

SO CAL
RIDE
& RALLY TO
CURE ALS

EVENT DAY GUIDE

WHEN

Saturday, May 4, 2024
7:00 AM - 2:00 PM

WHERE

Dos Vientos Park
4801 Borchard Road
Newbury Park, CA 91320
([MAP](#))



ALS Network

THE BASICS

When: Saturday, May 4, 2024 from 7:00 AM to 2:00 PM

Where: Dos Vientos Park - 4801 Borchard Road, Newbury Park, CA 91320 ([MAP](#)) (picnic area right next to the kids playground)

Parking is FREE at Dos Vientos Park. Enter on Borchard Road and drive slowly through the parking lot. Be aware that there will be pedestrians and cyclists out and about!

Check-In:

- We highly encourage you to take advantage of our **early check-in on Friday, May 3 from 4:00 PM - 7:00 PM** at [Boney Mountain Pizza Company](#). Join us for food, drinks, and grab your bib and earned incentive items before event day to expedite your morning!
- **Event day check-in will open at 7:00 AM** (see “The Routes” on the following page for more details). Be ready to present your photo ID to claim your bib, earned incentive items, and printed route directions before you get on the road!

Online registration closes on **Thursday, May 2, 2024 at 11:59 PM**, but anyone who still wants to participate can register in person on event day.



THE ROUTES

Each route will open based on the times listed below. We will make two announcements prior to each starting time to line up at the start line. This schedule has been created to allow plenty of time to complete your route, use the cycling rest stop, and stay within the boundaries of our permits. Please do not begin your route before the appointed time as we will not have the rest stop or Support and Gear (SAG) personnel in place before the listed times. Routes, rest stop, and SAG vehicles will be closed at 12:00 PM.

If you need assistance while on the route, please call our Event Hotline at **(805) 666-1371** and a SAG vehicle will be dispatched to you. In case of a medical emergency, call **911**.

40-Mile Ride

Check-in opens at 7:00 AM
Route opens at 8:15 AM

Rest stop at the Elk's Lodge*
21.7 mi



25-Mile Ride

Check-in opens at 7:30 AM
Route opens at 8:45 AM

Rest stop at the Elk's Lodge*
11.3 mi



40-Mile & 25-Mile Ride

This arrow signifies both routes are on the same path

Rest stop at the Elk's Lodge*



Hike

Check-in opens at 8:30 AM
Route opens at 9:15 AM

No rest stop
Total distance is approx. 6 mi



Walk & Roll

Check-in opens at 9:30 AM
Route opens at 10:30 AM

No rest stop
Total distance is approx. 0.7 mi



*Elk's Lodge #2477 | 158 N Conejo School Road, Thousand Oaks, CA 91362 ([MAP](#))
Open 8:30 AM - 12:00 PM

EVENT PARTICIPATION GUIDELINES

For Cyclists:

- This is not a race on a closed course. This is a community ride that depends on the behavior of our participants. Be courteous, kind, and forgiving to everyone on the road.
- Do not ride aggressively.
- Follow all rules and laws of the road. Law Enforcement will be present and will issue tickets if necessary.
- Ride single file, all the way to the right, especially on narrow shoulders or when cars are present.
- Stop completely at all stop signs.
- Use hand signals when turning, merging, or slowing down to a stop.
- Pass only on the left. Be sure to let the rider being overtaken know you are passing.
- Wear your helmet at all times when on your bike.
- Headphones are not permitted on the course.
- Don't litter. There are trash and recycling receptacles at the rest stop.
- Signal to following riders about debris and obstacles on the road.
- Alert other riders about vehicles approaching. Say "car back" if a car is approaching from the rear.

For Hikers:

- Respect others. If you offer respect, you are more likely to receive it! All trail users have rights and responsibilities to each other and to the trails.
- Protect wildlife, plants, and trees. Safeguard streams, ponds, and lakes.
- Stay to the trails.
- Honor the property of others and leave no litter.
- Smile, greet, nod. Every user on the trail is a fellow nature lover. Be friendly and expect to see other folks around every corner. Remember to go slow and say hello!
- Don't tune out. If you choose to wear earphones, keep the volume low and only wear one earpiece so other trail users don't surprise you.
- Share and care. We all share a love of nature, open spaces, and trails. It is important that all hikers unite to support and care for our trails and public lands. Let's all work together to keep our trails safe and enjoyable for all!

For Walk & Rollers:

- This route is fully accessible to all mobility types, including wheelchair and e-chair users, strollers, and walkers.
- Be aware that other people will be sharing the park space on event day. Follow the signs to stay on our walk & roll path!
- Honor the property of others and leave no litter.

THE PACKING LIST

Photo ID

This is REQUIRED for check-in and to verify your age before serving you alcohol at the finish festival!

Outstanding Donations

These can be deposited at check-in. We will accept donations online via mobile and credit cards, checks, and cash on-site.

Cash or Credit Card

Additional purchases will be available on-site on event day. Be sure to bring a method of payment with you so you can purchase additional drink tickets, ALS Network merchandise, and more!

Helmet

All cyclists are REQUIRED to wear helmets.

Water Bottle(s)

There are water fountains throughout Dos Vientos Park and a refill station at the Elk's Lodge rest stop. We will also have single use plastic water bottles available for those who need them.

Cell Phone

Be sure to bring this with you on your route! It is important that we have a way to contact you (and for you to contact us) in case of an emergency.

Tire Repair Kit

Good to have just in case! Our Support and Gear personnel will also have some supplies, but their inventory is limited.



WHAT'S INCLUDED IN YOUR EXPERIENCE

Breakfast & Coffee Service

Open 7:00 AM - 10:00 AM

Grab a coffee and bagel before your activity!

Rest Stop (for Cyclists)

Open 8:30 AM - 12:00 PM

Located at the Elk's Lodge #2477, 158 N Conejo School Road, Thousand Oaks, CA 91362
Enjoy the shade, grab a water and snack, and check your bike for any needed repairs while out on the route.

Lunch

Open 11:00 AM - 2:00 PM

Enjoy delicious paella, salad, and a cookie from Paella King of California! Vegetarian, vegan, and gluten free options are available.

Beer & Wine Garden

Open 11:00 AM - 2:00 PM

All registered participants are provided with 1 complimentary beer or wine. Beer service is provided by [Pedals & Pints Brewing Company](#). Additional drink tickets are available for purchase.

Music & Entertainment

Enjoy the sounds of the local musicians of DVR Band, hear from ALS Network President and CEO Sheri Strahl, and celebrate together as we work to raise the funds necessary to drive the urgent search for ALS treatments and cures through the ALS Network's mission priorities related to care, research, and advocacy.

Resources & Merchandise

Open 10:00 AM - 2:00 PM

Speak with ALS Network Care Services staff, find out what community resources are available to help you through your own ALS journey, and shop at our ALS Network merchandise booth for the very first time!

DONATIONS & FUNDRAISING

General Donations to the Event

Supporters can go to our SoCalRide.org website and [make a general donation to the event](#) to support our efforts to achieve our \$150,000 fundraising goal.

Day-Of Event Donations

All donations, including cash, credit card, and check can be made (or turned in) at the Registration and Check-In areas. Staff and volunteers are happy to accept donations and ensure they are credited to your individual and team fundraising efforts.

Merchandise Sales

This year, the event will feature an ALS Network Merchandise booth with branded materials available for purchase. All purchases will go back to our fundraising efforts, so feel free to indulge in a variety of ALS Network items!

Random Chance Drawing

Tickets for our random chance drawing will be available all morning for purchase to win some incredible donated prizes. All sales from the drawing directly support our fundraising efforts as well!

TAX-ID

The ALS Network is a registered 501(c)3 non-profit with a tax-id of 95-4163338.

Donation Questions?

Reach out to us directly via email at socalride@alsnetwork.org and we are happy to assist you!

THANK YOU TO OUR SPONSORS!

