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TOP 5 FAQs

1. Where is parking available?
   • On event day, parking will be available free of charge in the Tailgate Lot adjacent to the ballpark entrance on 14th St between Imperial Ave and K St, as well as the Padres Parkade at 10th and J St. If both of these lots exceed capacity, participants will be directed to the 6th & K Parkade (note: this lot has a fee of $1 per hour). See page 9 for a map of the surrounding area.

2. Can I leave my bike at Petco Park on Friday night?
   • Yes, participants will be able to check in their bike on Friday night at Petco Park packet pick-up. Your bike will be stored in Power Alley (covered area) and available for pick-up near registration in the morning. Please ensure you have your rider # on your wristband to retrieve your bike from the corral.

3. Can I change to a shorter cycling distance on Saturday morning?
   • We do not want anyone to be stuck on a course that they do not feel prepared for on event day. If you would like to ride a shorter distance, you must let the staff know at registration and we will make sure you have the correct bib and start time. Fundraising commitments cannot be lowered in conjunction.

4. What time does my event start?
   • The start times are as follows. See page 4 for a full schedule of the day.
     • The Century – 6:00am (please bring bike lights)
     • Honey Springs Heartbreaker – 6:00am (please bring bike lights)
     • Olympic Challenge – 7:30am
     • Coronado Classic – 9:00am**
     • 5K Walk/Run – 10:00am
     • Spin – 9:00am, 10:00am, 11:00am, 12:00pm, and 1:00pm
     • Kids Challenge – activities beginning at 11:30am at Home Plate Gate
     Please be in the starting chute 10 minutes before your start time.
     **No one will be permitted to start after 9am due to the Coronado Bridge re-opening at that time.

5. When is packet pick up?
   • Thursday, November 14
     • 10:00am-2:00pm at Road Runner Sports in Solana Beach
   • Friday, November 15
     • 4:30-6:30pm at the East Village Gate at Petco Park
   • Day-of registration and packet pickup will also be available starting at 4:30am at the East Village Gate at Petco Park. See page 5 for full details on packet pick up.
1. **The Start Line for Cyclists + 5K will be on J Street**
   - We are excited to announce a new start line for the 5K and cycling courses this year. These starts will take place on J Street, outside of Park at the Park.

2. **Spin classes will be on the Pier**
   - All spin classes will be held on the Pier overlooking the field this year.

3. **Event day entrance and check-in will be located at the East Village Gate**
   - The East Village Gate is located on the corner of 10th and K Street and provides easy access to Park at the Park, where breakfast, team meet-ups, and mechanics are located.

4. **Last mile of cycling courses changed to avoid railroad tracks on Harbor Drive**
   - For cyclists' safety, we have changed the final mile of all cycling courses.
   - Please review the new finish route on our [courses page](#).
   - All cyclists still get to finish on the field at Petco.

5. **KING & QUEEN of the FIGHT**
   - For Century and Honey Springs Heartbreak riders, there will be a timed "King & Queen of the Fight" challenge. The fastest male and female rider to complete the designated section will receive a PPTC swag bag including partner gift cards! More details on your course details page.

6. **TWO Capstone Presentations**
   - There will be two inspiration programs this year: 11:15am SuperKids Spotlight and 2:30pm Closing Ceremony.

7. **Souvenir Finisher Beer Cans**
   - Don't forget to pick up your souvenir finisher can of Pedaleur, a session IPA brewed and donated by Rouleur Brewing Company. Pedaleur will also be on tap at the three bars on the field.

8. **ID Check**
   - Please bring your ID with you on event day. Best Beverage Catering will be validating ID's prior to any bar service. You will get a wristband once your ID is checked. You will also need this 21+ wristband to get your souvenir finisher beer can!
PRE-EVENT AND EVENT SCHEDULE

THURSDAY, NOVEMBER 14, 2019
7:30am Breakfast Burrito Ride at Bird Rock Coffee Roaster in Del Mar (2212 Carmel Valley Road, Del Mar, CA 92014)
For more info: https://bit.ly/2JCEyyR
10:00 am – 2:00pm Packet pick up at Road Runner Sports in Solana Beach
(211 N Hwy 101, Solana Beach, CA 92075 – parking is available at the train station)

FRIDAY, NOVEMBER 15, 2019
4:30 pm – 6:30pm Packet pick up at Petco Park, East Village Gate, corner of 10th and K St

SATURDAY, NOVEMBER 16, 2019
4:30am Registration & Check-in Open at East Village Gate, breakfast available
6:00am The Century (100 mi) + Honey Springs Heartbreaker Start (88 mi) (lights needed)
7:30am Olympic Challenge Start (55 mi)
9:00am Coronado Classic Start (25 mi)
9:00am Spin Classes Commence (9:00am-2:00pm)
10:00am 5K Walk/ Run Start
10:30am – 4:30pm Lunch/ Bar Service Open
11:15pm – 11:45 SuperKid Spotlight on the BD Mainstage
11:30am Superhero Kids Challenge presented by Sempra Energy
12:00pm Kids Wave 1 Ages 3-7 | 12:45pm Kids Wave 2 Ages 8-12
2:30pm – 3:00pm Closing Ceremony on the BD Mainstage
3:00pm – 4:30pm Finish Line Festival Including Live Music
5:00pm - Petco Park Closes

ANTICIPATED RETURN OF PARTICIPANTS

Coronado Classic Riders: between 10:45am and 12:00pm
Olympic Challenge Riders: between 10:45am and 2:30pm
Honey Springs Heartbreaker Riders: between 11:45am and 3:00pm
The Century: between 12:45pm and 4:00pm
5K Walk/ Run: between 10:30am and 11:30am

*Note: The Honey Springs Heartbreaker and The Century have strictly enforced cut off times to ensure rider safety within traffic control and permitting time frames. Please refer to page 12 of the course information section for more details.

MISSION + IMPACT PROGRAM
Hear from Padres Pedal funded researchers and physicians, survivors, and other representatives about how your participation in Padres Pedal makes a difference in the fight against cancer. Join us at the BD Mainstage, at 11:15am & 2:30pm for two opportunities to witness the Capstone Program.
PARTICIPANT PACKET INFO

PACKET PICK UP
Prior to event day, we will hold two packet pick up sessions:

**Thursday, November 14th, 10:00 am – 2:00pm Road Runner Sports in Solana Beach**
(211 N Hwy 101, Solana Beach, CA 92075)
Parking at Solana Beach train station

**Friday, November 15th, 4:30 pm – 6:30pm Petco Park, East Village Gate, corner of 10th and K St.**
Parking available in the Tailgate Lot on 14th and Imperial

WHAT YOU WILL NEED TO PICK UP YOUR PACKET
- Driver’s License
- Group Packet Pick Up: If you would like to pick up packets for other members of your team, you will need to fill out a form provided by the Padres Pedal staff and secure each person’s signature prior to the pick-up. ([Click here](#) for proxy form. If you are picking up for a group of 5 or more, please notify admin@gopedal.org by Tuesday evening, November 12th.)

MERCHANDISE/ PARTICIPANT PACKETS
Jerseys/shirts and participant bags will be distributed during the packet pick up process along with shorts/bibs that were pre-ordered during online registration. If you have earned an incentive level, you will be given your Top Fundraiser Gifts at packet pick up as well.

PARTICIPANT BAGS sponsored by INTUIT Include:
- Bib for the front of your bike or your shirt for the 5K (color coding below) presented by Lusardi Construction
- All-access wristband required for event entry presented by W.E. O’Neil
- Padres Pedal water bottles presented by Thermo Fisher
- Lip balm provided by COI
- “I Ride For” and “I Run For” wristbands presented by Procopio
- Eye masks provided by ResMed
- Can Koozie provided by Mossy Nissan
- AminoVital packet provided by AjiBio Pharma
- Tuna to Go provided by Bumble Bee Seafoods
- Stress Ball provided by Immunicom

*Place your bib on the front of your bike so that it is visible to traffic control personnel; please do not bend the bibs. 5K participants: secure your bib to the front of your shirt.
*Your bib color corresponds to your route color for directional signage on course.
BIKE CORRAL
Bike corrals will be located at Park at the Park before the ride. After you finish, the bike corral will be located in centerfield north of the finish line. You must have your wristband with your rider # on it to retrieve your bike from the bike corral after the event, and you will exit through the tunnel to the Park Blvd Gate.

GEAR CHECK presented by INTUIT
If you bring extra clothes for warmth or to wear post-ride, you can check a bag on the field or at Park at the Park on the Beach near the Spin Zone before your ride. Riders will also be able to check in and drop off their bike during the Friday evening packet pick up at Petco Park.

Gear check will also be available at the Bikeway Village and Mountain Hawk Aid Stations. **IMPORTANT:** Gear left at off-site locations will be transported back to Petco Park as late as 5PM when all riders have cleared the course.

WRISTBANDS presented by W.E. O’Neil
Participants and spectators will not be allowed to enter Petco Park without a wristband. Your wristband is your access pass to the event; it will be in your packet when you check in. **Please plan to wear it all day, as you will not be able to get food, drinks, your gear or bike without it.** If you misplace your wristband, please find a Padres Pedal staff member or volunteer to get a new one.

Friends, family and colleagues are welcome at Petco Park for all festivities. General access for cheering and celebrating is free. If they would like to enjoy food and drinks, guests may purchase a separate wristband.

- Food Only Wristband: $25 (blue)
- Food and Beverage Wristband (21+): $40 (yellow)
- General Access Wristband: free (white)

**NOTE:** All participants 21+ who wish to consume alcohol or pick up their souvenir Rouler Brewing finisher beer will have to get their ID checked at the bar on the field or at the designated ID checkpoint at the main entrance gate.
EVENT DAY INFO

PARKING presented by ACE PARKING

On event day, parking will be available free of charge in the Tailgate Lot adjacent to the ballpark entrance on 14th St between Imperial Ave and K St, as well as the Padres Parkade at 10th and J St. If both of these lots exceeds capacity, participants will be directed to the 6th & K Parkade (note: this lot has a fee of $1 per hour). See page 9 for a map of the surrounding area.

VIP Parking will be reserved in the Lexus Premier Lot at Park Blvd and Imperial Ave.

BIKE MAINTENANCE

Bike maintenance (minor adjustments; chain lubricant, air, etc.) will be available at Petco Park courtesy of RIDE Cyclery before the start, as well as on the course. Please plan accordingly and come early if you need service.

We strongly recommend getting your bike tuned up prior to event weekend as our mechanics will not have time for complex maintenance.

TEAM PHOTOS

Our photographers will be on hand to shoot team photos. Plan to meet your team at the designated Team Photo area on the field for an awesome group shot together in front of the “I Ride For” or “I Run For” wall! A designated time for your team photo will be coordinated by your captain.

COURSE MAP PICK UP

While the courses will be very well marked, please download the courses on RideWithGPS with the links below:

- Coronado Classic: https://ridewithgps.com/routes/30914308
- Olympic Challenge: https://ridewithgps.com/routes/30914298
- Honey Springs Heartbreaker: https://ridewithgps.com/routes/30914277
- The Century: https://ridewithgps.com/routes/30914253
- 5K: https://ridewithgps.com/routes/31285589

IMPORTANT: DOWNLOAD COURSE TO YOUR GPS DEVICE PRIOR TO EVENT DAY
SHOWERS
All riders will have access to hot showers and towels in the team lockers rooms on the first and third base side of the field. Please make sure to pack any additional toiletries as needed.

RECOVERY ZONE
Stop by our Recovery Zone near home plate. The Physical Therapy Effect will provide physical therapy services near the 1st base dugout. Cyclist Massage will return again this year to offer massage services in the Lexus Club Restaurant behind home plate after your ride/run. Please check in at the respective service desk to reserve a time for your complimentary 10-minute massage or physical therapy session! New this year, BIOMED will be offering B12 shots complimentary to Top Fundraisers and for $20/piece otherwise.

SURVIVOR HELMETS/HATS
We invite our cancer survivors and fighters to pick up their orange hats and helmets at packet pick-up. Orange helmets will be distributed to survivors who haven't previously received one, while orange hats will be given to all participants who have indicated they are a fighter or survivor.

SOCIAL MEDIA
Make sure to capture your experience and share it on the screen by using the hashtag #PadresPedal19 during the event! Tag us on Facebook (@PedalTheCauseSanDiego) and Instagram (@PedalSanDiego) with hashtags: #PadresPedal19 #EndCancer #Give100% @AccelerateCures

FINISH LINE FESTIVAL
Celebrate your ride/run and join us for food, cold drinks, and live music at the Finish Line Festival. Enjoy team bonding in the team hangout area and enjoy an afternoon of celebrating your hard work throughout the year, working towards A World Without Cancer! Don't miss out on the capstone programs – two presentations available at 11:15pm & 2:30pm.

FINISHLINE PHOTO presented by ENDURANCE SPORTS PHOTO
In addition to course photographers, Endurance Sports Photo will be taking finisher photos which will be emailed to all participants after the event.
CYCLING COURSE INFO

SAG SUPPORT AND COURSE MARSHALS
The Padres Pedal the Cause support team will be comprised of on-course SAG vehicles, stationary mechanical support at Aid Stations, and on-course ride marshals; all with a direct line to the Padres Pedal the Cause Command Center. There will also be stationary Course Pointers and traffic control at many intersections to provide safety.

**SAG:** The SAG support team will be in vehicles equipped with mechanical supplies and first-aid. Padres Pedal the Cause SAG support team members will respond to incidents, as directed by the Command Center. Please call the **Emergency Dispatch Number—(619) 795-5777—**if you have a mechanical issue on the course and need SAG support sent to your location. This number will also be listed on your wristband for easy access.

**Ride Marshals:** Trained volunteers will serve as Course Marshals riding on bikes along the route. Their primary focus is to increase rider safety and provide extra support to riders who need simple mechanical support on the route. You will see the Ride Marshalls wearing GREEN Padres Pedal Jerseys.

COURSE SIGNAGE
For our riders, the courses will be marked with directional signs posted on the side of the road at all turns. However, we encourage you to take cue sheets at check-in or download the course to your device. For safety, event notification signs will be put on the course a week in advance to notify local traffic that cyclists will be on the road on November 16.

![Course Signage Image]

**EMERGENCY NUMBER - (619) 795-5777**
You will have and Emergency Dispatch Number in your ride packet and on your wristband. This number will connect you with Padres Pedal Command Center. Call this number if you need mechanical or SAG support on the course, or if you are bringing something to the attention of Padres Pedal the Cause Command Center. If there is a medical emergency, you should first call 911 and then call this emergency dispatch number to inform the Command Center.
Coronado Bridge Closure presented by NuVasive

Thank you NuVasive for sponsoring the Coronado Bridge closure – a highlight for cyclists to ride over the iconic San Diego landmark! Please obey traffic control and ride swiftly over the bridge without getting off your bike at any point on the bridge.

Rules of the Road

Padres Pedal the Cause is conducted on open roads with vehicular traffic. Roads include both marked and unmarked hazards. We have taken every measure to make sure the ride is as safe as possible, but please remember that your safety is in your OWN hands. Remember to ALWAYS check your helmet and bike before riding. Rules of the Road—This is a Ride Not a Race!

- Wear a helmet at all times. No helmet, no ride.
- Carry your ID and insurance card.
- Make sure you are wearing your rider wristband and your participant bib.
- When you are passing riders, be courteous and use extreme caution when passing riders that may be less experienced. Always call out when you are passing.
- Obey all traffic signals, stop signs, and laws!

Bike Path Safety Protocol

- Use caution, controlled pace, and ride single file on bike paths.
- The bike paths will be open to the public on all courses and there will be on-coming riders with two way traffic so please use caution, stay to the right, and only pass when it is safe.
- Reminder: this is a Ride not a race. As such, the event is not timed and no awards will be given to top finishers.

Road Conditions

- The course roads are not perfect and may have uneven surfaces, potholes, cracks, gravel, sand, and debris on the route.
- Most of the course is open to vehicular traffic so please exercise caution and ride safely. Stay to the right and never ride more than double file and only when appropriate.

Railroad Tracks

There are several sets of railroad tracks in the downtown area on the course. We have done our best to mark them. Please SLOW down, call them out, and ride over them at a perpendicular angle.
CYCLING COURSE INFO

CUT OFF TIMES ON THE COURSE
We take rider safety seriously and put into place an extensive traffic control plan to achieve that. In order to ensure safety, there will be strict cut off times enforced at select areas of the course below. If you do not meet these cut off times you will be directed to take a shorter route or be picked up by SAG and brought back to Petco Park. These cut offs are MANDATORY and are enforced for everyone’s safety.

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<th>ROUTE</th>
<th>LOCATION</th>
<th>TIME CUT OFF</th>
<th>LATE RIDER ACTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 Miles</td>
<td>Coronado Bridge (please make sure you are in the start corral by 8:50am)</td>
<td>9:19am</td>
<td>Riders placed into SAG vehicles and taken across the bridge</td>
</tr>
<tr>
<td>88 &amp; 100 Miles</td>
<td>Mile 34.5 Right turn onto Otay Lakes Rd</td>
<td>9:10am</td>
<td>Riders must turn left and follow 55-mile route</td>
</tr>
<tr>
<td>100 Miles</td>
<td>Mile 63.5 Right turn onto Willow Glen Dr</td>
<td>11:18am</td>
<td>Riders must turn left and follow 88-mile route</td>
</tr>
<tr>
<td>88 &amp; 100 Miles</td>
<td>Mile 66 or Mile 79 Leave Cuyamaca College Aid Station</td>
<td>12:40pm</td>
<td>Riders placed into SAG vehicles to finish to next aid station at Sweetwater Staging (Mile 79 or 92)</td>
</tr>
</tbody>
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*Note: The afternoon capstone program will start at 2:30pm. We encourage all participants who want to be present for the program to plan their pace accordingly and take a cut off for a shorter course if necessary. There will be marshals along the course enforcing the above MANDATORY cut off times.

THANK YOU TO OUR AID STATION FOOD SPONSORS!

**idrink Nano water** – the Official Water of Padres Pedal

**KIND** – the Official On Course Bar of Padres Pedal

**SKRATCH LABS** – the Official On Course Electrolyte of Padres Pedal

**SCIENCE IN SPORT** – the Official On Course Gel of Padres Pedal

**MOSSY** – the Official On Course Support Vehicle of Padres Pedal

**REPUBLIC SERVICES** – Trash Services, Padres Pedal Partner

**PRO Rich Nutrition** – Recovery Nutrition, Padres Pedal Partner
CYCLING COURSE MAPS

CORONADO CLASSIC – 25 MILES

Start Time: 9:00am
(Please be in start corral at 8:50am)
*There will be NO late start permitted

Elevation Gain: 362 ft.

# of Aid Stations: 2
• Bikeway Village - mile 13
• Best Western (hydration only) - mile 19

Course Color: Light blue

Food Available:
• KIND Snacks – Official On-Course Bar
• iDrink water – Official Water
• Gels by Science In Sport
• SKRATCH Hydration
• Smuckers Uncrustables
• Cookies
• Rice Krispy Treats
• Fruit
• Pickles
• Trail Mix
• Potato Chips

*Hydration only stops will be limited to iDrink water, SKRATCH, KIND bars, and bananas

Link to course map:
https://ridewithgps.com/routes/30914308
OLYMPIC CHALLENGE – 55 MILES

Start Time: 7:30am
Elevation Gain: 2,649 ft.
# of Aid Stations: 3
• Bikeway Village - mile 13
• Mountain Hawk Park – mile 34
• Sweetwater Staging Area – mile 46
Course Color: Purple

Food Available:
• KIND Snacks – Official On Course Bar
• iDrink water – Official Water
• Gels by Science in Sport
• SKRATCH Hydration
• Smuckers Uncrustables
• Cookies
• Rice Krispy Treats
• Fruit
• Pickles
• Trail Mix
• Potato Chips

*Hydration only stops will be limited to iDrink water, SKRATCH, KIND bars, and bananas

Link to course map:
https://ridewithgps.com/routes/30914298
CYCLING COURSE MAPS

HONEY SPRINGS HEARTBREAKER – 88 MILES

Start Time: 6:00am (bring lights)
Elevation Gain: 5,999 ft.

# of Aid Stations: 5
  • Bikeway Village – mile 13
  • Mountain Hawk Park – mile 34
  • Deerhorn Fire Station – mile 49
  • Cuyamaca College – mile 65
  • Sweetwater Staging Area – mile 79

Course Color: Green

Food Available:
  • KIND Snacks – Official On Course Bar
  • iDrink water – Official Water
  • Gels by Science in Sport
  • SKRATCH Hydration
  • Smuckers Uncrustables
  • Cookies
  • Rice Krispy Treats
  • Fruit
  • Pickles
  • Trail Mix
  • Potato Chips

Lunch Served at Cuyamaca College:
  • Jersey Mike’s sandwiches

CUT OFFS ENFORCED:
  • At mile 34.5, riders must make the right turn onto Otay Lake before 9:10am or they will be diverted left on the 55 mile course.
  • At mile 66, riders must leave Cuyamaca College before 12:40pm or they will be driven to the next aid station.

King & Queen of the Fight: At mile 75 (approximately 10 miles from the Cuyamaca aid station), there will be a time KOF & QOF segment. The fastest male and female times of the day will receive a special Padres Pedal the Cause Swag Bag & partner gift cards.

Segment Stats:
4.89 miles
5% grade
1,257 ft elevation gain

*This is a timed segment. There will be sensors at the start and finish of the segment and results will be reviewed after the close of the event. Winner announce Monday, Nov 18.
THE CENTURY – 100 MILES

Start Time: 6:00am (bring lights)
Elevation Gain: 6,506 ft.

# of Aid Stations: 6
- Bikeway Village - mile 13
- Mountain Hawk Park – mile 34
- Deerhorn Fire Station – mile 49
- Dehesa Elementary (Hydration Only) – mile 71
- Cuyamaca College – mile 80
- Sweetwater Staging Area – mile 93

Course Color: Red

Food Available:
- KIND Snacks – Official On Course Bar
- iDrink water – Official Water
- Gels by Science in Sport
- SKRATCH Hydration
- Smuckers Uncrustables
- Cookies
- Rice Krispy Treats
- Fruit
- Pickles
- Trail Mix
- Potato Chips

Lunch Served at Cuyamaca College:
- Jersey Mike’s sandwiches

CUT OFFS ENFORCED:
- At mile 34.5, riders must make the right turn onto Otay Lake before 9:10am or they will be diverted left on the 55 mile course.
- At mile 63.5, riders must make the right turn onto Willow Glen Dr before 11:20am or they will be diverted left on the 88 mile course.
- At mile 79, riders must leave Cuyamaca College before 12:40pm or they will be driven to the next aid station.

King & Queen of the Fight: At mile 75 (approximately 10 miles from the Cuyamaca aid station), there will be a time KOF & QOF segment. The fastest male and female times of the day will receive a special Padres Pedal the Cause Swag Bag & partner gift cards.

Segment Stats:
- 4.89 miles
- 5% grade
- 1,257 ft elevation gain

LINK: https://www.strava.com/segments/21970334

*This is a timed segment. There will be sensors at the start and finish of the segment and results will be reviewed after the close of the event. Winner announce Monday, Nov 18.
1.  ★ BIKEWAY VILLAGE (536 13th Street, Imperial Beach)
   • Courses: All
   • Presenting Sponsor: BD
   • Volunteer Group: BD

2.  ★ MOUNTAIN HAWK PARK (1475 Lake Crest Dr, Chula Vista)
   • Courses: Olympic Challenge, Honey Springs Heartbreaker, The Century
   • Volunteer Group: Sanford Burnham Prebys

3.  ★ DEERHORN FIRESTATION (2383 Honey Springs Rd, Jamul)
   • Courses: Honey Springs Heartbreaker, The Century
   • Volunteer Group: Pfizer
   • CUT OFF ENFORCED: at mile 34.5, long riders must make the right turn onto Otay Lake before 9:10am or will be diverted left on the 55 mile course

4.  ✤ DEHESA ELEMENTARY SCHOOL HYDRATION STOP (4612 Dehesa Rd, El Cajon)
   • Courses: The Century
   • Volunteer Group: San Diego Padres

5.  ★ CUYAMACA COLLEGE (900 Rancho San Diego Pkwy, El Cajon)
   • Courses: Honey Springs Heartbreaker, The Century
   • Presenting Sponsor: Illumina
   • Volunteer Group: Illumina
   • Special Food Options: Jersey Mike’s sandwiches will be served
   • King & Queen of the Fight Segment – approximately 10 miles after this aid station.
   • CLOSE OF AID STATION: The aid station will close at 12:40pm; all riders will need to exit.

6.  SWEETWATER STAGING AREA (3121 Bonita Rd, Chula Vista)
   • Courses: Olympic Challenge, Honey Springs Heartbreaker, The Century
   • Volunteer Group: Genomatic United

7.  ✤ BEST WESTERN HYDRATION STOP (800 Bay Marina Dr, National City)
   • Courses: Coronado Classic
   • Volunteer Provider: San Diego Padres

★ Hydration stops will be limited to iDrink water, SKRATCH, KIND bars, and bananas.
★ Gear check available for cyclist to leave gear and retrieve it after the ride at Petco Park. Items may not arrive at Petco Park until the close of the day at 5pm.
SEMPRA ENERGY KIDS CHALLENGE
Calling all superheroes! The Sempra Energy Kids Challenge is a fun youth course onsite at Petco Park. Children are encouraged to come dressed in capes and costumes. On a safely enclosed track, they will ride their bikes, trikes or scooters around Park Blvd near the Home Plate Gate. All kids will finish their ride on the field at Petco Park. Parents will be asked to walk with their children to the finish chute and onto the field to avoid separation of families. A kids zone will be available on the field for post-ride fun!

All children will receive a Sempra Energy Kids Challenge t-shirt and a special finisher medal!
Check-in at the Park Blvd Gate before heading to the start
• Day-of registration will be available for a $40 registration fee
• Bike Decorating & Registration Time: 11:30am - 12:00pm
• Wear: Capes & costumes!

Kids Challenge Course:
  Kids 3-7 Ride: 12:00pm – 12:30pm
  Kids 8-12 Ride: 12:45pm – 1:30pm
  NOTE: All children must wear helmets!

NOTE: If you are separated from your child as they finish on the field, all children will be escorted to the info tent in centerfield to wait for you.

5K WALK/RUN
The family friendly 5K walk/run will start at the same start line as the cycling routes on J street and take a tour of the Embarcadero before returning to Petco Park to finish on the field. Strollers are allowed and there will be an elevator to take you up to the footbridge. Unfortunately, no pets will be allowed on the course.

*Note: all participants must WALK up the stairs and across the pedestrian footbridge. No running is permitted on this short section of the course.

Start Time: 10:00am
Check-In: East Village Gate starting at 4:30am
  Breakfast will be served at Park at the Park. If you would like to eat before the 5K commences, please arrive early to allow time for you to go to the field and over to the start by 9:50am.
Course Link: https://ridewithgps.com/routes/31285589
Spin at the Park presented by LA FITNESS
Spin at the Park features five classes of stationary cycling presented by LA Fitness. This year, we have more bikes, more classes and a cooler location on the Pier above centerfield!

All participants will receive a technical shirt or tank and a rider bag with goodies. Check-in will take place at the main participant registration area at the East Village Gate. All participants of Spin at the Park are also welcome to join the festivities after class to enjoy food and live music with friends and family.

Class Schedule and Overview:
Check-In: Check-in will be available as early as 4:30am at the Petco Park - East Village Gate. Please arrive at least 30 minutes before your class to make sure you get checked in, enjoy breakfast, and are ready to spin!

Classes: 50-minute classes at 9:00am, 10:00am, 11:00am, 12:00pm, and 1:00pm

Instructor: Classes will be taught by local instructors from popular local spin studios. Big shout out to our spin instructors and DJ Jon Beezy for volunteering their time!
- 9:00am SPARKCYCLE Class - Kellie
- 10:00am The Rush Class – Tim and Crystal
- 11:00am SPARKCYCLE Class – Kellie
- 12:00pm LA Fitness – Paco
- 1:00pm Bill’s Angels Class – Kellie

Style: The class will be a traditional style spin class with a live DJ and a chance to see yourself and teammates on the scoreboard while you are pedaling away. Each class will show the unique style of the studios represented by the instructors, and all will be inspiring and fun.

Clips/ Shoes: The bikes are Keiser Stationary Bikes with SPD clips. If you have spin shoes, you are welcome to wear them. If not, we recommend a hard-sole, close-toed athletic shoe.
EVENT DAY CHECK LISTS

CYCLIST CHECK LIST
☐ Driver’s License
☐ Medical Insurance Card
☐ Bike
☐ Helmet (REQUIRED)
☐ Cycling shoes, socks, and a cycling outfit
☐ Water bottles for bike
☐ Wristband & Bike tags
☐ Sunscreen and lip balm
☐ Sunglasses
☐ Spare tubes and tire levers to change a flat tire
☐ Hand pump or CO2 canisters
☐ Cash and credit card for merchandise or emergencies
☐ Medical Alert information and/or bracelet if applicable
☐ Cell phone for emergencies and #PadresPedal19 selfies
☐ Change of clothes for after the ride (optional)
☐ Footwear to wear after the ride

SPIN AT THE PARK and 5K PARTICIPANT CHECK LIST
☐ Driver’s License
☐ Medical Insurance Card
☐ Water bottle
☐ Sunglasses
☐ Sunscreen
☐ Lip balm
☐ Cash and/or credit card for merchandise and emergencies
☐ Cell phone for #PadresPedal selfies on the big screen!
☐ Change of clothes and footwear (optional)
☐ Spin shoes (optional)
FOOD MENUS

There will be a plethora of food throughout the event for participants and guests to enjoy. Below is a list of the options that will be provided. If you have special dietary restrictions, we recommend that you look over this list before the event and plan accordingly.

Guests can purchase food and beverage wristbands on site or ahead of time at this link: wristband sales
• $25 for food only wristbands and $40 for food and beverage

BREAKFAST presented by AJINOMOTO BIO-PHARMA SERVICES - open at 4:30am
- KIND Health Snacks
- Panera Bagels
- Oatmeal
- Bananas
- Bird Rock Coffee

SNACKS - served all day
- KIND assortment of bar flavors
- ProRich Nutrition Frozen Protein Ice Cream
- Chips, Trail Mix, Pretzels, Nuts

LUNCH - served 10:30am-4:30pm
- Puesto Chicken, Carnitas and Vegan Mushroom Tacos
- Board and Brew Turkey Club Sandwiches
- Hodad's Hawaiian Burger Sliders, Veggie Sliders
- Ballpark Eats Brats, Hot Dogs, Veggie Dogs, Chips, Salsa, Rice, and Beans
- Mister Softee Soft-Serve Ice Cream
- Panera Assorted Cookies

BEVERAGES bar service presented by CBRE - open 10:30am – 4:30pm
- Rouleur Brewing Company Pedaleur Brew and assorted Beer Selection
- Ballast Point Beer Selection
- Anhueser Busch Beer Selection
- AB Spiked Seltzer
- Wine
- Tequila
- Vodka
- iDrink Water
- Topo Chico Sparkling Mineral Water
- Coca-Cola Soft Drinks

NOTE: All participants 21+ who wish to consume alcohol or pick up their souvenir Rouleur Brewing finisher beer will have to get their ID checked at the bar on the field or at the designated ID checkpoint at the main entrance gate.
Volunteers play a vital role in the success of our event. Thanks to the help of hundreds of volunteers, Padres Pedal the Cause has grown into a hugely successful event! Look for them on the course and throughout Petco Park wearing light blue shirts and ringing cowbells.

Volunteering at Petco Park: If you are scheduled to work a volunteer shift at Petco Park, you will need to check in at the Volunteer Tent located at the East Village Gate fifteen minutes prior to your shift. Volunteers will have access to snacks throughout the day at the Volunteer Zone on the T-Mobile Deck. We encourage you to bring a water bottle to refill at the hydration station.

Volunteering on the Course: If you are volunteering offsite, please arrive 15 minutes early and check-in with your volunteer leader to get a t-shirt and instructions. Volunteers will have access to food at the aid stations.

Volunteer Food: Light food options will be provided for volunteers in the volunteer zone at the T. Mobile Deck. If volunteers are interested in an all-inclusive wristband they are available for purchase on site at will call or the info tent.
THANK YOU, SPONSORS!

Your support means 100% of fundraising dollars will fund cancer research!
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PADRES PEDAL THE CAUSE

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Rolf Benirschke Golf Invitational

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BD is proud to sponsor Padres Pedal the Cause in support of the fight against cancer.

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We fight in honor of Bill Bacon (1953-2019)

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