



# MILLION DOLLAR CHALLENGE



ATHLETE ITINERARY  
OCTOBER 15-21, 2022

#MORETHANARIDE



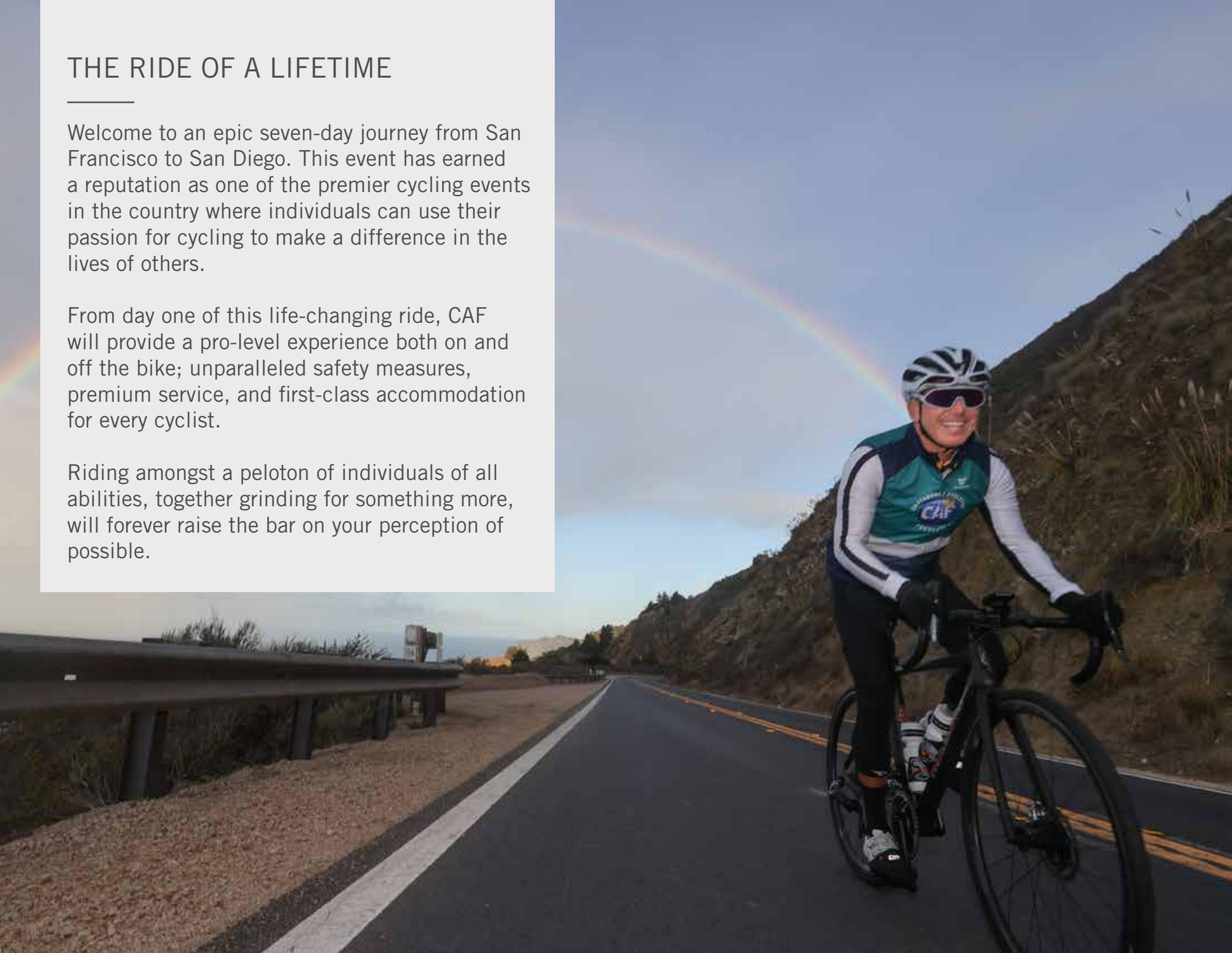
## THE RIDE OF A LIFETIME

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Welcome to an epic seven-day journey from San Francisco to San Diego. This event has earned a reputation as one of the premier cycling events in the country where individuals can use their passion for cycling to make a difference in the lives of others.

From day one of this life-changing ride, CAF will provide a pro-level experience both on and off the bike; unparalleled safety measures, premium service, and first-class accommodation for every cyclist.

Riding amongst a peloton of individuals of all abilities, together grinding for something more, will forever raise the bar on your perception of possible.



## THE ROUTE

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- ▶ **Day 1** San Francisco to Santa Cruz
- ▶ **Day 2** Santa Cruz to Big Sur
- ▶ **Day 3** Big Sur to Pismo Beach
- ▶ **Day 4** Pismo Beach to Santa Barbara
- ▶ **Day 5** Santa Barbara to Santa Monica
- ▶ **Day 6** Santa Monica to Dana Point
- ▶ **Day 7** Dana Point to La Jolla



## ROUTE MILEAGE + ELEVATION

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Start City	End City	Mileage	Elevation
San Francisco.....	Santa Cruz .....	85 .....	+ 4,640
Santa Cruz .....	Big Sur .....	88 .....	+ 4,250
Big Sur.....	Pismo Beach .....	118 .....	+ 7,570
Pismo Beach.....	Santa Barbara .....	114 .....	+ 4,790
Santa Barbara .....	Santa Monica .....	87 .....	+ 2,540
Santa Monica.....	Dana Point.....	84 .....	+ 2,820
Dana Point.....	La Jolla.....	56 .....	+ 2,030





## ORIENTATION DAY I 10.14.22

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### **Today's Activities:**

Check-in and Registration: 3:00 - 5:30 pm

Challenged Athlete + Handler Meeting:  
4:00 - 5:00 pm

New Rider Orientation: 5:00 - 6:00 pm

Welcome Reception & Dinner: 6:00 pm

Program: 7:00pm

### **Hotel:**

Hyatt Fisherman's Wharf  
555 North Point St  
San Francisco, CA 94133  
(415) 563-1234

**Included Meals:** Social Hour | Dinner

## DAY ONE | 10.15.22

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### Today's ride:

#### San Francisco to Santa Cruz

Approximately 85 miles with 4,640 feet of climbing

### Welcome Ceremony and Ride Out 7:30 AM

### Hotel:

Hotel Paradox  
611 Ocean St  
Santa Cruz, CA 95060  
(831) 425-7100

### Included Meals:

Breakfast | SAG Stops | Lunch | Ride In | Dinner

## DAY TWO | 10.16.22

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### Today's ride:

#### Santa Cruz to Big Sur

Approximately 88 miles with 4,250 feet of climbing

### Hotel:

Big Sur Lodge  
47225 CA-1  
Big Sur, CA 93920  
831.667.3100

### Included Meals:

Breakfast | SAG Stops | Lunch | Ride In | Dinner

## DAY THREE | 10.17.22

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### Today's ride:

#### Big Sur to Pismo Beach

Approximately 118 miles with 7,570 feet of climbing

### Hotel:

Vespera Resort  
147 Stimson Ave, Pismo Beach, CA 93449  
(805)773-1011

### Included Meals:

Breakfast | SAG Stops | Lunch | Ride In | Dinner

## DAY FOUR | 10.18.22

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### Welcome to our 3 day riders!

### Today's ride:

#### Pismo Beach to Santa Barbara

Approximately 114 miles with 4,790 feet of climbing

Rider Orientation for 3-day Riders 4:00 PM

Reception 6:45 PM

### Hotel:

Mar Monte Hotel  
1111 E Cabrillo Blvd  
Santa Barbara, CA 93103  
(805) 882-1234

### Included Meals:

Breakfast | SAG Stops | Lunch | Ride In | Reception  
Free Evening After Reception

## DAY FIVE | 10.19.22

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### Today's ride:

#### **Santa Barbara to Santa Monica**

Approximately 87 miles with 2,540 feet of climbing

### **Welcome Ceremony & Ride Out - 7:30 AM**

### Hotel:

Le Meridien

530 Pico Blvd, Santa Monica, CA 90405  
(310)399-9344

### Included Meals:

Breakfast | SAG Stops | Lunch | Ride In

### Free Evening

## DAY SIX | 10.20.22

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### Today's ride:

#### **Santa Monica to Dana Point**

Approximately 84 miles with 2,820 feet of climbing

### Hotel:

Laguna Cliffs Marriott Resort & Spa  
25135 Park Lantern  
Dana Point, CA 92629  
949.661.5000

### Included Meals:

Breakfast | SAG Stops | Lunch | Ride In | Dinner

## DAY SEVEN | 10.21.22

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### Today's ride:

#### **Dana Point to La Jolla**

Approximately 56 miles  
with 2,030 feet of climbing

The full peloton of riders will enjoy the peak of camaraderie and connection to CAF's mission as they ride into La Jolla Shores, greeted by the kids who benefit from their hard-earned efforts and fundraising dollars. Every medal earned signifies the life of a challenged athlete and rider, forever changed by the power of sport.

### **MDC Rider Arrival and Celebration 2:00pm\***

La Jolla Shores

\*Please note - all riders are responsible for their own transportation to airport, hotel or home after La Jolla arrival. Out of town riders are strongly encouraged against booking departures earlier than 6:00 p.m.

# FAQ'S

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## **What will be the total rider count for MDC?**

We are expecting nearly 140 riders throughout the week

## **What is included with my fundraising?\***

- Unparalleled comradery and connection with fellow CAF supporters and challenged athletes
- Intensive Training Plan to prepare you for the ride
- Official MDC Apparel Package
- 7 Nights Accommodation at Upscale Hotels
- Daily Breakfast, Lunch & Ride-In Reception
- 5 Gourmet Dinners
- Fully supported Rest Stops on the route
- Daily Mechanic and SAG support
- Daily Luggage Transportation
- An unforgettable experience empowering individuals with physical challenges to reach their dreams in sports – and in life!

## **Are there expenses I am responsible for?**

As a MDC Fundraiser, lodging, meals, road support, 15-minute massage per day, and cycling gear is included. You will be responsible for all other expenses to include guest fees, food and beverages outside of organized group meals, and additional massage time. Volunteer and support staff gratuities is a discretionary expense paid at the end of the week.

## **May I bring a non-riding guest?**

Yes, there is a \$175 per day fee for non-riding guests. This fee includes overnight hotel in a room with the rider, dinner, breakfast, and lunch with the group. Fee does not include transportation for the guests - they must have their own transportation down the coast.

\*Those participating in the 3-day event will receive 3 nights accommodation and 2 dinners.

## FAQ'S

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### **If I do not reach the fundraising benchmarks by the deadline, am I no longer able to participate?**

No. However, we do ask that you guarantee the difference on a credit card, and you'll have until November to continue fundraising to your goal. Some riders do a lot of their fundraising during and after the ride when they can post photos to social media and include a recap of the journey.

### **Will we be sharing a room?**

There will be no sharing of rooms for full fundraisers on this year's event. However, we are asking participants to share a cabin with separate rooms and a single bathroom in Big Sur.

### **Will there be Challenged Athlete programs during the evenings?**

Yes! We will be sharing challenged athletes' stories during evening dinners. Some may be in-person while others will be presented virtually.

### **What are the arrangements for bicycle transport?**

If you live in Southern California, we will be making arrangements to transport your bike to the start of the event in San Francisco. The designated bike drop-off location for San Diego is at CAF Headquarters on Sunday, October 9th (after the MDC training ride) and Wednesday, October 12th from 3:00 – 7:00 pm.

For riders outside of San Diego we suggest the following arrangement:

Have your bike boxed at a bicycle shop in your city and shipped to the hotel address (they will need to remove pedals, handlebars, etc.). CAF mechanics will reassemble your bike and get it ready to ride for no additional cost. Please ensure bikes arrive no later than October 9th. Riders are responsible for the cost of boxing and shipping.

Shipping Address:

Hyatt Centric Fisherman's Wharf  
555 North Point Street  
San Francisco, CA 94133

On a separate label, please note on each package:  
ATTN: Sales/Catering Department  
Million Dollar Challenge and Jaimie Lynch  
(Box \_\_\_\_ Of \_\_\_\_)

## FAQ'S

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After the event, if you request return shipment service from CAF, mechanics will box and ship your bike to your designated destination. Riders are responsible for this service fee and shipping costs and must inform Anna Griessler at [anna@challengedathletes.org](mailto:anna@challengedathletes.org) of your request in advance.

### **As a rider, what travel arrangements do I need to make?**

Each rider is responsible for their own transportation to San Francisco (SF) to the start of the Million Dollar Challenge. Please plan to be in SF for rider check-in and orientation before 5:00 pm on Friday, October 14th. Please note if you are a first-year rider, we ask that you make arrangement to attend the New Rider Orientation at 4:00 pm. Each rider will also be responsible for making their own transportation arrangements from La Jolla (our ride-in location) to their residence, airport, or accommodations in San Diego on Friday, October 21st. Riders who reside outside of San Diego will need to make travel arrangements, including bike transport, back to your home from San Diego after the completion of the Million Dollar Challenge. We strongly discourage booking departure flights earlier than 6:00 pm. Riders also have the option to join us at Mission Bay for the bicycle portion of the San Diego Triathlon Challenge on Sunday, October 23rd. If you choose not to ride this final stage, you are also welcomed to visit the VIP hospitality area.

### **When and where should I be if I'm a 3-day rider?**

3-day riders should plan to arrive in Santa Barbara at the Mar Monte Hotel on Tuesday, October 18th by 4:00 pm. Orientation and a welcome reception will take place at the hotel prior to your first day of riding on Wednesday, October 19th. Your hotel accommodations will be covered by CAF for Tuesday, October 18th - October 21st.

### **Where will we be staying each evening?**

October 14: Hyatt Fisherman's Wharf - San Francisco

October 15: Hotel Paradox - Santa Cruz

October 16: Big Sur Lodge - Big Sur

October 17: Vespera Resort - Pismo Beach

October 18: Mar Monte Hotel - Santa Barbara

October 19: Le Meridien - Santa Monica

October 20: Laguna Cliffs Marriott Resort & Spa - Dana Point

## FAQ'S

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### **Will everyone leave at the same time each morning?**

MDC Ride Leaders and Challenged Athletes will post their departure times so you may elect to ride with them. Riders have the option to depart at the time they desire each morning. However, we ask that all riders are on the road by 8:30 am each day so that we can begin to transport the luggage and supplies to our next location. Riders must be off the road by 6:00 pm so you'll want to adjust your a.m. departure time to meet that deadline. You can also request a "lift" to get a little further down the road to meet the cutoff.

Remember, this ride is your own! You should plan to ride at a speed you feel comfortable and can maintain for 75 to 125 miles. MDC is not a race, the only time constriction is sunlight, so take your time and enjoy the beauty of the California coast.

### **What is the anticipated daily schedule?**

Breakfast available: 6:00 to 8:00 am

Luggage drop-off: by 8:30 am

Riders' departure: in groups or on your own (no later than 8:30 am) – We recommend riding in a group with a Challenged Athlete and Ride Leader!

Lunch: upon arrival at lunch spot (roughly 40-55 miles into ride depending on route)

Ride-in: 1:00 to 5:00 pm

Dinner: 6:30 pm

### **What if I don't feel like riding?**

Each day you will have the option to ride a portion or the entire day in the support vehicle traveling alongside the riders. Even if you do not decide to ride in the support vehicle in the morning, you will have options throughout the day if you decide that you'd rather not ride any further. Please be aware that when riding in a support vehicle the team is still supporting riders on the road and cannot offer a direct shuttle to the next hotel.

## FAQ'S

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### **How will the ride be supported?**

We have assembled a team of personnel whose primary job is to ensure that you have the experience of a lifetime. Mechanics, SAG vehicles, and CAF staff will be with you during the entire ride.

### **How will we communicate with the guides and support staff while riding?**

All the guides and staff who are on bicycles or driving in vans will carry cell phones. The riders will be provided with all these telephone numbers, and we encourage all riders to carry their own cell phones. There are portions along the route with limited or no cell phone coverage. During these times the vehicles and guides will be crisscrossing the route for more frequent contact. This is another example of what a great idea riding in a group is!

The riders will also encounter the guides and vans along the route. During orientation riders will receive instructions on how to let them know if assistance is needed.

### **How many times will I see the support vehicles throughout the day?**

You will likely see the support vehicles at least 2 times before lunch and 2 times after lunch. Support vehicles will also be at the lunch stops to help assist you should you need anything. In addition to the support vehicles, you will also see many other MDC staff members and volunteers throughout the day.

### **Will there be bike mechanics?**

Bike mechanics are available at the lunch stop and finish of each day to address any mechanical needs your bike may have. The mechanics will also be roving the route in the event a mechanical situation occurs while you are on the road.

### **What spare parts will be available? What spare parts should I plan to bring?**

The support vans will be stocked with the most needed spare parts (cables, brake pads, tires, tubes, etc.). Plan on beginning the ride with at least one tube, tire levers, a patch kit and a pump so that you can change a flat while out on the road. You should also remember to bring spare parts that are unique to your bicycle, such as a spare tire and extra tubes if you have a wheel size other than 700c.

## FAQ'S

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### **What condition should my bike be in at the beginning of the MDC?**

While we do have bicycle mechanics and spare parts to take care of day-to-day maintenance, each rider is expected to have their bike in a clean, safe, and mechanically sound condition at the start of the ride. Remember, you will be riding 640 plus miles in a week's time, so all your wear-and-tear items should be able to last this distance.

Plan for a tune-up in the last 30 days before the ride. Here are some points you should consider:

- Tires and tubes - will they last 640 more miles?
- Cables and housing - are they corroded or frayed?
- Brake pads - remember you will see some long and steep descents along the way!
- Chain, cassette, chain rings
- Cleats - are they worn down?
- Handlebar tape and saddle - you will be spending a lot of time on your bike, so make sure that it is comfortable!

### **Will the route be marked?**

Yes, there will be route arrow markings along the entire route. You will become familiar with the signs. There will also be guides who will position themselves at certain difficult navigational points during the ride. However, the garmin downloadable route and the printed route guide are your ultimate source for ensuring you stay along the designated route.

### **When do I get my event gear?**

You should have received your training gear at the training rides or via mail. If you registered late or did not pick up your training gear in San Diego, it will be available for pick up at the CAF offices prior to the start of the full event, or in San Francisco when you arrive. All additional gear and event gear will be available for pick-up at CAF headquarters later or brought up to San Francisco.

### **Do we need to bring our own water bottles?**

Each rider will be provided with water bottles at the start of the event with replacement bottles available throughout the week if needed.

### **Still have questions?**

Please contact Anna Griessler at [anna@challengedathletes.org](mailto:anna@challengedathletes.org) or (321) 427 9548.

# COVID SAFETY PROTOCOLS + FAQs

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## **What kind of COVID-19 safety protocols do you plan to implement during the event?**

Updated August 25, 2022

To create an event environment with the least risk of impact from COVID-19, we will be adopting a multiphase testing protocol for all riders, guests, staff and volunteers who are part of the event. Proof of vaccination is no longer required; however, we strongly encourage everyone to be up to date with boosters according to their eligibility.

- We are asking all participants to take a self-administered antigen test in less than 72 hours before ride check in with a negative test result. Participants will be required to provide proof of this negative antigen self-test by emailing a photo of the negative test to [healthinfo@challengedathletes.org](mailto:healthinfo@challengedathletes.org).
- All participants will be required to check in at the Medical Table during event registration on October 14 (7-day riders) and October 18 (3-day riders). At event check-in our medical team will again administer an antigen test to all participants. A negative test result will be required before joining the event.
- Pending COVID-19 levels in the community and at the discretion of our medical team an additional test may be administered mid-week to everyone participating.
- We will have rapid tests and NAAT tests (like PCR tests) on the event and anyone exhibiting symptoms will be tested
- CAF will continue to monitor and follow CDC recommendations along with federal, state and local regulations regarding COVID-19
- CAF is making every effort to arrange for outdoor or open-air dining whenever possible and will offer options for meal pick up if anyone prefers to dine separate from the group
- Any riders, guests, staff and volunteers may mask while indoors or in vehicles based on personal comfort and risk levels.
- Indoor masking will be enforced in jurisdictions where it is mandated

# COVID SAFETY PROTOCOLS + FAQs

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## **What happens if I become ill with COVID-19 during the event?**

If an event participant becomes ill AND tests positive for COVID-19 the following procedures will be implemented:

- The individual will move into an isolated room at the current hotel and abandon the ride. It is recommended that the individual follow the current CDC recommendations for quarantine and isolation. We recommend that any rider who tests positive has a friend or family member meet them for transport home OR if condition is mild or asymptomatic arrange for rental car delivery to drive home
- CAF will make an effort to assist with rental cars, however based on current availability we are unable to guarantee that a vehicle will be available
- The rider becomes responsible for their own care and arrangements as the medical staff will need to remain with the group
- Riders are required to have an “on call” person confirmed as part of your registration to assist in the case of contracting COVID-19
- This can be the same or a different person than your Emergency Contact

## **What happens if I start to feel unwell on the ride but am uncertain it's COVID-19?**

- If a rider starts to feel unwell and exhibits any symptoms of illness, they must advise the medical staff immediately
- We will move him/her into isolation and provide an Antigen test and NAAT test. We will require the rider to wear a mask and social distance as practical until the test results are confirmed
- If there is a negative test – the doctors will examine the rider and provide clearance for the rider to continue with the event or ask that they abandon the ride due to severe symptoms
- \*CAF has the right to recheck a participant if they have symptoms at anytime during the event
- CAF and the medical staff reserve the right to determine if anyone should abandon the ride

## COVID SAFETY PROTOCOLS + FAQs

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### **If the event must be canceled due to COVID-19, when would we find out?**

It is our priority to keep our community informed. Absent compelling evidence to the contrary, it would be no less than 30 days prior to the event. We will only cancel within 30 days should the situations and regulations around the pandemic force the cancellation.

### **What is the COVID-19 Cancellation policy?**

Given the state of the world and restrictions on travel and group gatherings, we understand that plans may change. We have created a flexible policy so if you register and then are unable to attend the event due to contracting COVID-19, CAF will guarantee that all your fundraising dollars can be allocated to any event(s) in 2023 or redirected to underwrite a grant for a challenged athlete this year. We are here to ensure that all your fundraising dollars will help CAF build upon our support for challenged athletes.

### **Still have questions?**

Please contact Anna Griessler at [anna@challengedathletes.org](mailto:anna@challengedathletes.org) or 321-427-9548.

# PREMIUM KITS - WHAT JERSEY TO WEAR + WHEN

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DAY ONE



DAY TWO



DAY THREE



DAY FOUR



DAY FIVE



DAY SIX



DAY SEVEN

# RIDE LEADER KITS - WHAT JERSEY TO WEAR + WHEN

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DAY ONE



DAY TWO



DAY THREE



DAY FOUR



DAY FIVE



DAY SIX



DAY SEVEN

# PACKING LIST

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## **Cycling Clothing / Gear:**

- MDC Event and Training Jerseys
- Additional cycling bibs or shorts (recommend at least 4 pairs)
- Cycling socks (at least 7 pairs)
- Cycling Shoes
- ½ Finger Cycling Gloves
- Full Fingered Cycling Gloves
- Helmet
- Base Layer Clothing (to wear under your jersey)
- Wind Jacket
- Thermal Jacket or Vest
- Sunglasses
- Arm Warmers
- Knee/Leg Warmers
- Sun sleeves

## **Bicycle and Equipment:**

- Bicycle
- Spare tubes (5) and Tires (2) if your bicycle uses a size other than 700c. If you use 700c equipment, please bring (1) spare tube to start the ride.
- Seat pack with multi tool, patch kit, and tube
- Frame or mini pump (or CO2 pump and refills)
- Spare Cleats (or have new cleats installed just before the ride)
- Any nutritional products or specialty food items you consume before, after or while riding (if not provided), i.e. salt tablets, powders, special gels.

## **Other Clothing:**

- Hat
- Bathing suit
- Walking shorts
- Sweater/Jacket for cool evenings
- Comfortable walking shoes/sandals
- Extra sandals or flip flops for post-ride
- Comfortable pants, shorts and t-shirts
- Clothing for evening functions - All dinners (except Santa Barbara and Santa Monica) will be private events, dress should be comfortable and casual. We suggest long pants and layers as some evenings may include an outdoor activity or portion.

## **Don't Forget!**

- Sunscreen and lip balm
- Required medications and prescriptions
- Personal items and toiletries
- Travel wallet
- Insect repellent
- Travel first aid kit
- Address book with important numbers
- Camera
- Cell phone (and charger)
- Heart rate monitor and belt
- Bike computer and/or GPS unit (charger if applicable)

Note: Please try to limit your luggage to one or two pieces at most. If you decide to pack any fragile items (such as a computer) please clearly mark the bag as FRAGILE so we will be aware that it needs to be placed in a plastic bin for transport.



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## PRESENTING



## DIAMOND



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## FRIENDS OF MDC



# The Feed.