
PADRES PEDAL **THE CAUSE**

EVENT HANDBOOK
March 18, 2023

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TOP 5 FAQs

1. Is parking available?

On event day, parking will be available free of charge in the Padres Parkade on 10th and J St. Parking is reserved for Padres Pedal the Cause only. If this lot exceeds capacity, participants will be directed to other reserved parking areas. See page 23 for a map of the surrounding area.

2. Can I leave my bike at Petco Park on Friday night (March 17)?

Yes, participants will be able to check in their bike on Friday 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. Please ensure you have your participant # on your wristband to retrieve your bike from the corral.

3. What time does my event start?

The start times are as follows. See page 4 for a full schedule of the day.

Otay Odyssey (75 miles) – 7:00am

Olympic Challenge (55 miles) – 8:00am

Coronado Classic (25 miles) – 9:00am

5K Walk/Run – 10:00am

Spin – 9:00am, 10:00am, 11:00am, 12:00pm

Kids Zone – 10:00am – 2:00pm

Kids Challenge – 12:00pm for ages 3-7 & 12:30pm for ages 8-12

4. Can I change to a different cycling distance on Saturday morning?

Shorter: 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 cannot be lowered in conjunction.

Longer: 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?

Thursday, March 16

10:00am-2:00pm at Road Runner Sports in Solana Beach.

Friday, March 17

4:30pm-6:30pm at the Park Boulevard Gate at Petco Park.

Saturday, March 18

Day-of registration is available starting at 5:00am at the Park Blvd Gate at Petco Park.

See page 5 for full details on packet pick-up.

2023 HIGHLIGHTS

Parking

On event day, parking will be available free of charge in the Padres Parkade on 10th and J St. Parking is reserved for Padres Pedal the Cause only. If this lot exceeds capacity, participants will be directed to other reserved parking areas. Reserved VIP parking is also available in the Lexus Lot on Imperial adjacent to Park Blvd.

The event day entrance and check-in will be located at the Park Boulevard Gate

The Park Boulevard Gate is located on the corner of 10th and Park Blvd and provides easy access to Gallagher Square including breakfast, team tents, and mechanics.

Be on time for your event

Please 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-2:00pm and located in Gallagher Square next to the J Street start line. Enjoy face painters, games and activities, and arrive early to meet our Superheroes!

The Kids Challenge Participants Gather at Kids Zone

For kids 3-7, meet at the Kids Zone at 11:45am to be led to the infield. For kids 8-12, meet at the Kids Zone at 12:15pm to be led to the infield.

ID Check

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

Recovery Zone

Visit our Recovery Zone located in the Palm Court Plaza next to the Gaslamp Gate, open from 10:30am-4:30pm. Enjoy complimentary 10-minute massages from Cyclists Massage, physical therapy aid from PT Effect and use of Hyperice products from Fitness Quest 10!

Visit Vendor Row

Visit our Vendor Row located in the Palm Court Plaza, open from 10:30am-4:30pm. Visit Padres Pedal partners and enjoy samples, giveaways, and informational resources.

EVENT SCHEDULE

THURSDAY, MARCH 16, 2023

10:00am – 2:00pm Packet pick-up at Road Runner Sports in Solana Beach
211 N Hwy 101, Solana Beach, CA 92075 – free parking is available at the train station

FRIDAY, MARCH 17, 2023

4:30pm – 6:30pm Packet pick-up at Petco Park, Park Blvd Gate, corner of 10th & Park Blvd
100 Park Blvd, San Diego, CA 92101 – free parking is available at the Lexus Premier Lot

SATURDAY, MARCH 18, 2023

5:00am Registration & Check-in open at Park Boulevard Gate, breakfast available

7:00am Otay Odyssey Start (75 mi)

8:00am Olympic Challenge Start (55 mi)

9:00am Coronado Classic Start (25 mi)

9:00am - 12:00pm Spin Classes

10:00am 5K Walk/Run Start

10:00am - 2:00pm Kids Zone Open

10:30am – 4:30pm Lunch/ Bar Service Open

11:00am - 3:00pm Live Music courtesy of Republic of Music

12:00pm Kids Challenge Wave 1 Ages 3-7 | **12:30pm** Kids Wave 2 Ages 8 -12

1:30pm Main Stage Program on the Sycuan Stage

5:00pm Petco Park Closes

ANTICIPATED RETURN TIMES OF PARTICIPANTS

5K: between 10:20am – 11:30am

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

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

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 on the big screens within Petco Park and the mainstage in Gallagher Square. Visit the 'I Ride For' and 'I Run For' walls presented by Mirati Therapeutics. Pick-up an 'I Ride For' or 'I Run For' sign presented by Nuvasive at packet pick-up, the kids zone, or the Curebound tent to share who you are honoring with your participation.

PARTICIPANT PACKET INFO

PACKET PICK-UP presented by Illumina



Prior to event day, we will hold two packet pick-ups:

Thursday, March 16, 10:00am – 2:00pm Road Runner Sports in Solana Beach

211 N Hwy 101, Solana Beach, CA 92075. Parking at Solana Beach Train Station

Friday, March 17, 4:30 pm – 6:30pm Petco Park, Park Blvd Gate, corner of 10th & Park Blvd

100 Park Boulevard, San Diego, CA 92101. 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 provided by the Curebound staff 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 info@curebound.org by Tuesday evening, March 14.)

PARTICIPANT PACKETS

Jerseys/shirts and participant bags will be distributed during the packet pick-up process. If you have earned a Yellow Jersey, 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 wristband required for event entry presented by W.E. O'Neil Construction

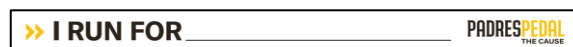
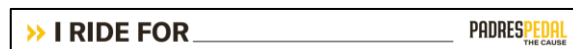
ThermoFisher
SCIENTIFIC

LUSARDI
CONSTRUCTION COMPANY

W.E. O'NEIL
BUILDING • GREAT • RELATIONSHIPS



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*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

Cooley

BIKE CORRAL presented by Cooley

After the cyclist's finish, the bike corral will be located within the Park Boulevard 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.

WRISTBANDS presented by W.E. O'Neil

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 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, guests may purchase a separate wristband.

- Participant Wristband – included in your packet (Yellow)
- Food and Beverage Wristband – available for purchase online and on event day for \$40 (Yellow) – pre-purchase wristbands on the Curebound website
- ID Checked for 21+ (Grey)

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



EVENT DAY INFO

PARKING

On event day, parking will be available free of charge in the Padres Parkade on 10th and J St. Parking is reserved for Padres Pedal the Cause only. If this lot exceeds capacity, participants will be directed to other reserved parking areas. Reserved VIP parking is also available in the Lexus Lot on Imperial adjacent to Park Blvd. *See page 10 for a map of the surrounding area.*

BIKE MAINTENANCE

Bike maintenance (minor adjustments; chain lubricant, air, etc.) will be available at Petco Park courtesy of Juiced Bikes 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.*



‘I RIDE FOR’ AND ‘I RUN FOR’ WALLS by Mirati Therapeutics

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 ‘I Ride For’ or ‘I Run For’ wall presented by Mirati Therapeutics.



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/42183720>

Olympic Challenge: <https://ridewithgps.com/routes/42183721>

Otay Odyssey: <https://ridewithgps.com/routes/42183710>

5K: <https://ridewithgps.com/routes/42183719>

IMPORTANT: DOWNLOAD COURSE TO YOUR GPS DEVICE PRIOR TO EVENT DAY

EVENT DAY INFO

SHOWERS

Limited showers are available for participants to enjoy after participating. Showers are located through Power Alley and within the stadium. Signage will be placed to direct.

RECOVERY ZONE

Stop by our Recovery Zone from 8:00am-4:00pm 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. *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, @Curebound) with hashtags: #PadresPedal #EndCancer #Curebound

KIDS ZONE

The Kids Zone will be open from 10:00am – 2:00pm and located in Gallagher Square, next to the J Street start line. Enjoy face painters, games, and activities, and arrive early to meet our Superheroes!

SURVIVOR/FIGHTER HONOR ITEM

We invite our cancer survivors and fighters to pick-up their survivor/fighter shirt at packet pick-up. The shirts will be given to all participants who have indicated they are a fighter or survivor during the registration process.

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
- Icon on your Padres Pedal participant profile page
- Customized Padres Pedal luggage tag with collectible 2023 pin
- Invitation to the Annual Padres Pedal Impact Celebration

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 Friday, March 17 at the Omni San Diego Hotel next to Petco Park

OMNI  HOTELS & RESORTS
san diego

PODIUM – Fundraisers who raise \$25,000

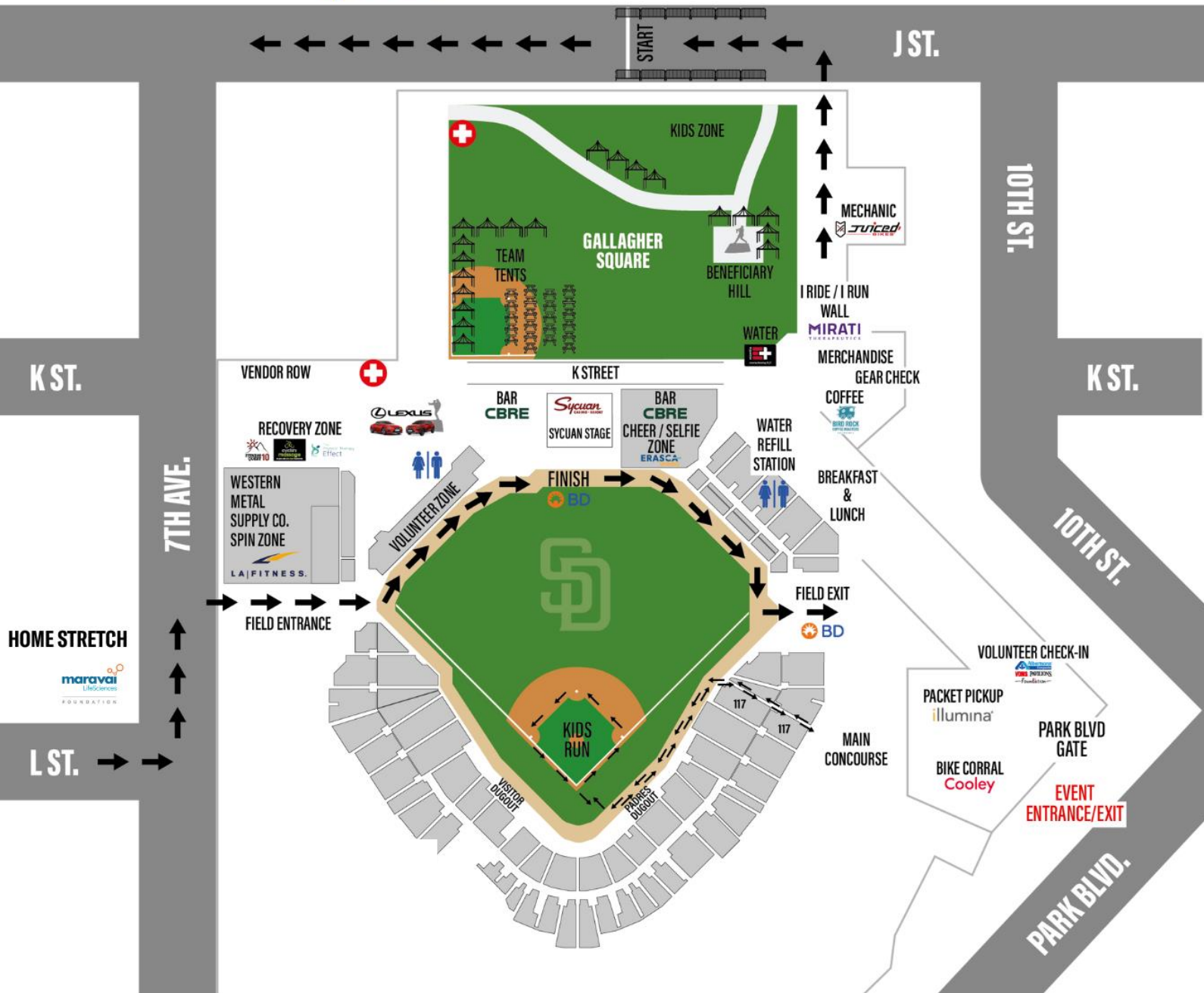
- Includes benefits above and invitation to the Padres Pedal Podium Fundraiser Experience
- Exclusive 2023 Podium Jacket

Thank you to the Sycuan Band of the Kumeyaay Nation for sponsoring our Podium Fundraiser Program.



VENUE MAP

FIRST MILE 



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 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.

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

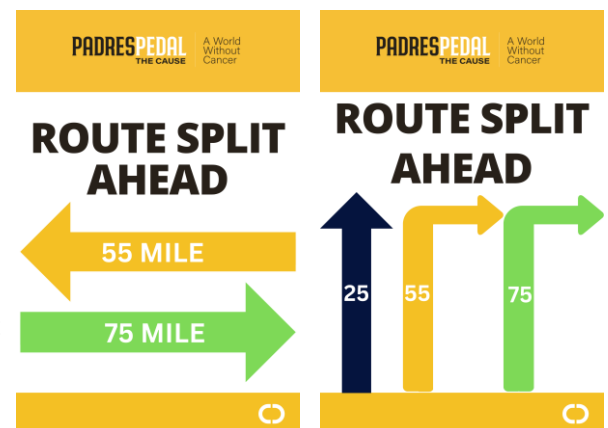
- The course roads are not perfect and may have uneven surfaces, potholes, cracks, gravel, sand, and debris on the route. Exercise Caution
- Most of the course is open to vehicular traffic so please exercise caution and ride safely. Stay to the right and never ride more than double file and only when 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 March 18.



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 5:00pm.** 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!

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



ADOPT A MILE - Thank you to  **Jazz Pharmaceuticals.**

HOME STRETCH CELEBRATION– Thank you to



CYCLING COURSE MAPS

CORONADO CLASSIC – 25 MILES

Presented by JPMORGAN CHASE & Co.

Start Time: 9:00am

(Please be in start corral at 8:50am)

*There will be NO late start permitted

Elevation Gain: 371 ft.

of Aid Stations: 1

- Bikeway Village - mile 13

Course Color: Blue

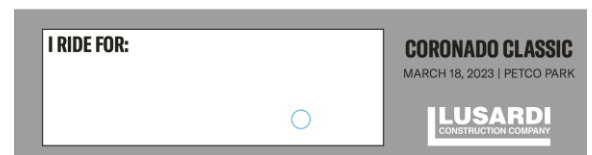
Gear Check: Available for all riders at
Bikeway Village

Course Route: [25-mile route](#)

Cut Off Time: Please make sure you are in the start corral by 8:50am. Coronado Bridge Cut Off is 9:35am. After that point, riders placed into SAG vehicles and taken across the bridge.



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CYCLING COURSE MAPS

OLYMPIC CHALLENGE – 55 MILES

Start Time: 8:00am

Elevation Gain: 2,684 ft.

of Aid Stations: 3

- Bikeway Village - mile 13
- Mountain Hawk Park – mile 34
- Sweetwater Staging Area – mile 44

Course Color: Yellow

Gear Check: Available for all riders at Bikeway Village and Mountain Hawk

Course Route: [55-mile route](#)



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CYCLING COURSE MAPS

OTAY ODYSSEY – 75 MILES

Start Time: 7:00am (bike lights recommended)

Elevation Gain: 6,002 ft.

of Aid Stations: 4

- Bikeway Village – mile 13
- Mountain Hawk Park – mile 34
- Cuyamaca College – mile 54.4
- Sweetwater Staging Area – mile 67.7

Course Color: Green

Gear Check: Available for all riders at Bikeway Village and Mountain Hawk

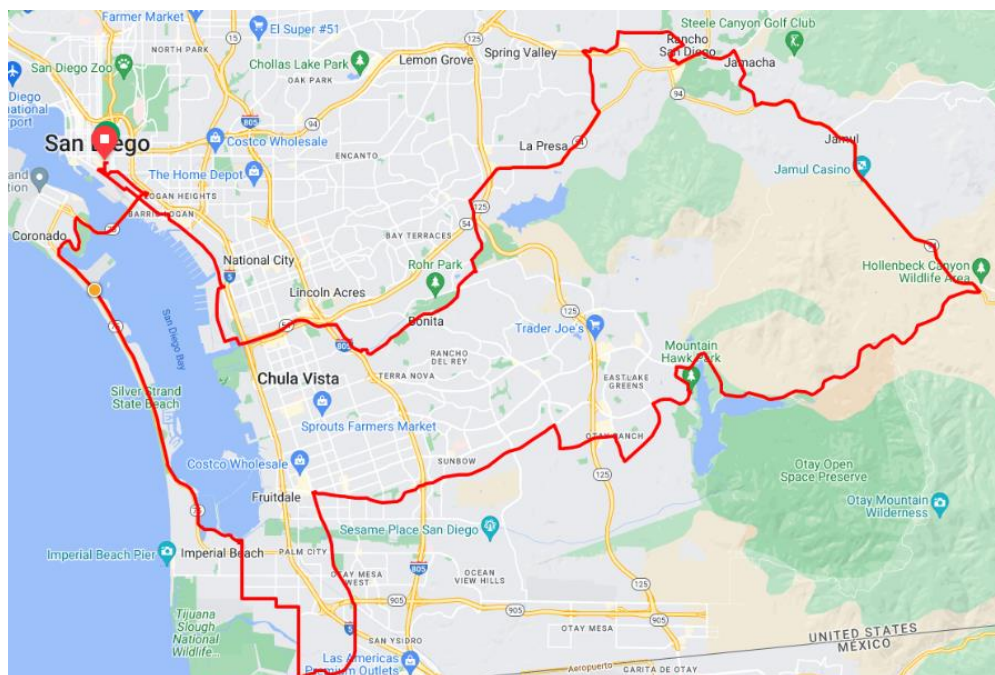
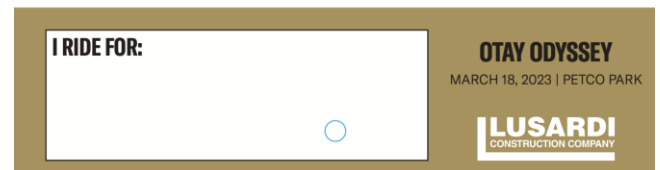
Course Route: [75-mile route](#)

Cut Off Times:

- Please be advised, cut off at 10:08am at mile 34.5 at Otay Lakes Rd. Riders must turn left and follow 55-mile route.
- Please be advised, cut off time at 12:00pm at miles 54.4 at Cuyamaca College Aid Station. Riders placed into SAG vehicles to finish or to next aid station at Sweetwater Staging (Mile 67.7)



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CYCLING AID STATION INFO

1. *BIKEWAY VILLAGE (535 Florence Street, Imperial Beach)

- Courses: All
- Volunteer Group: BD



2. *MOUNTAIN HAWK PARK (1475 Lake Crest Dr, Chula Vista)

- Courses: Olympic Challenge
- Volunteer Group: Sanford Burnham Prebys



3. CUYAMACA COLLEGE (900 Rancho San Diego Pkwy, El Cajon)

- Courses: Otay Odyssey
- Volunteer Group: Illumina
- Special Food Options: Jersey Mike's sandwiches will be served
- **CLOSE OF AID STATION:** The aid station will close at 1:00pm; all riders will need to exit.



4. SWEETWATER STAGING AREA (3121 Bonita Rd, Chula Vista)

- Courses: Olympic Challenge, Otay Odyssey
- Volunteer Group: Genomatica



* 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 5:00pm.

5K INFO AND KIDS CHALLENGE

KIDS CHALLENGE

Calling all superheroes! The Kids Challenge is an opportunity for kids to run the bases at Petco Park. Children 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. A few details to keep in mind:

- **Check-in:** For kids 3-7, meet at the Kids Zone at 11:45am to be led to the infield. For kids 8-12, meet at the Kids Zone at 12:15pm to be led to the infield.
- **Day-of registration:** Available for a \$40 registration fee
- **Kids Zone:** Open from 10:00am-2:00pm for all kids to enjoy activities, games, face painting and to meet real life superheroes!

Kids Challenge Run the Bases:

Kids 3-7: 12:00pm-12:30pm

Kids 8-12: 12:30pm-1:00pm

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. Unfortunately, no pets will be allowed on the course. A few details to keep in mind:

- **Start Time:** 10:00am
- **Check-In:** Park Blvd Gate starting at 5:00am
- **Course Link:** [5k Route](#)
- **Aid Station:** There will be one water stop at the halfway point

Thank you to Fit Athletic for leading the charge with our 5K Pacers. We will have six pacers to mark out the route and to help you pace your 5K. The pacers will maintain pace times every thirty seconds from a 7-minute mile to a 10-minute mile.



SPIN INFO

Spin Zone

Our Spin Zone features four classes of stationary cycling with bikes provided by LA Fitness located atop the Western Metal Building overlooking left field!

Check-in will take place at the main participant registration area at the Park Boulevard Gate. All spin participants are encouraged 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 5:00am at the Petco Park – Park Boulevard 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 DJ led classes at 9:00am, 10:00am, 11:00am, and 12:00pm

Instructors: 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 - Tee Parish

10:00 am – Francis St. John

11:00 am – Crystal Johnson

12:00 pm – Danny McCarthy & JP Lawson

Style: The class will be a traditional style spin class with a live DJ and a chance to see yourself and teammates on the right field videoboard 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 CHECKLISTS

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 #PadresPedal22 selfies
- ☐ Change of clothes for after the ride (optional)
- ☐ Towel and toiletries for after the ride (optional)
- ☐ Footwear to wear after the ride
- ☐ Mask (optional)

SPIN 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 #PadresPedal22 selfies on the big screen!
- ☐ Change of clothes and footwear (optional)
- ☐ Spin shoes (optional)
- ☐ Towel and toiletries for after the ride (optional)
- ☐ Mask (optional)

FOOD MENUS

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 and beverage wristbands on site or ahead of time [here](#).

BREAKFAST

Served 5:00am-10:00am

Bird Rock Coffee *Blend and Decaf*

Grab-and Go Options courtesy of Melissa's Produce *Bananas, Nut Snacks, An Assortment of Granola Bars, etc.*

LUNCH

Served 10:30am-4:30pm

Brandt Beef Sliders and Baja Vida snacks

Barrio Dogg *Mini El Xolito Hot Dog and Elote Corn*

Pacific Catch *Poke Sampler*

La Fortaleza *Chips*

The Cravory *Assorted Cookies*

Prince St. Pizza *Meat and Veggie Pizza*

Sambazon *Acai bowls*

Ballpark Eats *Veggies Sliders*

BEVERAGES Bar Service presented by CBRE

Served 10:30am – 4:30pm

Ballast Point *Swingin Friar Ale*

Kings & Convicts *Haze in the Park*

Kové *Exclusive Curebound Flavor*

Wander & Ivy *Four Varietals of Wine*

Suja *Variety of Beverages*

Essentia *Water*

Gatorade

Soft Drinks

CBRE

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.

VOLUNTEER PROGRAM

VOLUNTEER PROGRAM presented by Albertsons

Volunteers play a vital role in the success of our event. Look for them on the course and throughout Petco Park wearing yellow shirts.



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 Kiosk located at the Park Boulevard Gate 15 minutes prior to your shift. Volunteers will have access to snacks throughout the day at the Volunteer Zone. 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 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 Food: Light food options will be provided for volunteers in the volunteer zone. If volunteers are interested in an all-inclusive wristband, they are available for purchase on site at will call or the info tent.

Cheer Zone: Make sure to pick-up a cow bell presented by ResMed to cheer on participants!



PARKING PASS

EVENT DAY PARKING

Free parking is available for Padres Pedal participants, vendors, and partners. Parking is limited, we recommend arriving one hour prior to your event to allow for time to park, check-in, enjoy breakfast and be ready for your event!

Please print this page and provide to the parking attendants on event day.

PADRES PARKADE PARKING PASS ISSUED BY BALLPARK OPERATIONS

PADRES PARKADE PARTICIPANTS/ PARTNERS/ VENDORS/ GUESTS SATURDAY | 3/18/23

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VIP PARKING presented by Lexus



VIP Parking is available in the Lexus premier parking lot located on the corner of Park Blvd and Imperial. VIP's will be emailed a separate parking pass and will be added to our VIP list. Please contact info@curebound.org with any questions.

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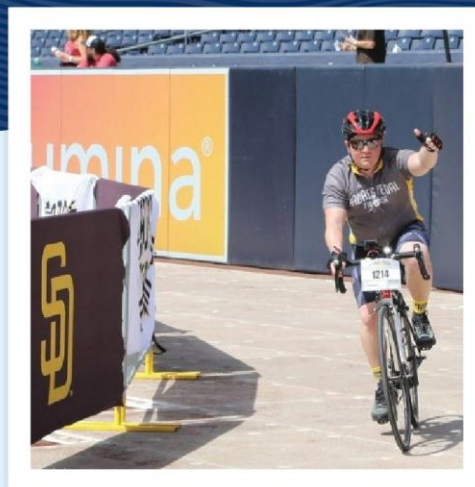
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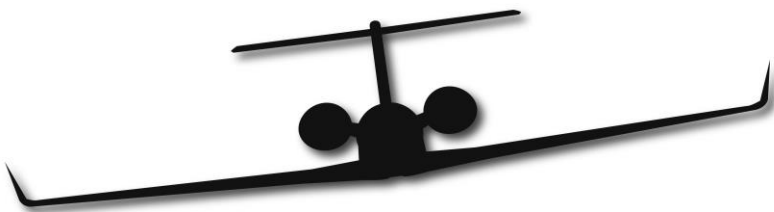
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