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# **PADRES PEDAL** **THE CAUSE**

**VOLUNTEER HANDBOOK**

**April 7, 2024**

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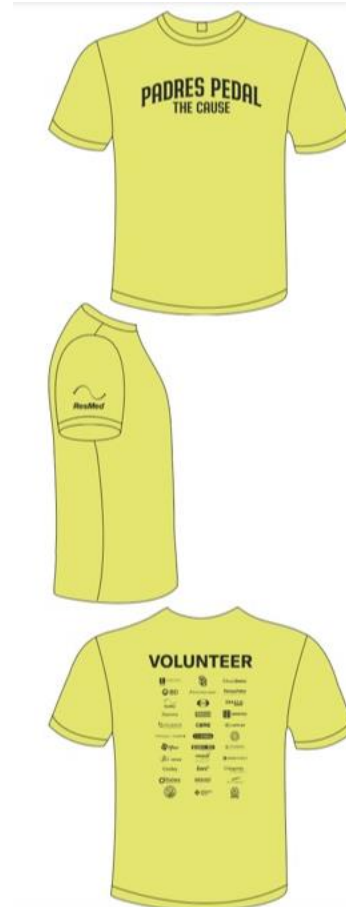
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# THANK YOU

Thank you to ResMed, our Volunteer Program Presenting Sponsor, for helping us accelerate cures in San Diego. Together, we will create a world without cancer.



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# VOLUNTEER EXPECTATIONS

## THANK YOU!

**Without our volunteers, Padres Pedal the Cause would not be possible.**

**We ask that on event day you:**

## HONOR YOUR COMMITMENT

Padres Pedal the Cause is incredibly grateful for the time and energy our volunteers donate. In order to make the event as successful as possible, it is important that every volunteer position be filled. If you are unable to participate, we ask that you **cancel your participation by April 1st** by emailing [rylee@curebound.org](mailto:rylee@curebound.org)

When registering to volunteer we kindly ask that you make a commitment to work your **full volunteer shift** from beginning to end.

## REMAIN FLEXIBLE

This handbook gives you a full overview of the volunteer roles on event day. While all volunteers have registered for specific roles and time frames, you may be asked to switch areas within a shift. If you signed up for multiple shifts, please report back to the volunteer check-in area after the end of each shift.

We ask that you please pitch in where you are needed and let your volunteer leader know if you have physical limitations that preclude you from fulfilling certain tasks.

## HAVE FUN!

We are incredibly grateful to your time and support and hope that you enjoy your day volunteering with us. When you have the time, take a moment to pause and reflect on the incredible impact that we are making on cancer research as a San Diego community!

**Padres Pedal the Cause is a non-smoking event. Smoking is not allowed at any of the Padres Pedal the Cause sites including Refueling Stations, Petco Park, and along the course.**



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# GENERAL VOLUNTEER INFO

## PARKING INFORMATION

**Volunteering at Petco Park:** All volunteers are asked to park in either the Tailgate Lot located on Imperial Avenue or Padres Parkade located on 10<sup>th</sup> Avenue between Island Ave and J Street. Parking is free and we strongly encourage carpooling as parking is limited. If the lot is full, you will be redirected to another reserved lot. No parking pass is needed. Simply mention Padres Pedal the Cause.

**Volunteering on the course:** Limited parking is reserved at each volunteer location; we strongly encourage carpooling as parking is limited.

## CHECK-IN & ROLE ASSIGNMENT

**Volunteering at Petco Park:** Please check at the volunteer kiosk located in the East Village Gate to receive your volunteer t-shirt and to confirm your volunteer assignment. You will then be directed to your designated volunteer position where your Padres volunteer captain will brief you. Please plan to arrive at Petco Park for check in **AT LEAST 30 minutes** prior to start time in order to complete the check in process.

**Volunteering on the Course:** Please arrive to your offsite location 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. There is no need to arrive at Petco Park prior to your shift. All volunteers are welcome at Petco Park following their shift.

## VOLUNTEER GROUPS

Groups volunteering **at Petco Park** will check in at the **East Village Gate**.

Groups volunteering **On Course** will check in at their **designated volunteer location**.

We ask that **one volunteer lead** from each group check in on behalf of the group.

## FOOD AND BEVERAGE

All volunteers will have access to water and snacks during their shift in the Volunteer Zone at Petco Park. If your shift falls over the lunch hour (11 AM-1PM) there will be light lunch available in the volunteer zone. **Note the food and beverage within Power Alley is for registered participants and guests who purchase All-Access F&B wristband. Wristbands are available for purchase day of at the Merchandise Tent.**

## ATTIRE

Please wear the t-shirt you are provided as it designates you as volunteer. Please wear comfortable shoes and clothes, bring sunscreen, sunglasses& hats.

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# EVENT DAY DETAILS AS PROVIDED TO PARTICIPANTS

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# TOP 5 FAQs

## 1. IS PARKING AVAILABLE?

On event day, parking will be available free of charge in either the Tailgate Lot (on Imperial Blvd) or Padres Parkade (on 10<sup>th</sup> and J St. Parking). Lots are reserved for Padres Pedal the Cause attendees only. See page 4 for a map of the surrounding area.

## 2. CAN I LEAVE MY BIKE AT PETCO PARK ON SATURDAY NIGHT (APRIL 6)?

Yes, participants will be able to check in their bike on Saturday night at Petco Park during packet pick-up from 4:30pm-6:30pm. Your bike will be stored and secured in Power Alley (a covered area) and available for pick-up at the same location in the morning. However, there is a large convention happening in Downtown San Diego that may cause traffic, so we encourage you to just bring your bike with you on Sunday if possible.

## 3. WHAT TIME DOES MY EVENT START?

The start times are as follows. See page 5 for a full schedule of the day.

- Otay Odyssey (75 miles) – 7:00am
- Olympic Challenge (55 miles) – 8:00am
- Rocky Road (34 miles) – 8:30am
- Coronado Classic (25 miles) – 9:00am
- 5K Walk/Run – 10:00am
- Spin – 9:00am, 10:00am, 11:00am, 12:00pm
- Kids Zone – 10:00am – 3:00pm
- Kids Challenge – 12:00pm

## 4. CAN I CHANGE TO A DIFFERENT CYCLING DISTANCE ON SUNDAY MORNING?

Decrease Distance: Yes, we do not want anyone to be stuck on a course that they do not feel prepared for. If you would like to ride a shorter distance, you must let the staff know at registration. We will make sure you have the correct bib and start time. Fundraising commitments will not be lowered.

Increase Distance: Yes, but you will need to let staff know at registration to receive the correct bib and your fundraising commitment will be increased in conjunction.

## 5. WHEN IS PACKET PICK-UP?

Saturday, April 6

10:00am-2:00pm at UCSD Baseball Field ([click here for more details](#))

4:30pm-6:30pm at the East Village Gate at Petco Park

Sunday, April 7

6:00am day-of registration is available at East Village Gate at Petco Park

\*See page 9 for full details on packet pick-up.

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# 2024 HIGHLIGHTS



## **PARKING**

On event day, parking will be available free of charge in either the Tailgate Lot (on Imperial Blvd) or Padres Parkade (on 10<sup>th</sup> and J St. Parking). Lots are reserved for Padres Pedal the Cause attendees only. See page 4 for a map of the surrounding area. If these lots exceed capacity, participants will be directed to other reserved parking areas. Reserved VIP parking presented by Lexus is also available in the Lexus Lot on Imperial adjacent to Park Blvd.

## **ENTRANCE**

The event day entrance and check-in will be located at the East Village Gate on 10th and K St and provides easy access to Gallagher Square.

## **BE ON TIME FOR YOUR EVENT**

Please plan to be in the starting chute 10 minutes before your start time. For the cycling routes, please note that no one will be permitted to start after 9:00am due to the Coronado Bridge re-opening schedule.

## **BRING THE WHOLE FAMILY AND ENJOY THE KIDS ZONE**

The Kids Zone will be open from 10:00am-3:00pm and located in Gallagher Square. Enjoy face painters, games and activities, and arrive early to meet our Superheroes!

## **THE KIDS CHALLENGE MEETING POINT**

Kids and families will meet at the Kids Start Line at 11:50am to be escorted onto the field for the Kids Challenge. Look for the balloon arch located across from the Living Proof Bell presented by Eisai!

## **ID CHECK**

Please bring your ID with you on event day. There will be an ID check kiosk next to the merchandize tent to validate IDs prior to any bar service. You will get a red wristband once your ID is checked that you must wear to receive bar service.

## **SELFIE ZONE presented by Erasca Foundation**

Grab your family and friends and take a Selfie at our Selfie Zone!

Remember to tag us and use the hashtags #PadresPedal #EndCancer #Curebound



# EVENT SCHEDULE



## SATURDAY, APRIL 6, 2024

10:00am – 2:00pm | Packet pick-up at UCSD Baseball Field

3685 Voigt Dr, La Jolla, CA 92093 Free parking is available – ([click here for more details](#))

4:30pm – 6:30pm | Packet pick-up at Petco Park, East Village Gate, corner of 10th & K St

100 Park Blvd, San Diego, CA 92101 – free parking is available at the Lexus Premier Lot

## SUNDAY, APRIL 7, 2024

6:00am	Registration & check-in open at East Village Gate, breakfast available
7:00am	Otay Odyssey Start (75 mi)
8:00am	Olympic Challenge Start (55 mi)
8:30am	Rocky Road (34 mi gravel hybrid)
9:00am	Coronado Classic Start (25 mi)
9:00am – 1:00pm	Spin Classes
10:00am	5K Walk/Run Start
10:00am – 2:00pm	Kids Zone Open
10:30am – 3:30pm	Lunch/ Bar Service Open
11:00am - 3:00pm	Live Music courtesy of Republic of Music
12:00pm	Kids Challenge
1:15pm	Main Stage Program on the Sycuan Stage
4:00pm	Petco Park Closes

## ANTICIPATED RETURN TIMES OF PARTICIPANTS

**5K Walk/Run:** between 10:20am – 11:30am

**Coronado Classic Riders:** between 10:50am - 12:15pm

**Olympic Challenge Riders:** between 11:15am - 2:30pm

**Rocky Road:** between 10:53am – 12:40pm

**Otay Odyssey Riders:** between 12:00pm - 2:00pm

\*Note: The Otay Odyssey has a strictly enforced cut off time to ensure rider safety within traffic control and permitting time frames. Please refer to page 13 for more details.

## CELEBRATE OUR COLLECTIVE IMPACT

Enjoy mission-oriented moments throughout event day. Visit the “In Honor of” wall presented by Bristol Myers Squibb. Pick-up an “In Honor of” sign presented by NuVasive at packet pick-up, the Kids Zone, or the Curebound tent to share who you are honoring with your participation. Survivors/ fighters, stop by the new Living Proof Bell presented by Eisai to celebrate your fight and receive a Living Proof shirt.



# PACKET PICKUP INFO *as provided to participants*

## PACKET PICK-UP presented by BD

Prior to event day, we will hold two packet pick-ups that are open to all:

**Saturday, April 6** | 10:00am – 2:00pm | UCSD Baseball Field

- ([click here for more details](#))



**Saturday, April 6** | 4:30pm – 6:30pm | Petco Park

- East Village Gate, corner of K & Park Blvd
- Free parking available in the Lexus Premier Lot.

## WHAT YOU WILL NEED TO PICK-UP YOUR PACKET

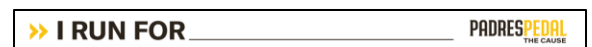
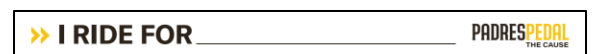
- Driver's License
- Group Packet pick-up: If you would like to pick-up packets for other members of your team, you will need to fill out a form and secure each person's signature prior to the pick-up. ([Click here](#) for the proxy form. If you are picking up for a group of 5 or more, please notify [liz@curebound.org](mailto:liz@curebound.org) or [megan@curebound.org](mailto:megan@curebound.org) by Tuesday evening (4/2).

## PARTICIPANT PACKETS

Jerseys/shirts and participant bags will be distributed during the packet pick-up process. If you have earned a Yellow Jersey item, you will also receive that at packet pick-up.

## PARTICIPANT BAGS INCLUDE:

- Drawstring Bag presented by Thermo Fisher Scientific
- Participant Bib\* presented by Lusardi Construction
- Padres Pedal water bottles presented by Curebound
- "I Ride For" and "I Run For" wristbands
- All-access wristbands presented by W.E. O'Neil Construction



\*Place your bib on the front of your bike so that it is visible to traffic control personnel.

\*5K participants: secure your bib to the front of your shirt.

\*Please do not bend the bibs.

# EVENT DAY INFO

## BIKE CORRAL

The bike corral will be located outside the East Village Gate. You will be asked to dismount and check your bike into the secure corral before you enjoy the celebration in Gallagher Square. You must have your wristband with your rider # on it to retrieve your bike from the bike corral after the event.

## GEAR CHECK

If you bring extra clothes for warmth or to wear post-ride, you can check a bag at the East Village Gate before your ride. 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.

## ALL ACCESS WRISTBANDS Presented by W.E. O'Neil

For those who earn an all-access wristband, please plan to wear it all day, as you will not be able to get food, drinks, or you gear/ bike without it. If you misplace your wristband, please find a Curebound 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 spectators would like to enjoy food and drinks, there are options for guests to acquire wristbands.

- **All-Access Wristband** – commit to raising \$250 by April 30<sup>th</sup> with staff at Curebound Staff and enjoy food, bar access, and the recovery zone all day
- **Food Only Wristband** – available for purchase online and on event day for \$40 or pre-purchase wristbands on the Curebound website
- **ID Checked for 21+** (Red)

**NOTE:** All participants 21+ who wish to consume alcohol will have to get their ID checked at the ID check kiosk next to merchandise.

W.E. O'NEIL

BIB \_\_\_\_\_

PADRESPEDAL  
THE CAUSE

W.E. O'NEIL

EMERGENCY #  
619-795-5777

PADRESPEDAL  
THE CAUSE

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# EVENT DAY INFO

## PARKING



On event day, parking will be available free of charge in either the Tailgate Lot (on Imperial Blvd) or Padres Parkade (on 10<sup>th</sup> and J St. Parking). Lots are reserved for Padres Pedal the Cause attendees only. See page 4 for a map of the surrounding area. If these lots exceed capacity, participants will be directed to other reserved parking areas. Reserved VIP parking presented by Lexus is also available in the Lexus Lot on Imperial adjacent to Park Blvd.

## BIKE MAINTENANCE

Bike maintenance (minor adjustments; chain lubricant, air, etc.) will be available 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.

## “IN HONOR OF” WALLS presented by Bristol Myers Squibb



Plan to meet your team at the designated Team Photo area near the Bumble Bee building for an awesome group shot together in front of the “In Honor Of” wall presented by Bristol Myers Squibb.

## COURSE MAPS

The courses will be very well marked, but please feel free to download the courses on ‘RideWithGPS’ with the links below:

Coronado Classic: [Padres Pedal The Cause 2024 \(ridewithgps.com\)](https://ridewithgps.com)

Olympic Challenge: [Padres Pedal The Cause 2024 \(ridewithgps.com\)](https://ridewithgps.com)

Rocky Road: [Padres Pedal The Cause 2024 \(ridewithgps.com\)](https://ridewithgps.com)

Otay Odyssey: [Padres Pedal The Cause 2024 \(ridewithgps.com\)](https://ridewithgps.com)

5K: [Padres Pedal The Cause 2024 \(ridewithgps.com\)](https://ridewithgps.com)



# EVENT DAY INFO



## RECOVERY ZONE presented by Jet AMG

Stop by our Recovery Zone from 10:30am-3:30pm located on The Beach. The Physical Therapy Effect will provide physical therapy services and Cyclist Massage will offer massage services. Fitness Quest 10 will be providing Hyperice products including Normatec boots and Hypervolts. Please check in at the respective service desk to reserve a time for your complimentary 10-minute massage, physical therapy session, or Hyperice experience!



## SOCIAL MEDIA

Make sure to capture your experience and share it on the screen by using the hashtag #PadresPedal during the event! Tag us on Facebook (@PadresPedaltheCause, @Curebound) and Instagram (@PadresPedaltheCause, @CureboundOfficial) with hashtags: #PadresPedal #EndCancer #Curebound

## KIDS ZONE

The Kids Zone will be open from 10:00am – 3:00pm and located in Gallagher Square. Enjoy face painters, games, and activities, and arrive early to meet our Superheroes!

## LIVING PROOF ITEM presented by Eisai

We invite our cancer survivors and fighters to pick-up their Living Proof shirt at the Living Proof tent. Living Proof shirts, presented by Eisai, will be given to all participants who have indicated they are a fighter or survivor during the registration process.



## Edward Jones

## START LINE presented by Edward Jones

Get ready to kick start your ride or run! Our start line is located in the center of the action in Gallagher Square. Cheer on participants as they head out on the course.

# PARTICIPANT BIBS



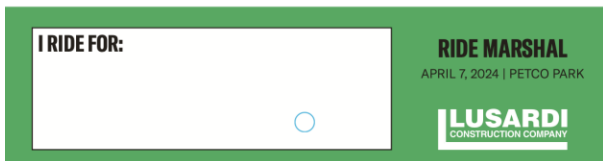
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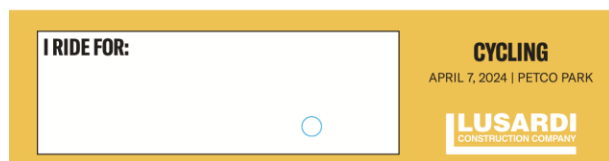
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RIDE MARSHAL



1



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# FOOD MENU

There will be a variety of food and beverage options 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 \$40 food wristbands on site.

## BREAKFAST

Served 6:00am-10:00am

Bird Rock Coffee | Blend and Decaf

Grab-and Go Options courtesy of Suja Juice and Melissa's Produce featuring bananas, granola bars, oranges, green juice, etc.

## LUNCH

Served 10:30am-3:30pm

Prince St. Pizza | Meat and Veggie Pizza with Salad

The Kebab Shop | Chicken and Rice

Northgate Market | Variety of Tortas

La Carniceria | Prime Flat Steak

Bumble Bee Seafoods | Grab and Go Tuna

Ballpark Eats | Beef and Veggie Sliders

La Fortaleza | Chips

Sambazon | Acai Popsicles



## BEVERAGES Bar Service Presented by CBRE

Served 10:30am – 3:30pm

Ballast Point

Kové Exclusive Curebound Flavor

Cutwater Canned Cocktails

Constellation Brewing

Nova Hard Kombucha

Suja Variety of Beverages

Essentia Water

Soft Drinks

NOTE: All participants 21+ who wish to consume alcohol will have to get their ID checked at the Padres Pedal ID Check Kiosk located next to the bars.

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# FUNDRAISING INCENTIVES

Go the extra mile to accelerate cures. Padres Pedal participants who want to make a bigger impact can commit to an incentive level or fundraise enough to become a Top Fundraiser. Knowing you are making a significant contribution toward creating a world without cancer is its own reward. But it comes with recognition too!

## **CURE CREATOR – Fundraisers who raise \$2,500+**

- Recognition on event day and at other Padres Pedal events
- Customized Padres Pedal luggage tag with collectible 2024 pin
- Invitation to Curebound Night at the Ballpark on June 21

## **YELLOW JERSEY – Fundraisers who raise \$5,000+**

- Includes benefits above and Padres Pedal Yellow Jersey or Apparel Item

## **MVP – Fundraisers who raise \$10,000+**

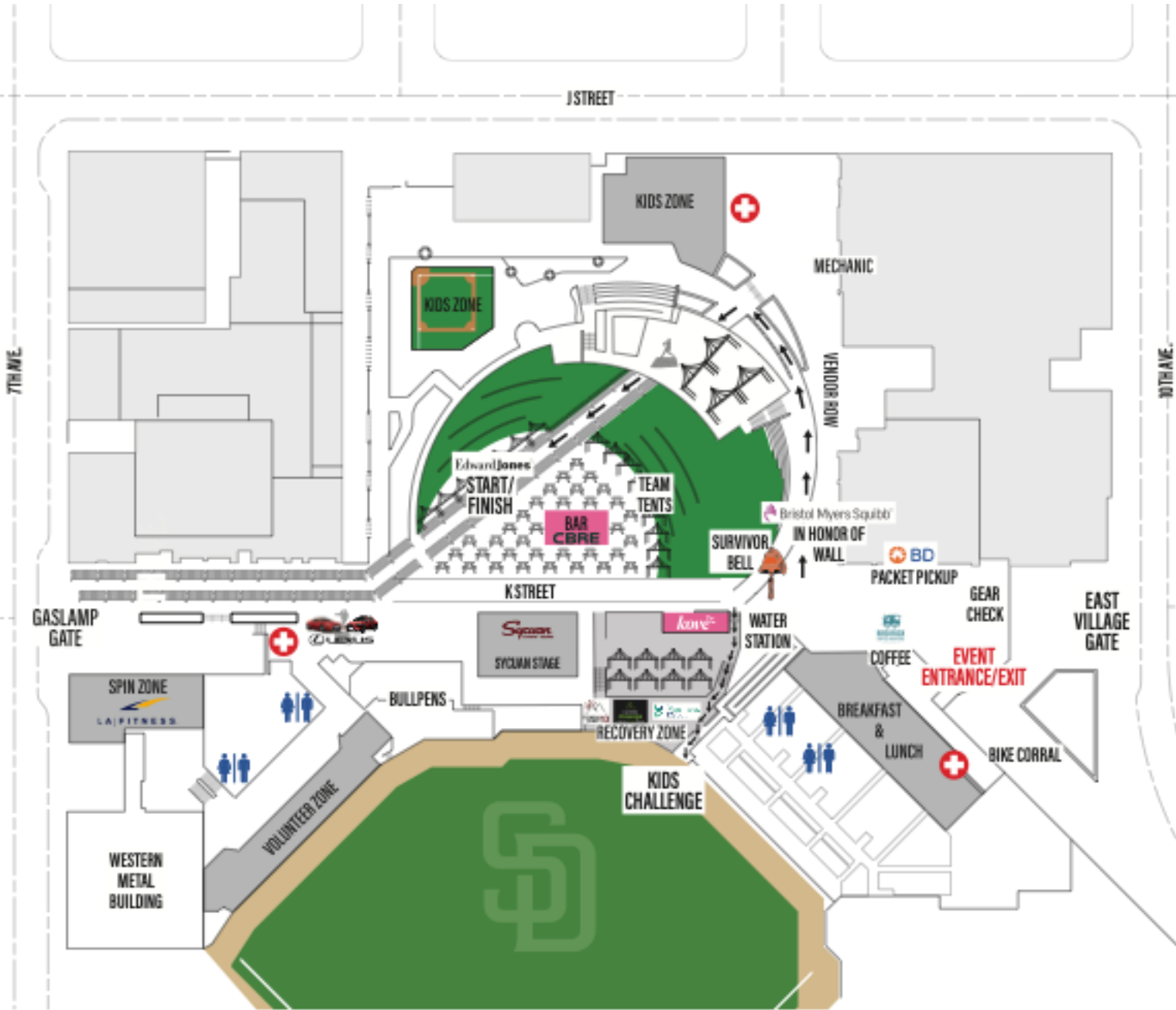
- Includes benefits above and complimentary one-night stay on Saturday, April 6 at the Hard Rock Hotel next to Petco Park



## **PODIUM – Fundraisers who raise \$25,000+**

- Includes benefits above and invitation to the Padres Pedal Podium Fundraiser Experience during the June 21<sup>st</sup> Curebound Night at the Padres game
- Exclusive 2024 Podium Gift

# VENUE MAP



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# VOLUNTEER POSITIONS LEADING UP TO EVENT DAY

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# PACKET PICK UPS

## CUREBOUND STAFF LEAD

Liz DiGeronimo



## VOLUNTEER LEAD(S)

Diane Golden

Willie Paine

## PACKET PICK UP OPTIONS

SATURDAY, APRIL 6 | UCSD TRITON BASEBALL FIELD | 3432 VOIGT DR, LA JOLLA, CA 92093  
Volunteers (20) | 9am-2:00pm

SATURDAY, APRIL 6 | PETCO PARK | 100 PARK BLVD, SAN DIEGO CA 92101  
Volunteers (20) | 4:30pm-7pm

\*PLEASE NOTE THAT SATURDAY NIGHT PICK UP WILL ALSO OFFER BIKE DROP OFF

## VOLUNTEER DUTIES

All participants will need to check in and get their jersey or shirt, bib number, wristband and participant bags. There will be a registration captain that will explain the computer system when you arrive for your shift. This captain will be able to answer participant questions and handle any issues that arise.

## HIGH LEVEL REGISTRATION STEPS

1. Participants tell volunteers their last name.
2. Volunteers type last name into the computer in front of them.
3. Volunteer confirms the first and last name of rider to ensure they pulled up the correct record.
4. Volunteers assign a bib number to rider based on which course they are riding.
5. Volunteers write the assigned bib number on wristband. This is essential so they can retrieve their bike after the event concludes.
6. Volunteers grab the correct jersey size & a rider bag for the participant.

When you arrive for your shift, you will be walked through who gets what jersey/shirt. Every participant will receive the same bib color.

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# VOLUNTEER ZONES ON EVENT DAY



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# BIKE CORRAL

## PADRES EVENT CREW

TBD

## EVENT CREW COUNT:

Shift 1 (5) | 5:30am-9:30am

Shift 2 (5) | 9:30am-1:30pm

Shift 3 (5) | 12:30pm-3:30pm

## LOCATION

The bike corral will be located outside the East Village gate and inside the Park Blvd gate.

## VOLUNTEER DUTIES

### Shift 1:

Volunteers will manage the bikes left overnight from Saturday packet pickup in Power Alley. Participants will arrive in the morning of event day to retrieve their bike by bib number. Volunteers will then find the bike with the matching bib number. Bib numbers on the bikes must match the bib # on the individual's wristband. There will also be a security guard at this post to assist you.

Volunteers will help manage the bike racks at East Village Game. This is an unattended bike rack area, meaning participants leave their bikes at will while they grab breakfast and coffee. There will be no check in or check out. Volunteers should keep an eye on the area.

### Shift 2 AND 3:

Volunteers will help cyclists as they finish their ride. Cyclists will dismount their bike after coming up from the field tunnel into Park Blvd and will have the opportunity to drop their bike at the bike rack. When participants are ready to leave for the day, they will pick up bicycles and volunteers will make sure their participant number matches their bib number on the bike.

## ITEMS TO NOTE

- Security and Padres Event Crew to staff this area.
- Bib number attached to the bike matches the bib number written down on the wrist band of each rider before handing off a bike.

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# CHEERLEADERS

## PADRES EVENT CREW LEADS

TBD

## VOLUNTEER COUNT:

- Shift 1 (30) | 6:30am-10:30am
- Shift 2 (30) | 10am-2pm
- Shift 3 (30) | 1:30pm-4pm

## VOLUNTEER GROUPS

- TVIA-SD4 | 5K Aid Station
- Orangetheory Fitness | 5K Cheerleaders
- LuluLemon | 5K Cheerleaders
- Traffic Control | Hired staff located just outside the ballpark on Tony Gwynn Drive

## LOCATION at the Start Line Presented by Edward Jones

Cheer zone will be located on the grass in front of Tony Gwynn Terrace. Volunteers will line up along the start line that runs through the middle of Gallagher Square.

**Edward Jones**

## PADRES EVENT CREW LEAD DUTIES

Volunteer lead will be responsible for

- Designating the below roles to volunteers as they arrive
- Ensure the finish line is set correctly and safely

## VOLUNTEER DUTIES

Cheer on participants, provide support, safety and an atmosphere of excitement!

- **Cheering:** We ask that you provide encouragement to the riders in the form of ringing cowbells, cheering, and providing a happy and up-beat atmosphere.
- **Traffic Control:** You will be stationed at the start and end of the route:
  - Direct cyclists to the warning track
  - Direct cyclists to SLOW DOWN and STAY ON their bikes
  - Ensure everyone is rounding the last few yards safely
  - Ensure there is no overlap of 5K/cyclists

**Make sure to pick-up a cow bell presented by Maravai to cheer on participants!**

**PADRES PEDAL**  
THE CAUSE



**maravai**

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# LIVING PROOF & CUREBOUND TENT

## STAFF LEAD

Heather Dean-Presnall



## PADRES VOLUNTEER TEAM LEAD(S)

Esther Schorr  
Andrew Schorr

## LOCATION

Within Gallagher Square next to the Living Proof Bell presented by Eisai.

## VOLUNTEER DUTIES

Volunteers will be at the center of it all! The Curebound tent will be where guests can ask any questions pertinent to Curebound.

The tent will have a slideshow playing items related to Curebound's events, mission and impact.

Padres Pedal the Cause will provide these volunteers with the Curebound Evergreen and Research portfolio that will hopefully be able to answer all questions you will be asked. In addition, we will provide the Padres Pedal the Cause volunteer handbook and the rider handbook which contains all information including event day schedule, meal ticket sheet cost, anticipated rider return times and a Petco Park Map.

Volunteer leads, feel free to designate volunteers to roam and provide direction/information to guests who appear lost or in need of help.

These volunteers will be a source of information for all frequently asked questions.

There will be a sign-up sheet for interested participants to receive more information and staff business cards to hand out.

---

# FOOD & BEVERAGE - BREAKFAST

## STAFF LEAD

TBD

## DELAWARE NORTH SERVICES LEAD

Julie Chang

## PADRES GUEST SERVICES

ID Check 10:30AM-3:30PM

## OVERVIEW

5:30am – 10:30am: (6) Breakfast Volunteers arrive

6:00am – 10:00am: Coffee served in Gallagher Square next to the East Village Gate entrance.

6:00am – 10:00am: Grab & Go Breakfast will be provided in Power Alley.

10:00am: The breakfast footprint will be flipped for lunch service and lunch set up will begin.

10:30am – 3:00pm: (9) Lunch Volunteers arrive

10:30am – 3:30pm: Lunch and Bar service will be available.

## LOCATION DUTIES

Ensure that our food area is organized, kept clean of garbage, remains stocked.

**The volunteer lead** will be assigning volunteers to one of the following duties upon arrival:

- DNC will be brewing coffee, making hot water and serving
- E- Crew to replenish ice and fill coolers with beverages
- E-Crew to keep food presentation clean and clear of trash
- E-Crew to change out trash bags as needed

## BREAKFAST CHECK LIST

- Breakfast will be “grab and go” and will include bananas, bars and more
- Bird Rock will be available, both caffeinated and decaffeinated

**Note All-Access F&B wristbands grant participants unlimited access to food and beverages because they have raised or commit towards raising \$250. If you are interested, volunteers can commit to fundraising \$250 to receive an All-Access F&B wristbands at the merchandise tent on event day. In the Volunteer Zone located in Power Alley, we will provide free coffee and grab and go breakfast in the morning followed by lunch in the afternoon.**

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# FOOD & BEVERAGE – LUNCH & BAR

## STAFF LEAD

Kyle Harker

## DELAWARE NORTH SERVICES LEAD

Julie Chang

## PADRES GUEST SERVICES

ID Check 10:30AM-3:30PM

## OVERVIEW

10:00am – 3:00pm: (9) Lunch Volunteers arrive

10:30am – 3:30pm: Lunch and bar service will be served in Power Alley

## LOCATION DUTIES

The **location lead** will be assigning staff to one of the following duties upon arrival:

- Check IDs for 21+ at the ID Check Kiosk located next to the bars and hand out wristbands
- Replenish ice and fill coolers with beverages
- Keep food presentation clean and clear of trash
- Ensure volunteer food and vendor food is stocked and clean up
- Clean up garbage left by participants from lunch from the tables.
- Ensure that only participants with yellow wristbands (shown below) receive access to the F&B zone. If a guest would like to purchase an all-access F&B wristband, please direct them to the merchandise tent.

## ALL-ACCESS FOOD & BEVERAGE WRISTBANDS

All access wristbands are given to participants who have fundraised or commit to fundraising \$250. Food only wristbands can be purchased for \$40.



## 21+ WRISTBANDS (this will be a 2nd wristband)

Participants who are interested in consuming alcohol will need to visit the ID Check Kiosk in order to show their ID, they will receive an additional wristband proving they are 21+.



**Note the food and beverage is for registered participants and guests who purchase a food only wristband. If you are interested, wristbands are available for purchase day of at the merchandise tent.**

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# GEAR CHECK

## **VOLUNTEER LEAD(S)**

TBD

## **VOLUNTEER COUNT:**

Shift 1 (8) | 5:30am-9:30am

Shift 2 (8) | 9:30am-1:30pm

Shift 3 (10) | 12:30pm-3:30pm

## **LOCATION**

Within Gallagher Square next to the East Village Gate. On the courses, gear checks will also be available at the Bikeway Village and Mountain Hawk Aid Stations.

## **VOLUNTEER DUTIES**

If participants bring extra clothes or items, they will have the option to check items in before their event Saturday morning and check their gear back out when they are ready to leave.

Gear Check volunteers ensure that participant bags/items are clearly marked with the participant's bib number and that the tag is securely attached to the bag.

Once the item is dropped off by the participant, volunteers will organize them by bib number for easy retrieval in the Padres dugout when the participant returns.

Gear check will also be available at Bikeway Village and Mountain Hawk Aid Stations. Gear left at off-site locations will be transported back to Petco Park for retrieval in the afternoon at gear check located within Gallagher Square next to the East Village Gate.

## **GEAR CHECK PROCESS**

1. When a participant wishes to check their bag into gear check, volunteers will write the rider's bib number (found on the rider's wristband) on a blank wristband and attach the wristband to the item.
2. Volunteers will then sort the tagged bags by number in numbered boxes for retrieval.
3. When a participant returns from their event and asks for their bag back, check their bib number and **ONLY** give them the bag with the corresponding tag number on it.

## **PLEASE NOTE**

Volunteers at the two off site locations offering gear check will be communicating that gear will not be back to the ballpark until the end of the day. If not picked up, gear will be kept in lost & Found.

---

# GUEST SERVICES

## STAFF LEAD(S)

Jenna Matsushita

## STAFF COUNT:

Shift 1 (5) | 5:30am-9:30am

Shift 2 (5) | 9:30am-1:30am

Shift 3 (5) | 12:30pm-3:30pm

## VOLUNTEER DUTIES

Guest service staff will be some of the first, shining faces to make an impact on our riders, runners, walkers, spinners and they enter the ballpark. Staff will act as the go to directional leaders as you welcome riders and direct them to registration and Gallagher Square.

We recommend greeters/directional staff at:

- Outside of the East Village Gate Entrance
- Within Gallagher Square at the entrance of Power Alley

## IMPORTANT LOCATIONS

Please mention/point out the following locations to guests as they arrive

- Registration Tables
- Will Call Kiosk
- Volunteer Kiosk
- ID Check Kiosk
- Restrooms
- Start Line
- Volunteer Zone
- Curebound Tent

---

# KIDS ZONE AND KIDS CHALLENGE

## STAFF LEAD

Rylee Johnson

## VOLUNTEER GROUPS AND COUNT

Shift 1 (15) | 9:00am-12:00pm

Shift 2 (15) | 11:30am-2:30pm

## KIDS CHALLENGE SCHEDULE

9:00 am Volunteers Arrival and Set Up

10:00 am Kids Zone Opens

11:45 am Kids Challenge participants make their way to the infield

12:00 pm Kids Challenge starts and kids run the bases

12:30 pm Kids Challenge closes

## KIDS ZONE

Located just south of J street, within Gallagher Square, the Kids Zone provides an opportunity for kids to enjoy face painters, games, and activities, and meet Superheroes!

## KIDS CHALLENGE

The Kids Challenge is an opportunity for kids to run the bases at Petco Park. Kids are encouraged to come dressed in capes and costume. No bikes, trikes or scooters allowed. All children will receive a Kids Challenge t-shirt and a special finisher medal.

- **Parents and Children are to be instructed to go to CUREBOUND TENT if they get separated.**

## VOLUNTEER DUTIES

Kids Challenge volunteers will be assigned to one of the following tasks upon arrival:

- **Kids Zone:** Help to set up the Kid's Zone! Before the race, kids will have the opportunity to have their faces painted and meet some real superheroes! (10 volunteers)
- **Escort Kids to the Field:** All Kids Challenge participants will meet at The Pier at 11:45am to be led to the infield. (10 volunteers)
- **Course Police:** The same volunteers who escort the kids down will be stationed around the course to ensure kids are going at an appropriate speed and are participating in a safe manner.
- **Hand out Medals:** Meet the kids at the finish line to hand out their medals! (2 volunteers)



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# MERCHANDISE TENT

## STAFF LEAD

Adam Williams

## VOLUNTEER LEAD

Paige Smith

## VOLUNTEER COUNT:

Shift 1 (5) | 5:30am-9:30am

Shift 2 (5) | 9:30am-1:30pm

Shift 3 (5) | 1:30pm-3:30pm

## LOCATION

Within Gallagher Square, in front of the Bumble Bee Building, next to the East Village Gate.

## VOLUNTEER DUTIES

Participants will have the opportunity to purchase merchandise on event day. Merchandise tent volunteer duties include setting up the tent, helping people get the size they want from our stock, answering questions on pricing, and making the sale! There will be a volunteer lead in the tent to manage the money and credit card transactions.

Event day food and all access wristbands will be sold at the merchandise tent. Food wristbands will be sold for \$40 and all access wristbands will be sold to those have or want to commit towards fundraising \$250.

At the end, volunteers will also help break down the merchandise tent. This means making sure the inventory is neatly organized

## CHECK LIST

- Petty Cash (will be provided by Curebound Staff)
- Merchandise pricing sheet
- iPad (login access to iPad will be provided on event day)
- Card Readers (login access to card readers will be provided on event day)
- Apparel
- Event day wristbands

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# RECOVERY ZONE



## VOLUNTEER LEAD(S)

Kyle Harker

## EVENT CREW STAFF

TBD

## LOCATION

The Beach down the stairs from the Kove bar.

## OVERVIEW

Participants will be able to stop by our Recovery Zone from 10:30am-3:30pm located in the Palm Court Plaza next to the Gaslamp Gate. The Physical Therapy Effect will provide physical therapy services and Cyclist Massage will offer massage services. Fitness Quest 10 will be providing Hyperice products including Normatec boots and Hypervolts. *Guests must check in at the respective service desk to reserve a time for complimentary 10-minute massage, physical therapy session, or Hyperice experience!*

## VOLUNTEER DUTIES

As a recovery zone lead you will be working with each of the vendors to ensure they are in the right spot and have everything that they need, roam the recovery zone during your shift to answer any questions that participants may have and let key staff know of any issues that arise.

Historically the recovery zone has been extremely popular resulting in long lines and waiting lists for guests. Please approach all service complaints and issues with a smile and reassurance that the staff is doing everything that they can do to make the participant experience as enjoyable as possible.

**THANK YOU TO OUR IN-KIND RECOVERY ZONE PARTNERS!**



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# REGISTRATION | EVENT DAY

## CUREBOUND STAFF LEAD

Liz DiGeronimo



## VOLUNTEER LEAD(S)

Diane Golden

Willie Paine

## VOLUNTEER COUNT:

Shift 1 (20) | 5:30am-8:30am

Shift 2 (20) | 8am-12:30pm

## LOCATION

At the packet pickup zone near the East Village Gate.

## VOLUNTEER DUTIES

All participants will need to check in and get their jersey or shirt, bib number, wristbands and participant bags. If they did not do so at a Packet Pickup, they will have the opportunity to on event morning. There will be a registration captain that will explain the computer system when you arrive for your shift. This captain will be able to answer participant questions and handle any issues that crop up.

## HIGH LEVEL REGISTRATION STEPS

1. Participants tell volunteers their last name.
2. Volunteers type last name into the computer in front of them.
3. Volunteers confirm the first and last name of riders to ensure they pulled up the correct record.
4. Volunteers assign a bib number to rider based on which course they are riding.
5. Volunteers write the assigned bib number on wristband. This is essential so they can retrieve their bike after the event concludes.
6. Volunteers grab the correct jersey size & a rider bag for the participant.

When you arrive for your shift, you will be walked through the which jersey/shirt is delivered to participants. We will ask that volunteer leads train/show volunteers how to register participants by manning the computers from 5:30am-7am. Volunteer groups will then take over check in/reg from 7am onward.

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# RIDE MARSHALS | CYCLING COURSE INFO

## CUREBOUND STAFF LEAD

Liz DiGeronimo

## 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 Ride 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 and GREEN bibs.



## EMERGENCY NUMBER **(619) 795-5777**

You will have an 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.

## NURSE SUPPORT

UC San Diego Health registered nurses will be present at each aid station to support any minor medical needs. Thank you, UC San Diego Health!

UC San Diego Health

## CORONADO BRIDGE CLOSURE

The Coronado Bridge closure is a highlight for cyclists to ride over the iconic San Diego landmark! Please obey traffic control and ride swiftly over the bridge without stopping or dismounting off your bike at any point on the bridge.

# RIDE MARSHALS | CYCLING COURSE INFO

## 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!

- Always wear a helmet. 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 safe

## ROAD CONDITIONS

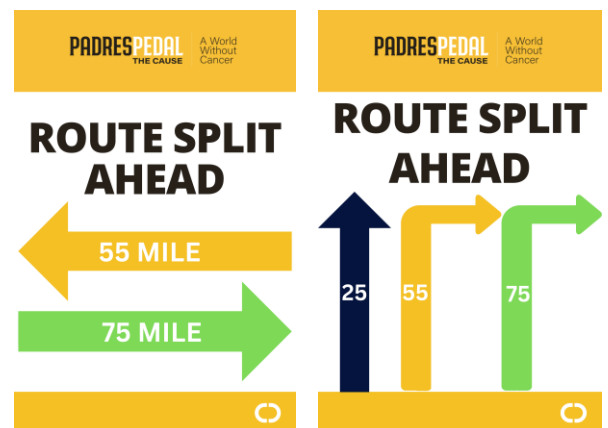
- The course roads are not perfect and may have uneven surfaces, potholes, cracks, gravel, sand, and debris on the route. Exercise Caution
- Most of the course is open to vehicular traffic so please exercise caution and ride safely Stay to the right and never ride more than double file and only when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

## COURSE SIGNAGE

The courses will be marked with directional signs posted on the side of the road at all turns. However, we encourage you to 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 April 7<sup>th</sup>.



# RIDE MARSHALS | CYCLING COURSE INFO

## CUT OFF TIMES ON THE COURSE

We take rider safety seriously and have put into place an extensive traffic control plan. In order to ensure safety, there will be strict cut off times enforced at select areas of the course, noted 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.

ROUTE	LOCATION	TIME CUT OFF	LATE RIDER ACTION
25 Miles	Coronado Bridge (please make sure you are in the start corral by 8:50am)	9:35am	Riders placed into SAG vehicles and taken across the bridge
75 Miles	Mile 34.5 Right turn onto Otay Lakes Rd	10:08am	Riders must turn left and follow 55-mile route
75 Miles	Mile 54.4 Leave Cuyamaca College Aid Station	12:00pm	Riders placed into SAG vehicles to finish or to next aid station at Sweetwater Staging (Mile 67.7)

**\*Note: The Finish Line Festival will be ending promptly at 4:00pm.** We encourage all participants who want to be present for the live music, food and beverage 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 ON COURSE SPONSORS!

PFIZER – Adopt a Mile Partner

SYCUAN – Adopt a Mile Partner

LEXUS – The official luxury vehicle and Lead Car of Padres Pedal the Cause

MOSSY – The official On Course Support Vehicles of Padres Pedal the Cause

REPUBLIC SERVICES – The official Trash Services of Padres Pedal the Cause

STAX – The official Movable Storage Team of Padres Pedal the Cause



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# SPIN ASSISTANTS

## VOLUNTEER LEAD(S)

Andrea Anderson



## EVENT CREW LEADS

TBD

## VOLUNTEER COUNT:

Shift 1 (10) | 7:30am-10:30am

Shift 2 (10) | 10am-1pm

## LOCATION

Palm Court Plaza right next to Gaslamp Gate.

## CLASS SCHEDULE AND OVERVIEW

Our Spin Zone features four classes of stationary cycling with bikes provided by LA Fitness. We have an iconic location in Palm Court Plaza to see participants come through the finish line!

## VOLUNTEER DUTIES

Volunteers will help our spin participants get ready for their class by turning over the space after each class, cleaning bikes, and getting water for spinners. A certified spin instructor will walk volunteers through how to adjust bikes for correct fits and how to clean the bikes off quickly.

The volunteer lead will ensure spin participants are filling the front rows first as they arrive for the class. Additionally, the lead will be supporting spin instructors and contact Rylee for any day of needs.

Each spin class is 50 min long. During the 50-min class, volunteers get water for spinners as they run out and help create an atmosphere of excitement.

**Instructors:** The 50-minute 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!

9:00 am – Lindsey Lennon

10:00 am – Fran Donald

11:00 am – Cycle Bar Scripps Ranch – Nancy & Kat

12:00 pm – Anne Marbarger, Curebound CEO

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# TEAM EXPERIENCE

## STAFF LEAD

Jenna Matsushita

## GUEST SERVICES STAFF

TBD

## TIME FRAME

9AM-3PM

## LOCATION

Roam team tents located throughout Gallagher Square.

## VOLUNTEER DUTIES

Participants in our team tents have earned a tent on the field in one of the following ways:

- Raising \$50K or more
- Having 50 team members or more
- Being a corporate, cash sponsor

As a team experience volunteer lead in Gallagher Square, volunteers will ensure all team tents are well kept and properly assigned and set up. You will roam Gallagher Square in the morning to help teams find their space and encourage them to line up when the time comes.

The afternoon volunteer lead will ensure all team tents are presentable, free of trash and in the appropriate space as well. During the event you will check in on the tent participants, field any complaints/requests and ensure everyone is having a good time.



# VOLUNTEER CHECK IN

## VOLUNTEER LEAD(S)

Victoria Mitchell



## VOLUNTEER COUNT:

Shift 1 (2) | 5:30am-9am

Shift 2 (2) | 9am-1pm

Shift 3 (1) | 1pm-3:30pm

## LOCATION

Within the East Village Gate.

## VOLUNTEER DUTIES

All volunteers who are working on site at Petco Park will need to check in and get their shirt. There will be a volunteer lead that will explain the check in system when you arrive for your shift. This captain will be able to answer volunteer questions and handle any issues that come up.

## CHECK IN PROCESS

Volunteers have signed up for specific locations or are a part of a group with a specific role. We ask that only one captain from each group will check in at the kiosk on behalf of the group.

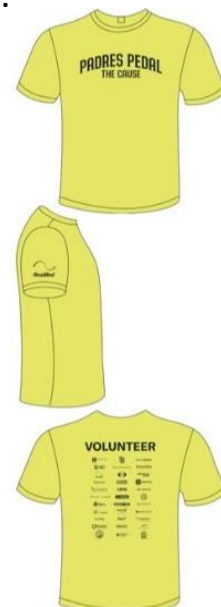
Once a volunteer checks in you will hand them their volunteer shirt. A volunteer lead will escort the volunteer or group to the station they have been assigned.

## GROUP VOLUNTEER SHIFTS

- Full list will be provided on event day

## CHECK LIST

- Master Volunteer list (4 copies)
- Pens/Markers
- Volunteer Shirts
- Printed Waivers
- Maps and instructional sheets



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# WILL CALL

## **VOLUNTEER LEAD(S)**

Rahul Saripalli

## **VOLUNTEER COUNT:**

Pull in overflow support.

## **LOCATION**

The Will Call kiosk will be located at the event entrance, East Village Gate.

## **VOLUNTEER DUTIES**

All vendors, VIP's, sponsors and media will come to the Will Call Kiosk to receive their food and beverage wristbands. The list will include first and last name, company and how many wristbands they receive.

If any discrepancies come up from the list or someone walks up and is not on the list expecting a wristband, the lead volunteer will make the ultimate decision regarding whether they will be admitted.

## **CHECK LIST**

- Will Call list
- Parking Passes
- Maps
- Wristbands (yellow and grey)

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# 5K AID STATION & CHEERLEADERS

## VOLUNTEER LEAD

Carly  
(619) 944-9725

## VOLUNTEER GROUPS:

**E-Crew** (Signage on route)

**Lululemon** (5K Aid Station and On Route Directional)

**TVIA-SD4** (5K Aid Station and Cheerleaders)

**Orangetheory Fitness** (5K Aid Station and Cheerleaders)

## 5K WALK/RUN

The family friendly 5K walk/run will start at the same start line as the cycling routes and take a tour of the Embarcadero before returning to Petco Park. Strollers are allowed. Unfortunately, no pets will be allowed on the course. A few details to keep in mind:

- **Start Time:** 10:00am
- **Check-In:** East Village Gate starting at 6:00am
- **Course Link:** [5k Route](#)
- **Aid Station:** There will be two water stop at the halfway point
- **Cheer Station:** Thank you lululemon for leading a fun cheer station!

## VOLUNTEER DUTIES

5K walk/run volunteers will be assigned to one of the following tasks upon arrival

- **On Course preparation:** Ensure signage is going up and the course is clear. Check that aid station is set.
- **On Course directional:** Please check in with volunteer lead for a specific location.
- **Aid Station:** The 5K Aid Station is located at Embarcadero Marina Park and San Diego Bayfront Park.
- **Cheerleaders:** Grab cowbells presented by Maravai and signs presented by NuVasive and bring your energy to the route! Find a spot for your team to cheer everyone on, either at the start line, finish line or along the route.



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# VOLUNTEER POSITIONS AID STATIONS

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# AID STATION #1 | BIKEWAY VILLAGE

**LOCATION:** 535 Florence Street, Imperial Beach, CA

## KEY TIMES

Captain arrival time	5:30am	Earliest rider	7:53am
Volunteer start shift	5:45am	Latest rider	10:49am
Volunteers end shift	12:00pm	Official aid station close	11:00am
Number of riders (Est)	1600	Routes served:	ALL

## DAY OF CONTACTS:

**Medical Emergency:** 911

**Command Center** (non-life-threatening emergency & sag phone number): 619-795-5777

**Padres Pedal** (Delivery & General Questions): Julia Duggan (619) 244-4853

**Mechanic:** RAD Power Bikes

**Aid Station Captain:** TBD

**Volunteers:** BD

## PROVIDED ON SITE

Portable speaker for music  
Storage unit with all supplies  
Porta Potties  
Bike Racks

Gear Check Tent  
Chairs and Tables  
Nutrition and Hydration  
Blue Bulk Water Tower

## VOLUNTEER ROLES

- **Set-Up/Clean Up:** Help to set up and clean up the aid station, following your volunteer and site lead's direction.
- **Gear Drop off:** Riders be able to drop off their extra layers of gear at this stop to be brought back to Petco Park. You will be provided the supplies to tag their items. Please remember to write their rider bib number on the duct tape and put it on the bag. All gear will be at the gear check at Petco by the end of the day on Saturday. Use plastic storage containers as receptacles for clothing.
- Cheer on Participants!

## NOTE

Nova Kombucha will be on site handing out 0% ABV samples. Prompt and thorough clean-up is critical at this location as the surrounding businesses need to be open for the public.

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# AID STATION #2 | MOUNTAIN HAWK PARK

**LOCATION:** 1475 Lake Crest Dr, Chula Vista

## KEY TIMES

Captain arrival time	7:00am	Earliest rider	9:00am
Volunteer start shift	7:15am	Latest rider	11:55pm
Volunteers end shift	1:00pm	Official aid station close	12:00pm
Number of riders (Est)	1200	Routes served:	55, 77

## DAY OF CONTACTS

**Medical Emergency:** 911

**Command Center** (non-life-threatening emergency & sag phone number): 619-795-5777

**Padres Pedal** (Delivery & General Questions): Julia Duggan (619) 244-4853

**Site contact:** Jasmine Nunez

**Nurse:** Tiffany Tran, RN and Laura Carbajal, RN

**Mechanic:** Trek Bicycle San Diego

**Aid Station Captain:** TBD

**Volunteer Group:** Sanford Burnham Prebys

## PROVIDED ON SITE

Portable Speaker for Music

Storage unit with all supplies

Porta Potties

Bike Racks

Gear Check Tent

Chairs and Tables

Nutrition and Hydration

Blue Bulk Water Tower

## VOLUNTEER ROLE

- **Set-Up/Clean Up:** Help to set up and clean up the aid station, following your volunteer and site lead's direction.
- **Gear Drop off:** Riders be able to drop off their extra layers of gear at this stop to be brought back to Petco Park. You will be provided the supplies to tag their items. Please remember to write their rider bib number (on their wristband) on the duct tape and put it on the bag. All gear will be at the gear check at Petco by the end of the day on Saturday.
- Cheer on participants!

## NOTES

- There will be an on-site representative here from Chula Vista. Make sure that the gates are closed so that no cars can enter the parking lot. We have reserved the entire lot.

# AID STATION #3 | CUYAMACA COLLEGE

**SPONSORED BY ILLUMINA**

**LOCATION:** 900 Rancho San Diego Pkwy, El Cajon, CA 92019



## KEY TIMES

Captain arrival time	8:30am	Earliest rider	10:25am
Volunteer start shift	8:45am	Latest rider	11:40am
Volunteers end shift	1:30pm	Official aid station close	12:30pm
Number of riders (Est)	250	Routes served:	77 only

## DAY OF CONTACTS:

**Medical Emergency:** 911

**Command Center** (non-life-threatening emergency & sag phone number): 619-795-5777

**Padres Pedal** (Delivery & General Questions): Julia Duggan (619) 244-4853

**Site contact:** Campus Services Dept (619) 644-7654

**Nurse:** Katlin Rouse, RN and Michelle Estep, RN

**Mechanic:** Trek Bicycles San Diego

**Aid Station Captain:** TBD

**Volunteer Group:** Illumina

## PROVIDED ON SITE

Phone hookup for music

Bike Racks

Storage unit with all supplies

Chairs and Tables

Porta Potties

Nutrition and Hydration

## VOLUNTEER ROLES

- **Set-Up/Clean Up:** Help to set up and clean up the aid station, following your volunteer and site lead's direction.
- Cheer on Participants!

## NOTE

- Lunch: Sandwiches to be delivered by a volunteer from Sycuan Wraps at 10am.
  - 2514 Jamacha Road #504, El Cajon
- All riders must be through the lunch stop by 12 pm. Please encourage late arriving riders to move through the rest stop quickly - or potentially be moved up in a SAG vehicle

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# AID STATION #4 | SWEETWATER STAGING

**LOCATION:** 3121 Bonita Rd, Chula Vista

## KEY TIMES

Captain arrival time	8:30am	Earliest rider	10:35am
Volunteer start shift	8:45am	Latest rider	1:13pm
Volunteers end shift	2:30pm	Official aid station close	1:30pm
Number of riders (Est)	1200	Routes served:	55, 77

## DAY OF CONTACTS:

**Medical Emergency:** 911

**Command Center** (non-life-threatening emergency & sag phone number): 619-795-5777

**Padres Pedal** (Delivery & General Questions): Julia Duggan (619) 244-4853

**Site contact:**Ranger James Stowers

**Nurse:** Ashley Gonzalez, RN & May Oliva, RN

**Mechanic:** Trek Bicycles San Diego

**Aid Station Captain:** TBD

**Volunteer Group:** Deloitte

## PROVIDED ON SITE

Portable Speaker for Music

Storage unit with all supplies

Porta Potties

Blue Bulk Water Tower

Bike Racks

Chairs and Tables

Nutrition and Hydration

## VOLUNTEER ROLE

- **Set-Up/Clean Up:** Help to set up and clean up the aid station, following your volunteer and site lead's direction.
- Station a few volunteers at the entrance and exit to direct participants
- Cheer on participants!



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# HYDRATION STOP | 5K

**LOCATION:** Embarcaero Marina Park North & Balboa Landing Lawn Area

**\* This is a hydration stop only for 5K participants**

## KEY TIMES

Captain arrival time	8:30am	Earliest participant	10:04am
Volunteer start shift	9:00am	Latest participant	11:07am
Volunteers end shift	11:45pm	Official aid station close	11:15am
Number of participants	1700	Routes served:	5K

## DAY OF CONTACTS

**Medical Emergency:** 911

**Command Center** (non-life-threatening emergency & sag phone number): 619-795-5777

**Padres Pedal** (Delivery & General Questions): Julia Duggan (619) 244-4853

**Site contact:** NONE

**Nurse:** Therodore Hilemstra, RN, Jessica Seacrist RN, Cat Kim, RN and Jocelyn Whitney, RN

**Aid Station Captain:** TBD

## Volunteer Groups:

Teen Volunteers in Action SD4 (TVIA)

- Lululemon
- Orangetheory Fitness

## PROVIDED ON SITE

Large Portable Speaker for Music

Hydration

Storage unit with all supplies

Chairs and Tables

Porta Potties

## VOLUNTEER ROLES

- **Set-Up/Clean Up:** Help to set up and clean up the aid station, following your volunteer and site lead's direction.
- Station a few participants at each end of the roundabout to direct participants
- Cheer on participants!

## NOTE

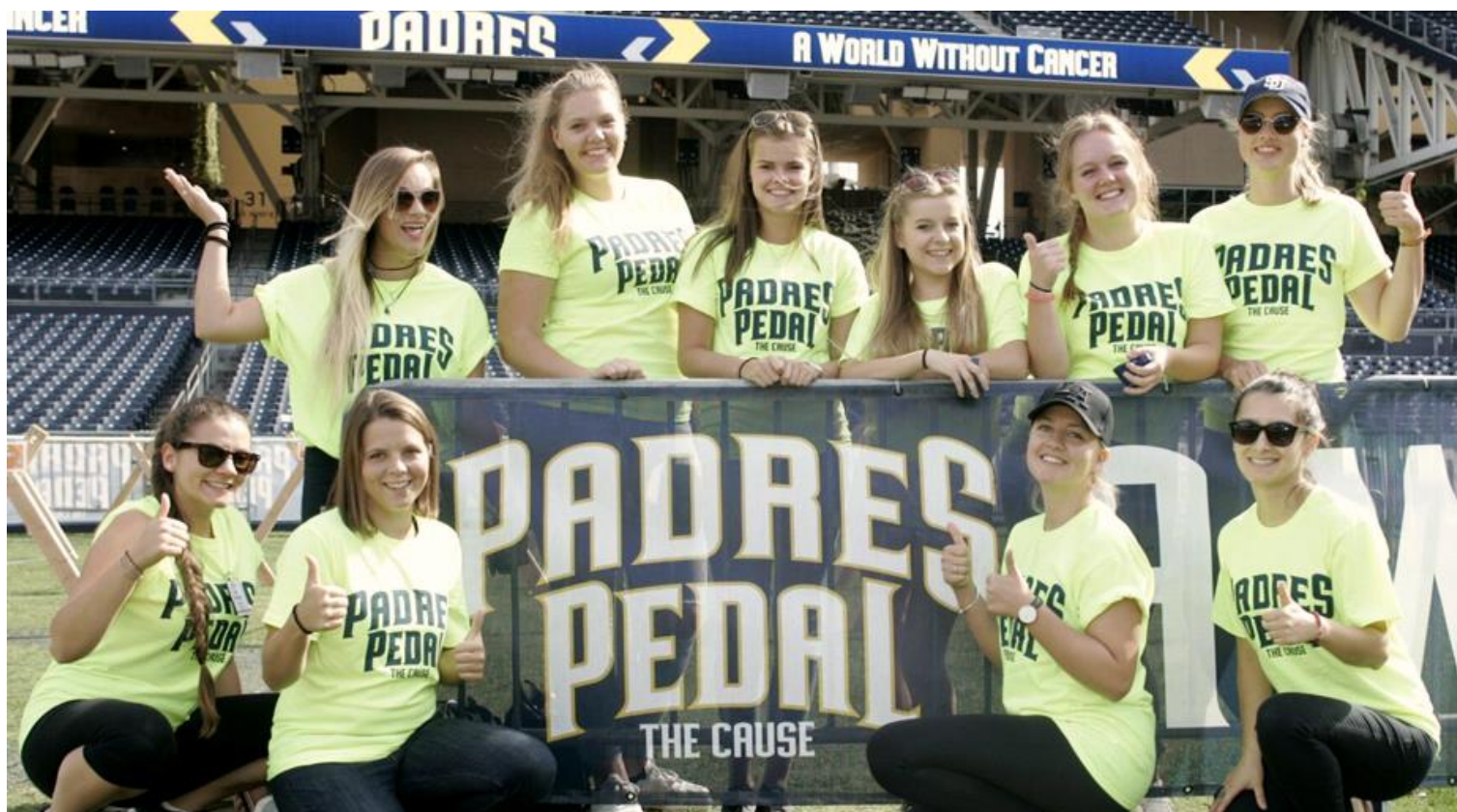
- Please be very careful that no garbage or liquid goes into the gutter or storm drain or into the bay.

---

# THANK YOU

Padres Pedal the Cause is powered by an army of awesome volunteers who donate time and talent to the fight against cancer.

Thank you for being a part of this army in helping to make Padres Pedal the Cause 2024 the best year yet!



If you have any questions, please contact the Rylee at [rylee@curebound.org](mailto:rylee@curebound.org)

# Thank you to our Sponsors

Your support means 100% of fundraising dollars will fund cancer research!







# Committed to enriching life by promoting health

We are proud to support Padres Pedal the Cause — partnering for positive impact to improve the health of our clients and communities.

[edwardjones.com/growingourimpact](https://edwardjones.com/growingourimpact)

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KOMAN FAMILY  
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**Thank you to the Koman Family Foundation  
for your leadership and commitment  
in helping create a world without cancer.**





# THANK YOU SAN DIEGO PADRES!





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Janux Therapeutics is a proud sponsor of Padres Pedal the Cause as we race to develop cutting-edge therapeutics to transform the lives of cancer patients.





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At Eisai, everything we do is guided by a simple principle: patients and their families come first. We spend time with them. We listen and we learn about their lives, their desires and their greatest needs. *We call this human health care or hhc*, giving first thoughts to patients and their families and helping increase the benefits health care provides.

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*Eisai is proud to support Padres Pedal the Cause.*

*hhc*  
human health care

TO LEARN MORE, PLEASE VISIT [US.EISAI.COM](https://us.eisai.com)

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To all who've fought, are fighting,  
will fight. **We Pedal for you.**



[ResMed.com](http://ResMed.com)



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Lusardi Construction Company proudly stands behind Padres Pedal the Cause, having supported the cause for 8 years and contributing to the impressive total of \$260,000 raised. Together, we pedal towards a brighter future, united in the fight against cancer.



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Prototype shown



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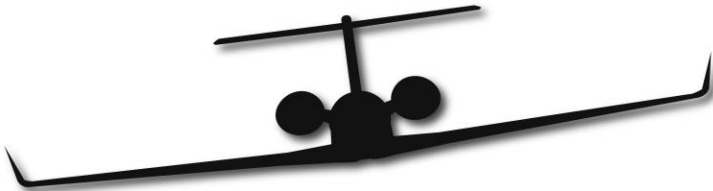


We proudly support  
Curebound's vision of a  
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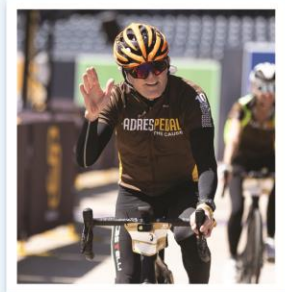


Thank you riders,  
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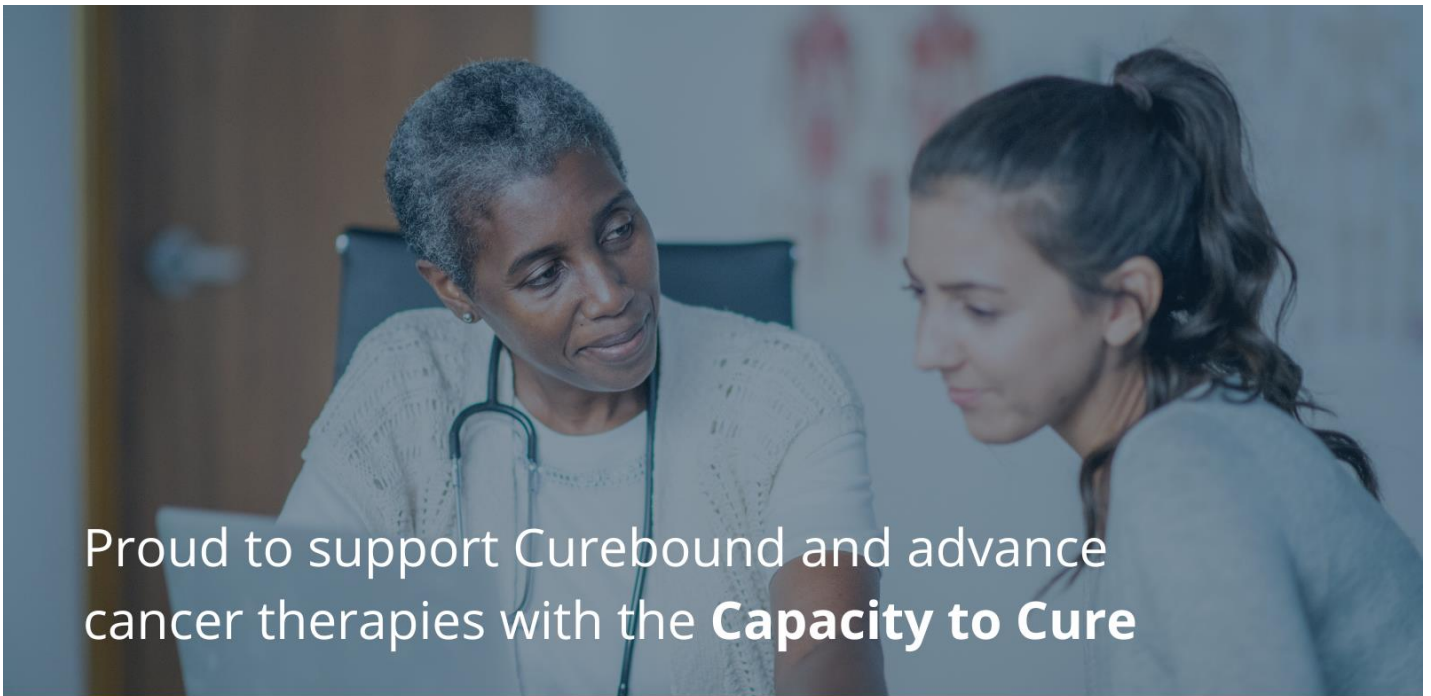




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A World  
Without  
Cancer

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## Republic Services is a proud supporter of Padres Pedal the Cause

Does your business or multi-family property need help with setting up a recycling program?

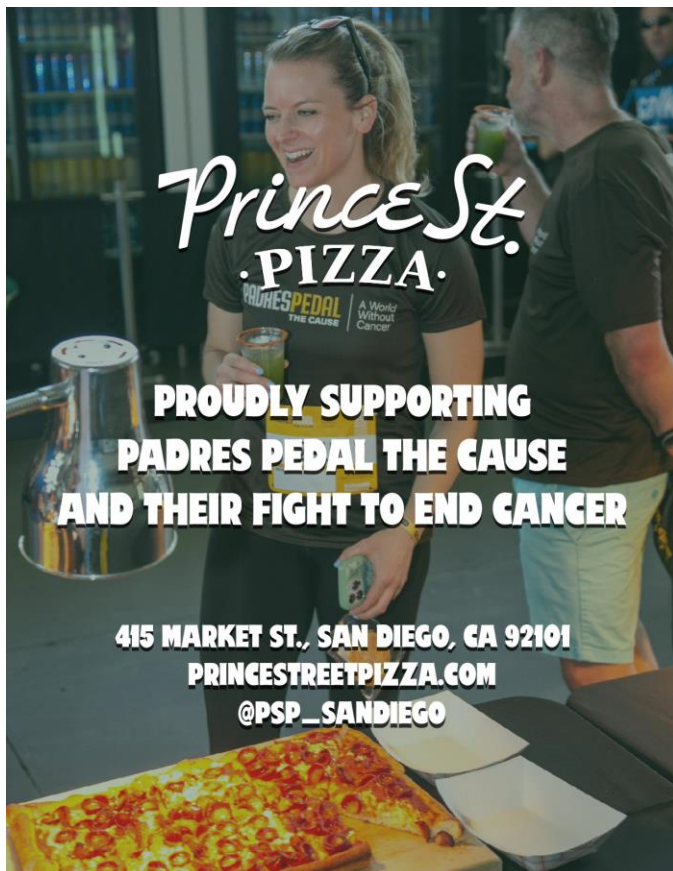
Contact [GCastro2@RepublicServices.com](mailto:GCastro2@RepublicServices.com) to learn more about Republic Services' offerings and how we can help you with your recycling and waste needs.



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