PARTICIPANT INSTRUCTIONS

February 29, 2020
SCHEDULE OF EVENTS

KICK-OFF PARTY PRESENTED BY AETNA

Friday, Feb 28, 2020

Packet Pick-Up

5:30PM - 8:00PM  Dinner Buffet

Hard Rock Stadium
347 Don Shula Drive, Miami Gardens
Club Level - South Side

Participants, teams and families will gather for a festive atmosphere on the club level to collect your personal rider credentials, 5k run/walk bib, jersey, shirts, goodies and more as they kick-off the start of the weekend. Each participant is allowed 2 guests to the kick-off inclusive of food and beverage.

DOLPHINS CANCER CHALLENGE (RIDE, 5K AND FESTIVAL)

Saturday, Feb 29, 2020

Finish Line Festival - Hard Rock Stadium
347 Don Shula Drive, Miami Gardens

DCC 10 will feature six different events all taking place on the same morning and concluding at Hard Rock Stadium. It’s recommended that participants are in place and ready to go 30 minutes prior to their start time.

HURRICANE HUNDRED
presented by ULTIMATE SOFTWARE

HARD ROCK STADIUM
347 Don Shula Dr.
Miami Gardens, FL 33056

4:30AM Breakfast/Rider Check-in
6:00AM Ride Start

BOCA RIDE
presented by AMGEN

FLORIDA ATLANTIC UNIVERSITY
777 Glades Rd.
Boca Raton, FL 33431
Lot 5 (North of Football Stadium)

5:15AM Pre-Ride Transportation
6:00AM Breakfast/Rider Check-in
7:30AM Ride Start

MIAMI RIDE
presented by CARNIVAL FOUNDATION

UNIVERSITY OF MIAMI
Watsco Center
1245 Dauer Dr.
Coral Gables, FL 33146

5:45AM Pre-Ride Transportation
6:45AM Breakfast/Rider Check-in
8:15AM Ride Start

FORT LAUDERDALE RIDE
presented by AUTONATION

HOLIDAY PARK
1150 G Harold Martin Dr.
Fort Lauderdale, FL 33304

7:15AM Pre-Ride Transportation
7:45AM Breakfast/Rider Check-in
9:15AM Ride Start

DOLPHINS RIDE
presented by HARCOURT M. & VIRGINIA W. SYLVESTER FOUNDATION

DOLPHINS TRAINING CAMP
7500 SW 30th St.
Davie, FL 33314

8:00AM Pre-Ride Transportation
8:30AM Breakfast/Rider Check-in
10:00AM Ride Start

DCC 5K
presented by AMBETTER

HARD ROCK STADIUM
347 Don Shula Dr.
Miami Gardens, FL 33056

7:30AM Check-in
9:00AM Ride Start
SUNDAY, FEBRUARY 29, 2020

HURRICANE HUNDRED (100mi)
Hard Rock Stadium 6:00 AM | Start Time

BOCA RATON RIDE (52mi)
Florida Atlantic University 8:15 AM | Start Time

MIAMI RIDE (35mi)
University of Miami 8:15 AM | Start Time

FT. LAUDERDALE RIDE (25mi)
Holiday Park 9:15 AM | Start Time

DOLPHINS RIDE (14mi)
Dolphins Training Camp 10:00 AM | Start Time

5K (3.1mi)
Hard Rock Stadium 9:00 AM | Start Time

100% OF PARTICIPANT RAISED FUNDS BENEFITS
University of Miami Health System
PREPARING FOR YOUR RIDE

An informed rider is a prepared rider. Please take a moment to familiarize yourself with the DCC, your route and your equipment. Ride marshals will be available at the Friday Night Kick-Off event to help answer any questions you may have.

PARKING

Parking is available free of charge at Hard Rock Stadium and all of the start locations with the exception of the Dolphins Training Camp. See transportation options below to maximize your morning logistics.

TRANSPORTATION

Transportation is FREE!!! Complimentary shuttle services are offered before the start and at the conclusion of each ride. Transportation will be provided for the rider, their bike and a small piece of luggage, such as a change of clothing.

Pre-Ride: The morning of the ride you will have the option to park your vehicle at Hard Rock Stadium, place your bike on box trucks donated and operated by Breakthru Beverage. When you finish your ride and you’re ready to leave DCC, your car will be waiting for you at Hard Rock Stadium. Please note that neither Breakthru Beverage Group, LLC, nor Dolphins Cycling Challenge, Inc. shall be liable for any damage or theft to property. When you arrive at your start location, grab your bike from the truck and you will be ready to tackle cancer. Once your ride is complete, your vehicle will be waiting for you at the finish line.

Pre-Ride Schedule:

<table>
<thead>
<tr>
<th>BOCA RIDE</th>
<th>MIAMI RIDE</th>
<th>FT LAUD. RIDE</th>
<th>DOLPHINS RIDE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Ride</td>
<td>5:15AM</td>
<td>5:45AM</td>
<td>7:15AM</td>
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<tr>
<td>Bus Departure</td>
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</tbody>
</table>

Post-Ride: After you complete the ride, you will be directed to park your bike in a secure pen until you’re ready to leave. Once you’re ready to go back to your car, pick your bike back up and a bus will take you back to the starting location. Your bike will be transported on box trucks donated and operated by Breakthru Beverage.

Post-Ride Schedule:

<table>
<thead>
<tr>
<th>BOCA RIDE</th>
<th>MIAMI RIDE</th>
<th>FT LAUD. RIDE</th>
<th>DOLPHINS RIDE</th>
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</thead>
<tbody>
<tr>
<td>Post-Ride</td>
<td>Every hour on the half hour between 11:30AM - 4:30PM</td>
<td></td>
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<tr>
<td>Bus Departure</td>
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LUGGAGE

The DCC has teamed up with our partners at Breakthru Beverage to make sure your luggage moves as fast as you do. Simply drop off your belongings at your starting location and receive an identification band that you will keep on your wrist during your ride. Once you have reached your finish line, your luggage will be waiting for you with a corresponding identification band at the designated luggage pick up area.
YOUR PACKET INCLUDE

<table>
<thead>
<tr>
<th>FOR CYCLISTS</th>
<th>FOR 5K</th>
<th>ALL</th>
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<tbody>
<tr>
<td>Ride Credential (wristband, helmet sticker and bike number)</td>
<td>5K Bib Number</td>
<td>Goodie Bag</td>
</tr>
<tr>
<td>Rider Jersey</td>
<td>5K Shirt</td>
<td>Friends &amp; Family Tickets (pre-purchased)</td>
</tr>
<tr>
<td>Water Bottle</td>
<td>Festival Wristband</td>
<td>I Fight For iron-on name</td>
</tr>
<tr>
<td>Turn-by-Turn route handouts</td>
<td></td>
<td>Heavy Hitter Gifts ($2,750+ funds raised)</td>
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REMEMBER TO BRING

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<tbody>
<tr>
<td>Photo ID</td>
<td>Bike Helmet</td>
<td>Luggage (if checking bag/change of clothes)</td>
</tr>
<tr>
<td>Sunglasses</td>
<td>Tuned-up Bike</td>
<td>Cell Phone (emergency use)</td>
</tr>
<tr>
<td>Sunscreen</td>
<td>Mechanical Kit</td>
<td></td>
</tr>
<tr>
<td>Appropriate Shoes</td>
<td>(spare tubes, co2 cartridges)</td>
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RIDERS MARSHALS

We love these folks because of their commitment to helping us all enjoy the experience.

- **STAYING ON PACE**: Keep specific paces for those riders who wish to follow them.
- **RULES OF THE ROAD**: Communicate the rules of the road and promote safe riding.
- **PROBLEM SOLVERS**: Fix bike issues, stay with riders who are waiting for pick-ups or medical assistance (“sweepers”)

PACE GROUPS

Remember that it’s not a race, it’s a charity ride. Participants will be asked to follow pacing guides throughout the ride.

- Fast Riders: 18-22 mph
- Casual Riders: 15-18 mph
- Slow & Steady Riders: 12-15 mph

RIDER TRACKING

To track a rider or your own progress, use the RTRT.me app or visit [https://rtrt.me/dcc2020](https://rtrt.me/dcc2020)

- Search & Select 2020 Dolphins Cancer Challenge
- Add riders you want to follow
- Allow push notifications

MANDATORY CUT-OFF TIMES

Riders will be required to maintain the minimum pace of 12mph in cooperation with safety guidelines and police escorts. If riders are unable to maintain that pace they may be asked to either ride an alternate shortened route led by their ride marshal or stand by for an escort vehicle.
SAFE RIDING TIPS

Safety is our top priority. We’re working with local municipalities, police officers and course officials to help create a safe experience for our cyclists however everyone plays a key role when it comes to this important topic. Make the best of your ride by getting to know the rules of the road and your ride marshals. Below you’ll find some helpful tips.

- Cycling helmets are required
- Be predictable - Other riders expect you to continue straight ahead at a constant speed unless you indicate differently.
- Use hand signals:
  - Left turn - left arm straight
  - Slowing or Stopping - left arm out and down with your palm to the rear to signal
  - Right turn - right arm straight out
- Give warnings when changing direction or speed
- Announce hazards like holes, glass, sand, etc.
- Watch out at intersections - Note that each cyclist is individually responsible for their own safety and confirming that an intersection is safe to cross.
- Watch for traffic coming from the rear - It is the responsibility of riders in back to inform other cyclists by saying “car back.” It is also helpful to warn of traffic approaching from the front with “car up.”
- Change positions correctly - You should pass others on their left. Say “on your left” to warn the cyclist you plan on passing. If you need to pass on the right for some reason, say “on your right” loud and clear.
- Leave a gap for cars - When riding on narrow roads with traffic, leave a gap for cars between every three or four bicycles to allow motorists the ability to pass.
- Move off the road when you stop
- Avoid using your cell phone to take pictures, video or selfies during the ride

FREQUENTLY ASKED QUESTIONS

PACKET PICK-UP: Participants may only pick up their OWN credential/bib with their photo ID. If a rider is unable to attend on Friday, they may pick up their credential at their start location with their photo ID.

WRISTBAND PROCEDURE: Participant wristbands must be put on by a DCC staff member at packet pick-up.

BIKE STORAGE: Overnight parking is only available for Hurricane Hundred participants.

BIKE RENTAL PICK-UP/RETURN: It is your responsibility to coordinate bike rental pick-up and return details with your provider.

FRIENDS AND FAMILY TICKETS: If additional Friends & Family Tickets were purchased, they will be distributed with credential/bib at the Kick-Off Party on Friday night or Will-Call Window on Saturday morning.

LOCKER ROOMS: Showers will be available for those interested. We ask that you provide your own towels and toiletries.

KNOW YOUR ROUTE: Ride Marshals, police officers, ride vehicles will all be there to guide you along the way but that shouldn’t stop you from knowing the route. Review the course maps, turn-by-turns and gpx files to ensure you know the way to the finish.

EAR BUDS OR ANY FORM OF HEADPHONES ARE NOT ALLOWED FOR SAFETY REASONS
AFTER YOUR RIDE

All participants will finish at Hard Rock Stadium.

FINISH LINE FESTIVAL PRESENTED BY MOSS CONSTRUCTION

Family, friends and DCC participants will all come together for an all-inclusive festival to celebrate the thousands of journeys taken to help fight cancer. Your wristband will get you access to enjoy the experience inclusive of food & beverage, kid’s activities & games, meet Dolphins cheerleaders, players, alumni, interactive activities and more!

Hours of Operation 9:30am – 4:30pm

FRIENDS & FAMILY WRISTBANDS

All participant guests must wear an all-inclusive event/festival wristband. Cyclists and 5K participant wristbands will be given to them along with their packet. Friends and Family Wristbands are available for purchase:

- $25.00/ticket – Adults (14+)
- $12.50/ticket – Kids (10 – 13)
- FREE - Kids 9 and Under