Juan; named by many as the “La Vuelta Prologue”. This 35-mile route will take its participants through a wide range of neighborhoods that you would otherwise not see while doing La Vuelta Puerto Rico. Here is a brief summary of things you will see:

#### **CONDADO & SANTURCE**

- Condado Plaza Beach
- Ocean Park Beach
- Stella Maris Church
- Placita de Santurce
- Puerto Rico Convention Center
- Loiza Street
- Residential Communities of
  - Miramar
  - Trastalleres
  - Punta las Marias
  - Park Boulevard
  - Ocean Park
  - Condado



#### **ISLET OF SAN JUAN**

- Third Millenium Park
- Santa Maria Magdalena de Pazzis Cemetery
- San Felipe del Morro Fort
- Cobblestone streets of Old San Juan
  - Numerous landmarks
- The Capitol Building
- Residential Communities of
  - Puerta de Tierra
  - La Perla
  - Old San Juan

#### **HATO REY, RÍO PIEDRAS**

- Plaza Las Américas Shopping Center



- Puerto Rico Coliseum
- Hato Rey Financial District
- Suburbs of Río Piedras
- University of Puerto Rico

The format of the San Juan City Bike Tour will be similar to La Vuelta with road captain, mechanical and medical assistance, support, etc. Consider this a “Mini Vuelta” in San Juan. We will ride at an average speed of 16 mph, similar to Peloton C.

Starting Location : Aloft San Juan Hotel  
 Date : Saturday, February 15<sup>th</sup>  
 Official start time : 7:30 AM

Participants can do the check-in for this event the same morning Saturday, February 15<sup>th</sup> from 6:00 AM - 7:20 AM.

**The Medal: Handmade in Adjuntas, Puerto Rico**

For over ten years, we have made every effort possible to showcase Puerto Rico in all its forms. From a carefully carved route, to handpicked stops, to the food and our staff, we have wanted Puerto Rico to shine.

The medal has been one of those elusive aspects where we have had to use services as far as Asian countries. Not anymore! Since Edition XI of La Vuelta, we found a local clay artist that has handmade all the medals that will be given out to our riders and our staff. Being handmade and hand painted, they will all have their imperfections that will make them unique and will feel REALLY good when we hand it to you at the finish. We are sure you will love it!



**Vuelta Puerto Rico - in detail**

**Day 1** : La Vuelta Puerto Rico  
**Date** : Sunday, February 16<sup>th</sup>  
**Route** : San Juan to Ponce.  
**Starting Location** : Aloft San Juan Hotel  
**Time** : 5:00 AM (sharp, and we mean it!)  
**Luggage check-in:** Starts at 4:00 AM ends 4:55 AM

Make sure to leave your luggage in the designated area of any one of La Vuelta Puerto Rico affiliated hotels or bring them to the start where the luggage truck will be parked. Do not forget to circle your affiliated overnight hotels in Ponce and Mayagüez on the luggage tags provided and verify your name and phone number. Also remember that Über is available 24 hours a day in case you need it.



The entire peloton will ride non-stop at a neutral speed of 16 mph until we reach the El Conquistador Resort. The pelotons will be divided there into A, B and C. Peloton A will be the first to depart, followed by B and then C.

Tentative arrivals to the final location on day 1:

- **Peloton A** 3:30 PM
- **Peloton B** 4:50 PM
- **Peloton C** 5:15 PM



Upon arrival to the staging area in Ponce (Caribe Hotel, formerly the Howard Johnson), the peloton will be divided into groups depending on their hotels and road captains, police or our staff will lead them to the other affiliated hotels.

**Day 2** : La Vuelta Puerto Rico  
**Date** : Monday, February 17<sup>th</sup>  
**Route** : Ponce to Mayagüez or Rincón  
**Starting Location** : Simultaneously, Melia Hotel, Caribe Hotel or Hilton  
**Time** : 5:00 AM (sharp, and again, we mean it!)  
**Luggage check-in:** Starts at 4:00 AM ends 4:55 AM

Make sure to leave your luggage in the designated area of your La Vuelta Puerto Rico affiliated hotel. Riders staying at any other location, must drop off their luggage at the designated area of any affiliated hotel, tagging it with the next affiliated hotel in Mayagüez/Rincón.

We will all ride at a neutral speed of 16 mph until we reach the peloton staging area which this year will be at La Paguera! After breakfast, we will dispatch the pelotons ... Pelotons A, B and C respectively when announced and in that order.

Tentative arrivals to lunch location on day 2 (lunch in Mayagüez):

- **Peloton A** 10:30 AM
- **Peloton B** 11:00 AM
- **Peloton C** 11:30 AM

At 12:30 PM, we will leave in one peloton to Rincón. If you are staying at the Howard Johnson by Wyndham or Hotel Colonial, both located in the town core of Mayagüez, you are free to ride to these at anytime on your own. Both hotels are a few blocks away from the lunch spot. If you are staying at the



Holiday Inn Mayagüez or any hotel in Rincón, you need to be ready to leave at 12:30 PM when we all leave in one neutral peloton. If you chose to leave before, please be advised that you are on your own and you are not be following the rules of the event.

We are expected to be at the Rincón affiliated hotels at around 1:30 PM. The official list of affiliated hotels is listed in our website.

- Day 3** : La Vuelta Puerto Rico
- Date** : Tuesday, February 18<sup>th</sup>
- Route** : Mayagüez or Rincón to Old San Juan
- Starting Location** : Holiday Inn Mayagüez
- Luggage check-in:** Starts at 4:00 AM ends 7:55 AM

**Day 3 Special notes**

- Wear the Official 2020 Vuelta Puerto Rico jersey.
- On this day the start times for each peloton are the following:

**Peloton C** starts at 5:00 AM

**Peloton B** starts at 6:30 AM

**Peloton A** starts at 8:00 AM

- If you are staying at any of the affiliated hotels in Rincon, be ready within 30 minutes of the official start time of your peloton to join your peloton as it passes by Road 115. Peloton C is expected to be passing by at 5:30 AM, Peloton B is expected to be passing by at 7:00 AM and Peloton A is expected to be passing by at around 8:30 AM. Be ready before, don't miss your peloton!



Make sure to leave your luggage in the designated area of your La Vuelta Puerto Rico affiliated hotels. Riders staying at any other location must drop off their luggage at the Holiday Inn Hotel in Mayagüez. If you are staying at any other location in Rincón, you must bring your luggage to the Rincon of the Seas Hotel. Back in San Juan, luggage will be delivered to the affiliated hotel you have specified. All others, may pick up luggage at the finish area in Ballajá.

On this third day, as noticed, we start staggered depending on the peloton you chose to ride in. Logistics are tight this day and all pelotons are expected to arrive in Dorado and the designated times, no later than 2:50 PM. Based on our plans, these are the tentative times we are expected to arrive:

- **Peloton C** 2:30 PM
- **Peloton B** 2:40 PM
- **Peloton A** 2:50 PM

We depart from the Watermill at Plantation Dorado Beach Resort at 3:00 PM in one group toward San Juan at 16 mph. We arrive at the final destination at 4:30 PM. Celebration dinner will be served to registered participants.

### **Wednesday, February 19<sup>th</sup>**

This morning you will wake up feeling like a stronger cyclist with much better cycling skills and you will be asking, where do we go today? Well, most of you will head to the airport to get a flight back home, while others will stay for a few extra days of vacation. Remember you can call über to pick you up at your hotel and take you to the airport.

### **Bike Inspection Checklist:**

Remember a very important part of this entire event, THE BIKE! We strongly recommended that you take your bike to your favorite bike shop for inspection and fine-tuning a few weeks ago. If you didn't have our mechanics take a look at your bike.

We have compiled a series of recommendations that we strongly suggest you follow in order to make your time during La Vuelta Puerto Rico the most memorable with the least mechanical issues:



- **Replace your tires, yes, bring NEW ones!** (We strongly recommend 25 mm).
- Replace your tubes and liner.
- Consider using 'Mr. Tuffy' that Kevlar product that adds another layer of protection against the pesky flats. Flats are the number one issue in our event and you can do something to prevent them.
- Upon arrival in Puerto Rico, inflate your tires to the maximum recommended by your tire manufacturer, this will SIGNIFICANTLY reduce the chances of flats.
- Replace your chain at least once a year.
- Replace all cables and make adjustments once a year (derailleur's and brakes).
- Replace handlebar tape (we recommend one with some gel).
- Have a pro inspect your wheels (nipples, spokes, rim, tape, etc.)
- Lubricate and oil up your entire bike.
- Adjust the bottle holders. (We don't want flying bottles!)
- Verify your bike position for extra comfort.
- Verify your shoes and cleats and replace if in doubt. (Old cleats is another common problem, just change them.)
- Don't forget to purchase some protection for those sensitive contact areas. We strongly recommend Lantiseptic, which we will have for sale at our booth.
- Don't forget that a front WHITE light and a rear RED light are required in order to participate in La Vuelta. In addition, we recommend you use some form of reflective material on your legs for extra visibility. Remember we leave every morning before sunrise, which means you will be riding your bike for at least 1 hour under pitch-dark conditions. (Helmet light is also accepted.)
- Use common sense for anything else we may have forgotten.

### **Mechanical Service During the Event**

For the past years, La Vuelta Puerto Rico has had the mechanical services of Pedro Santos and Alexis Segarra who will once again be with us this year. **Please TIP these fine mechanics. Cash only please.**

They are currently accepting reservations for hotels services, assembly of bikes, basic fittings, and other services usually needed by those who travel with bikes. If interested, contact Pedro by phone or text message at (787) 645-1106 or email at [pas2572@yahoo.es](mailto:pas2572@yahoo.es)



In addition, iBike MultiSports is the official bike shop of the event. Here are a few things that the bike shop will have during the event:

- Water bottles
- Presta valve tubes:
  - 700x23, 25, 28, in 48, 60, and 80mm long valves
  - 16gr CO2 threaded
  - CO2 tire inflator (tool)
- Pocket Multitools
- Tire levers
- Tires:
  - 700x23, 25, 28
- chain lube

In limited quantity (in case of breaking parts):

- One aluminum handlebar
- Black cork handlebar tape
- One saddle
- Alloy bottle cages
- 10, 11sp chains
- 10, 11sp missing links

Nutrition brands:

- Beet It (vasodilator, in sport dosages)



- Pickle Juice (subject to availability)
- Clif (Shots, Bloks, Bars)
- Gu (Roctane gels)
- Infnit (Go Far, Repair, Nocturne)
- SiS (Science In Sport gels)
- Hammer (gels, recovery)
- First Endurance (gels)

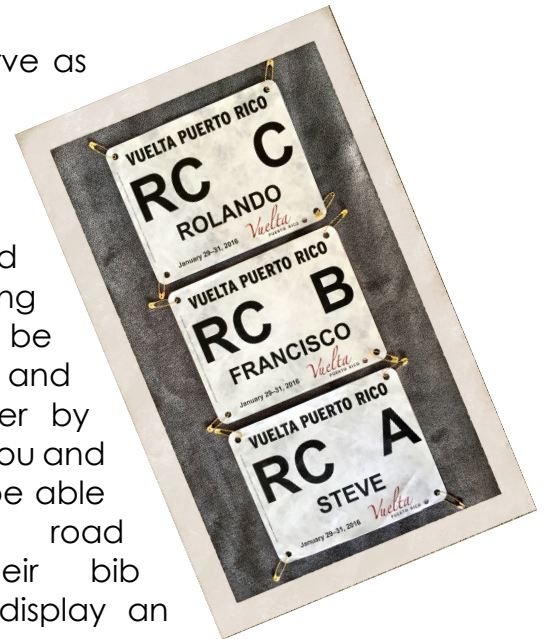
Along with the mechanics, each bike shop will provide mechanical support and assistance.

### **Safety Comes First:**

- Wear your helmet and whistle at all times while you are riding. It is the LAW in Puerto Rico.
- Due to the peloton riding dynamic and distinct terrain experienced in this event, **aerobars** pose a safety hazard to all riders and are **strictly forbidden** on this event. **\*Bikes fitted with aerobars are not allowed on the course, and any rider attempting to violate this policy will be asked to cease from participating in the event – no exceptions.\*** Please change your bars prior to your arrival or consider renting a road bike from us.
- Each rider must comply with lighting requirements and reflective material rules for riding at early morning, evening, dusk or night during the event.
- Each bike must be equipped with headlights and tail lights.
- The event must be completed on schedule as announced by the organizers. Any rider stranded from peloton C will be requested to leapfrog the group in one of the support vehicles in order to avoid delaying services to the rest of the participants.
- The use of headphones is prohibited and cellphones are strongly discouraged unless it is used via Bluetooth wireless technology.
- Any rider, staff member or volunteer who incurs in physical aggression against anyone while the event unfolds, will be banned for life from ever participating, working or volunteering in our event. No exceptions.

### **Road Captains (RC):**

La Vuelta is proud of its men and women that serve as Road Captains. All of these cyclists are Vuelta veterans who have displayed understanding of the event and the importance of staying on course and on time with our schedule. They are responsible for maintaining safety guidelines at all times and keeping the set pace of each peloton, while meeting scheduled departure and arrival times. They will be encouraging and are available to offer information and answer questions. Please make their tasks easier by following their instructions. Remember to say thank you and be polite. You will be able to identify the road captains by their bib numbers that will display an "RC".



### **Staff and Volunteers:**

Our staff and volunteers give 100% and dedicate long hours to ensure the success of this event. Without their support an event like La Vuelta Puerto Rico could not be possible. Please be courteous and respectful. Show them you appreciate their hard work. Smile and thank them and if they really go out of their way for you, consider giving them a tip.

### **Luggage Handling:**

During check-in, riders will be provided a tag with their name and cell phone number. We deliver luggage to affiliated hotels that have been recommended through our website only. The affiliated hotels for this year are the following:

#### **San Juan**

- Aloft San Juan Hotel (Headquarters)
- El San Geronimo Hotel, Puerta de Tierra
- Dreams Hotel Miramar, Miramar Neighborhood
- Hotel Plaza de Armas, Old San Juan
- The Wave, Condado

## Ponce

- Caribe Hotel, formerly known as the Howard Johnson Ponce
- Ponce Plaza Hotel & Casino
- Melia Century Hotel
- Hilton Ponce Golf & Casino Resort (Headquarter)

## Mayagüez

- Holiday Inn Mayagüez & Tropical Casino (Headquarters)
- Posada Hotel Colonial
- Howard Johnson Downtown by Wyndham

## Rincón

- Rincón of the Seas (Headquarters)
- Rincón Inn

Failing to fill out the luggage tag properly will land your bag at the nearest headquarters hotel. These are:

- **San Juan:** The Aloft San Juan Hotel – TEL: 787-936-2500
- **Ponce:** Hilton Ponce Golf & Casino Resort - TEL: 787-259-7676
- **Mayagüez:** Mayagüez Holiday Inn Tropical & Casino - TEL: 787-833-1100
- **Rincón:** Rincon of the Seas – TEL: 787-823-7500

***It will be the responsibility of the rider to clearly mark the tag.*** You may also add any other tag/sign to identify your bag and hotel destination that you feel will eliminate any margin of error.

***Bags will only be dropped off at participating La Vuelta Puerto Rico hotels.*** On the very last day, all luggage will be dropped off at the location where the event ends (Ballajá) unless you have chosen one of our affiliated hotels in San Juan as well.

We remind you that we will not carry bike boxes, extra wheels or any luggage larger than a carry-on piece accepted as a standard in the airline industry. Bike boxes must remain in the hotel of your choice, in San Juan. Hotels affiliated with La Vuelta Puerto Rico will store your bike boxes at no additional cost.



**\*\*Important\*\***

It is the sole responsibility of the rider to clearly and correctly mark his/her luggage in order for us to deliver to the proper hotel. Failing to do so will entail a \$25 fee to move incorrectly marked luggage from one hotel to another within the same town. If your luggage is left behind in another town for any reason not related to our crew, a \$50 fee will be charged for us to pick it up and deliver it to you. A perfect example of the latter is leaving luggage in a hotel that is not affiliated with our event, meaning, we don't do pick-ups in that hotel. Another example is you leaving your luggage in your hotel room, affiliated hotel or not. If we have to return to that hotel for a pick up, you will be charged a \$50 fee.

If during the event you come across any issues with your luggage, you may contact our Luggage Transportation Director, Ms. Ana Lynda Rivera: 787.309.6423

**The Route / Cue Sheet:**

The route is official, however it may vary according to road conditions, weather, accidents or any other unforeseen event. To see the routes visit our website:

<https://vueltapuertorico.com/routes/>

**The Weather:**

In winter, Puerto Rico's average high temperature is 83°F while the average low is 70°F. Rain showers are always possible, but are usually brief. Be prepared for sunshine and humidity most of the ride. Staying hydrated is essential and for that reason we provide plenty of hydration at every stop. It is also important to use high-SPF sun block and wear appropriate clothing. Headbands, cycling caps and white "arm warmers" are extremely popular accessories among seasoned Vuelta Puerto Rico veterans.



**Rest Stops:**

Our rest stops are stocked with what you will need at the time you need it. You will have fresh fruit, drinks and other snacks (salty and sweet depending on the time of the day). Rest stops are located approximately at every 20-40 miles. There are designated breakfast and lunch stops where riders will find delicious meals. You will also find restroom facilities at these locations unless otherwise announced. Length of stops fluctuate from 15 to 60 minutes accordingly.

### Special Diet/Medical Needs:



We provide a variety of foods that meet the needs of most cyclists. Menus are made up of all the food groups. In an effort to accommodate vegetarians and vegans, we keep all meats separate from rice, pastas, beans, etc. Fresh fruit, bread, and salads are also served. If you have other food issues, please be ready to carry your needs on a daily basis.

Cyclists should bring any gels, power bars or powder foods of their preference, should additional nourishment be needed. It is the responsibility of each participant to bring and carry any prescription medication that may be needed. We don't collect medical information. The use of an ID bracelet is recommended. See [www.RoadID.com](http://www.RoadID.com).

### Hygiene:

As a preventive measure to avoid cross contamination and the spread of bacteria, our staff, equipped with gloves, will hand out food and drinks. We ask that riders **do not touch any food, drink or ice**. We encourage everyone to use the hand sanitizer provided at every station before each meal and after using restroom facilities.



### Keep Puerto Rico Clean:

You will notice we do not give out water bottles and we choose to use powdered sports drinks that are dispensed from coolers. Have at least two (2) cycling bottles on your bike and refill them at each station. Soda cans and plastics should be

placed in recycling bins. Please do not dispose of gel wraps or trash on the ground; keep it in your back pocket until you reach a trashcan.

### **Vuelta Puerto Rico Shop**

During our event you will be able to purchase any Vuelta Puerto Rico items for you and your loved ones. Look for our “La Tiendita” (little store) during the Check-In process, at our breakfast and lunch stops or at the final destination in San Juan. Some of the items you will find at “La Tiendita”...

- Jerseys (Year 2019 available, Year 2020 available at the finish)
- Ankle Reflective Bracelets
- Bibs
- Hats
- Lantiseptic
- Shorts
- Singlets
- Sleeves
- Stickers
- Sunglasses
- T-Shirts
- Totes



### **Online Store**

You didn't have a chance to make your purchase while in Puerto Rico? No problem! Powered by Shopify, we now sell all our goods online through our website. Log onto our store and make your purchase anytime:

<https://vueltapuertorico.com/shop/>

### **Survey:**

You will have an opportunity to tell us about your La Vuelta experience in detail. Once the event is finalized you will receive an email inviting you to fill out a survey. We would like you to tell us what you liked or disliked and how to improve it. Suggestions are more than welcome. Also, we want to hear about any outstanding performances from any of our staff members.



**Social Media: Facebook Fanpage** Official Hashtag: #VueltaPuertoRico

La Vuelta shares pictures and news via Facebook. Follow us and stay connected. Invite your friends and family to follow as La Vuelta unfolds. Share the following link:

<http://www.facebook.com/LaVueltaPuertoRico>

### **Bike Rental Service:**

For those who have rented a bike from us, please know that they will be available for pick up during check-in on Saturday, 15<sup>th</sup> from 12:00 PM to 6:00 PM at the aloft San Juan Hotel. If you are signed up for the San Juan City Bike Tour, your bike will be available from 6:00 AM that same day.

### **Pick Up Procedure**

- Show photo ID
- Sign waiver
- Guarantee bike with credit card information
- Inspect bike with our staff
- Sign off inspection sheet
- Have fun!

### ***Remember you need to bring the following:***

- Computer
- Gloves
- Helmet
- Lights (red in the back, white in the front. Helmet lights are accepted.)
- Pedals
- Saddle bag (tube, multi tool, tire lever, patch kit, chain link, presta adapter, etc.)
- Shoes
- Water bottles

Also, have your favorite bike shop provide your specific measurements so that our mechanics can match it as close as possible. Do not expect a professional bike fitting unless you set up an appointment with Pedro Santos, our chief mechanic. You can text message him anytime at: 787.645.1106

Keep in mind this bike will be yours for the following three days, please treat it as such. Be aware that your credit card will be charged for any damages found after inspection.

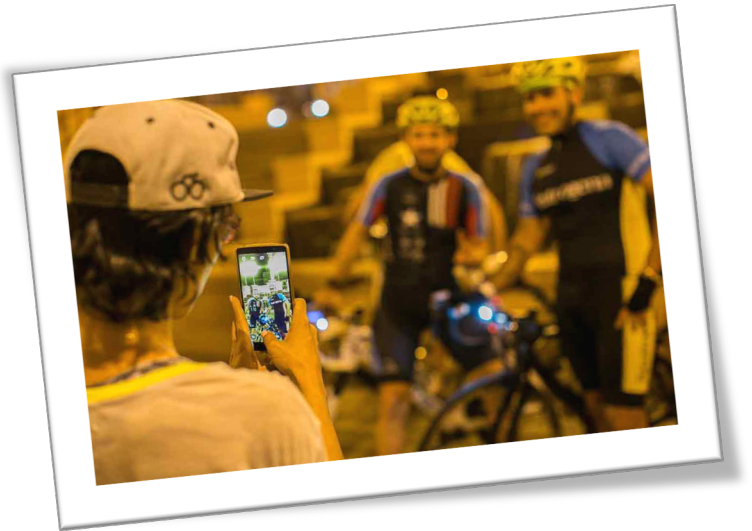
## **Bike Return:**

Tuesday, February 18<sup>th</sup> (Upon arrival at Ballajá at the conclusion of La Vuelta Puerto Rico)

Extra day charge is \$25.

## **FREQUENTLY ASKED QUESTIONS (FAQ's):**

1. **If at the last minute I cannot attend the event or cannot make it to check-in on the previous day, can I have someone pick up the jersey for me?** No. Only registered riders that present a valid photo ID will be handed a jersey. No exceptions.
2. **I'm already registered, but cannot attend; can a friend take my place?** No. As stated in our Cancellation Policy, all participants must be electronically registered and registrations are not transferable. Neither are registrations deferred for a future edition of the event.
3. **I don't want to travel with my bike, where can I rent a bike?** We have a limited number of bikes for rent. For those who rented a bike, just bring the items listed in this guide under the bike rental section and our mechanics will get it ready for you at the pick-up area during check-in on Wednesday or Thursday. Don't forget to bring your riding gear such as helmet, gloves, etc. If you are interested in renting a bike, contact us immediately.
4. **How far is the airport from the hotels in San Juan and is there room in the taxi for my bike box?** The airport is only about a 10 to 20 minute ride to Condado and Old San Juan depending on traffic. Once you land and deplane, go outside at ground level. Puerto Rico Tourism Company Metered Minivans will be able to carry you and your bike very comfortably. Taxi rates range at about \$15 to \$20 for transport from airport to Condado and Old San Juan. A gratuity is expected. Uber, Uber, Uber ... now available to and from the airport. Go to the designated area and get yours there.
5. **How do I go about assembling my bike once I get to Puerto Rico?** If you need assistance in assembling your bike, you may contact local bike mechanic, Pedro Santos via email at [pas2572@yahoo.es](mailto:pas2572@yahoo.es) or at (787) 645-1106. Pedro has been providing this service to other cyclists since 2006.





6. **When and where is check-in?** Check-in will take place at the Aloft San Juan Hotel on Saturday, February 15<sup>th</sup> from 12:00pm to 6:00pm.
7. **Where is the official start of La Vuelta on Sunday and how do I get there?** La Vuelta Puerto Rico will begin sharply at the official start time of 5:00 AM from the Aloft San Juan Hotel, the same place where you checked in. If you are staying at an affiliated hotel ride to the Aloft or pick a spot along the route and join us. For detailed route, visit our Day 1 route in this link:

<https://vueltapuertorico.com/route-day-1/>

Familiarize yourself with the area on the days prior to the event so that you will get there on time. We strongly recommend you reach the starting point no later than 4:30 AM.

8. **The jersey is too tight/big for me. Can I exchange it for another size?** You may exchange it from the group of additional jerseys while they last. Although we will try to accommodate you, we do not guarantee a different size from the one you originally ordered. Changes will take place on MONDAY ONLY at the mobile store during lunch.
9. **If it rains, do we still ride?** Yes. Puerto Rico is a tropical island and we can expect rain at any moment. We ride rain or shine. However, in the instance that there is severe weather that would present a risk to the participants' well being, riding could be suspended. This has not happened since 2006.
10. **Can I move from one peloton to another?** Yes on Day 1 and 3 only! You may move to a faster peloton if you feel you can maintain the speed. Or move to a slower peloton if you wish to go at a more relaxed speed. If you move up in speed, we expect you to be able to stay with the peloton and therefore don't expect you to drop back. On day 2, moving up to a faster peloton will not be allowed.
11. **What if I have bike trouble and I have missed the SAG vehicles. Will I be left behind?** Mechanics will be roaming around the route to offer assistance when needed. You should try to fix the mechanical issue just as you would when riding at home, but if you cannot fix the issue on your own, just wait for assistance. You may feel that everyone has gone ahead of you, but there will always be a SAG vehicle at the very end. It may take some time for them to reach you as they may be assisting someone behind you.
12. **If I get sick during the event, what do I do?** We have dedicated medical staff for our event 24/7. They will verify your condition and recommend the appropriate action to take. The emergency phone number with direct access to our Medical Director will be announced prior to the event. They will all be available starting February 16<sup>th</sup> at 5:00 AM, 24hrs a day. Our Medical Director is Fernando E. Roura-Rizzo, MD and a phone number will be provided as a direct contact to him prior to the start of the event.

- 13. If I witness an accident or encounter an emergency, whom do I call?**  
 Whenever there is a situation that is serious, call 911 first, then call our Medical Director.
- 14. Will there be breakfast, lunch and dinner everyday? Can my family and friends eat at these stops?** There will be breakfast and lunch all three days of the event. Celebration dinner will be offered upon arrival on the last day. Only registered riders and registered companions are authorized to eat at such times. Please ask anyone accompanying you to bring their own food and to refrain from eating food that is strictly reserved for registered participants and those registered in our transportation shuttle only. Food has been ordered according to the number of registered participants and it would be unacceptable for a rider to go without food.
- 15. Where are the rest stops located?** There is a rest stop at about every 20-40 miles, and each stop lasts approximately 15 to 60 minutes. Lunch stops last approximately 45 to 60 minutes. Following is a list of all the rest stops for each day:



**Day 1:**

- Rest Stop 1 – Mile 43 Fajardo (breakfast)
- Rest Stop 2 - Naguabo (Peloton C only!)
- Rest Stop 3 - Yabucoa
- Rest Stop 4 - Maunabo (lunch)
- Rest Stop 7 - Salinas

**Day 2:**

- Rest Stop 1 – Mile 43 Lajas (breakfast)
- Rest Stop 2 - Cabo Rojo
- Rest Stop 3 - Mayagüez (lunch)

**Day 3:**

- Rest Stop 1 – Mile 43 Isabela (breakfast)
- Rest Stop 2 - Hatillo
- Rest Stop 3 - Arecibo (lunch)
- Rest Stop 4 - Manatí
- Rest Stop 5 - Dorado
- Rest Stop 6 - San Juan (dinner)

**Our Accident, Waiver, Release Liability form**

When you check in, you will be required to sign an actual hard copy of the 2020 Vuelta Puerto Rico AWRL form. For your benefit, we have included it as part of this guide at the end. Plead read.

**Last Note:**

We are sure this timely and practical guide will answer most of your questions. Additional information is available on our website:

[www.VueltaPuertoRico.com](http://www.VueltaPuertoRico.com)

If after searching, you do not find the answer to a specific question, feel free to contact us and we will be happy to provide the information you need. You may write to [info@VueltaPuertoRico.com](mailto:info@VueltaPuertoRico.com)

It is our commitment to make this Vuelta Puerto Rico 2019 an amazing experience for all its participants. Be ready and enjoy!

This year our Director will have his bullhorn and a yellow hankie. You won't miss his loud mouth!

See you soon!



Team Vuelta Puerto Rico 2020

### Accident Waiver & Release of Liability (AWRL)

(signature on hard copy (paper) required at check-in, please have valid ID)

NAME PROVIDED ELECTRONICALLY

BIB NUMBER ASSIGNED

In consideration of my participation in the Event La Vuelta Puerto Rico (the "Event"), organized by Puerto Rico 360, Inc. ("PR360"), I hereby, for myself, my spouse (if applicable), my successors, heirs, and executors and assigns, knowingly and voluntarily, enter into this waiver and release of liability to the broadest extent possible, and hereby release and forever discharge PR360, its members, directors, officials, employees, volunteers, and any other representative in any capacity, of any responsibility for any damages I may suffer or I may cause during the Event or any of its related activities, as established below:

1) I acknowledge that cycling is an inherently dangerous sport and I am well aware of the possible risks of participating in the Event, be it as a participant, official, coach, mechanic, volunteer, spectator, or in any other capacity. The Event constitutes an extreme test of an individual's physical fitness and mental stress, which includes the risk of death, serious physical or mental injuries, or damages to personal property, other persons or to third party property. I assume all the risks related to said participation, including, but not limited to road conditions; terrain; temperature; weather; athletes or participants; my own equipment or equipment provided by the Event organizers; mechanical defects; vehicular traffic; potential collisions with pedestrians, objects, vehicles or other participants; lack of adequate hydration; or third party actions or omissions, such as participants, volunteers, spectators, coaches, organizers, monitors, sponsors, promoters, and producers. I acknowledge that the Event takes place on public roads with vehicular traffic, which present their own inherent risks. If at any moment I understand that the conditions are not safe, I will stop my participation in the Event and I will report it immediately to the Event organizers.

2) I certify that I am physically fit and that I am in shape and in the state of health required to participate in the Event. I have had enough training and skill to participate in this Event. In addition, I certify that I do not suffer from any medical or physical condition that could represent a danger or a risk to me or other participants, or that would prevent me or interfere with my participation, or, in its defect, I am willing to accept all the risks and costs created directly or indirectly by said condition. No physician has advised me to abstain from participating in the Event.

3) I willingly and voluntarily acknowledge and fully assume and accept all the existing risks related to the Event, and I choose to participate freely and voluntarily, regardless of the risks. As a condition of my participation in the Event, I agree to the following:

a) It is my responsibility to become familiar with the Event's route and schedule, as well as to fully know and follow its rules. I will treat with dignity and respect all the participants, volunteers, spectators, coaches, organizers, monitors, sponsors, promoters, and producers.

b) I acknowledge that during the Event unforeseen circumstances to the organizers may arise, in which case I will continue participating in a safe manner that does not endanger me or the other participants.

c) I assume complete responsibility for the condition and adequacy of my equipment and my behavior in the Event

d) I will use a certified protective helmet for use in road cycling to prevent any injury to my head and I assume all responsibility for my helmet selection and modification or appendage thereto.

4) I willingly and voluntarily, in the broadest extent possible and to the maximum allowed by Law, forever agree to indemnify and hold harmless PR360, its owners, directors, officials, volunteers, employees, spouses, heirs, successors and assigns, as well as any Event promoter or sponsor, and any sanctioning organization against any and all damages suffered by my person or property, regardless of whether the fault or negligence is my own, from third parties or the organizer's, or by damages caused by me to third parties or their property, as well as any claim, cause for action, suit, complaint, attorney's fees and any other sentence, resolution or order of such proceeding, that in any way may be related, directly or indirectly by my participation in this Event. Said waiver includes any and all legal and equity claims for culpable or negligent actions or omissions.

5) I agree that by signing this document, electronically and/or on paper and in case I suffer any injury or damages while participating in the Event a court of justice may determine that I waived my right to file suit against PR360, its members, directors, officials, volunteers, employees and all its representatives in any capacity. I certify that I have enough insurance coverage to cover any injury or damages to my person as well as any damages that could be caused to another person or third party property during the Event. In the alternative, I agree to assume all the costs for said injuries or damages.



6) In the event that PR360, its members, directors, officials, employees or any other representative have to incur in attorney's fees and costs in order to enforce this agreement, I agree to indemnify and hold them harmless of all responsibility for said fees and costs.

7) I hereby consent to receiving medical treatment if deemed necessary in case I suffer any injury, accident or illness during the Event.

8) I understand that I may be photographed or recorded on video during the course of this Event and activities. I consent for my image, be it in photograph, video or any other media, to be used for any legitimate purpose by PR360, the Event producers, sponsors, or their licensees without any compensation to me.

9) If any provision of this Contract, or its application is declared null or contrary to Law by the pertinent authority, the remaining provisions of this Contract will remain completely valid and in effect.

10) This Contract includes all the agreements between the parties regarding the object itself and it can only be amended in writing and signed by all the parties.

11) This Agreement will be interpreted according to the laws of the Commonwealth of Puerto Rico and any claim arising directly from my participation in the Event or from this agreement will be under the exclusive jurisdiction of the Court of First Instance, San Juan Superior Court.

12) This waiver and release of liability will be interpreted in the broadest way possible in favor of PR360, its members, directors, officials, volunteers, employees and all representatives in any capacity.

13) We understand things happen in life and sometimes you have to cancel your registration. Please note we do not make exceptions in our cancellation policy (including family, medical, or employment situations). We cannot offer credits or transfers; our registration fees are therefore non-transferrable, non-refundable and non-deferrable. Trip insurance is available for purchase during registration. PR360 may cancel or reroute an event due to the occurrence of any force majeure event or credible threat thereof, including but not limited to any Act of God, fire, earthquake, hurricanes, acts of civil or military authority, casualty, flood, war, terrorist attack, epidemic, insurrection, civil unrest, strikes or other labor activities, poor weather in an airport or any other similar cause beyond the reasonable control of PR360, including environmental conditions that might threaten the health and safety of Event participants, volunteers or staff. I understand and agree that my registration fees and other costs will not be refunded by PR360 if all or any portion of a Vuelta Puerto Rico Event is cancelled or rerouted due to a force majeure event. I will release and hold PR360 harmless for any costs or damages incurred as result of cancellation or rerouting of a Vuelta Puerto Rico Event due to a force majeure event. We strongly recommend purchasing all the necessary insurances available in the event there is an unforeseen circumstance as described above that prevents you from participating in La Vuelta Puerto Rico.

I have read and understood the content of this document; I have signed it freely and voluntarily, and I agree to honor the conditions of the document.

INFORMATION BELOW PROVIDED ELECTRONICALLY

BIB NUMBER: \_\_\_\_ FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_  
DOB: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

MY CONTACT PHONE NUMBER IS: \_\_\_\_\_

IN CASE OF EMERGENCY CALL: \_\_\_\_\_

CONFIRMATION NUMBER: PELOTON: \_\_\_\_\_

Participant's signature: ELECTRONIC SIGNATURE

Date of Registration