




**CHALLENGE
CANCER**

Participant Handbook

DCC XII




**CHALLENGE
CANCER**

*Living
Proof*

RING THE BELL

Saturday, February 26, 2022

dolphinschallengecancer.com

 **SYLVESTER**
COMPREHENSIVE CANCER CENTER
UNIVERSITY OF MIAMI HEALTH SYSTEM

WELCOME TO DCC XII

We challenge cancer year-round for our community, our families and for survivors everywhere. Improving the lives of those touched by cancer isn't something we take lightly, it's our sole-driving purpose, now more than ever. Together in these uncertain times, we remain focused on growing and maximizing our impact for the cancer community. In highlight of DCC XI, despite a global pandemic, together we fundraised a record-breaking total of \$6.3 million dollars!

SCHEDULE OF EVENTS

DCC PACKET PICK UP

Friday, February 25th, 2022

12:00PM - 8:00PM

Hard Rock Stadium

347 Don Shula Drive, Miami Gardens

Lot 18

Saturday, February 26th, 2022

You can collect up until 15 minutes prior to your designated start time based on distance.

BENEFITS PICK UP

Saturday, February 26th, 2022

10:00AM - 2:00PM

DOLPHINS CHALLENGE CANCER XII

Saturday, February 26th, 2022

Enter at Lot 17 on 199th St.

Hard Rock Stadium

347 Don Shula Drive, Miami Gardens

33056

100 MILE RIDE
presented by
UKG

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

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

50 MILE RIDE

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

5:30AM Breakfast/Rider Check-in
7:00AM Ride Start

35 MILE RIDE

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

6:00AM Breakfast/Rider Check-in
7:30AM Ride Start

15 MILE RIDE

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

6:30AM Breakfast/Rider Check-in
8:00AM Ride Start

DCC 5K
presented by
AMBETTER

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

11:00AM Run/Walk Start

BENEFITS CHART

At Packet Pick Up and DCC day, we will be distributing items based on surpassed goals and commitment levels. If you raise enough money for a new benefit post-DCC, please contact us at RideDCC@dolphins.com after credit cards are charged on March 15th, 2022.

RAISE MORE, EARN MORE. FUNDRAISING BENEFITS.	\$250+	Mad Dog \$1,000	HEAVY HITTER SOCIETY		
			Heavy Hitter \$3,000	All-Pro \$10,000	Hall of Fame \$25,000+
Saturday Festival Access	✓	✓	✓	✓	✓
Amenity Package & Finisher Medal	✓	✓	✓	✓	✓
DCC Commemorative T-Shirt	✓	✓	✓	✓	✓
Cycling Jersey or 5K Half-Zip Pullover		✓	✓	✓	✓
Heavy Hitter Celebration (fall 2022)			✓	✓	✓
Heavy Hitter Festival Passes (event day)			2	4	6
Exclusive Miami Dolphins and HRS Event Invites				✓	✓
Hall of Fame Recognition Online & In-Person					✓

*Virtual participants receive different benefits.

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.

PARKING

PACKET PICK UP: Participants must enter through Lot 17

DCC EVENT DAY: Participants must enter through Lot 17 or Gate 3 on NW 199th St.

TRANSPORTATION

Complimentary shuttle services will be provided to and from University of Miami's Watsco Center for all 35-mile ride participants.

5:15am - 5:45am: Pre-Ride Transportation from Hard Rock Stadium to UM

10:30am-3:30pm: Post-Ride Transportation from Hard Rock Stadium to UM

LUGGAGE

ONLY participants in the 35 mile ride will have lockers available at the start line at the University of Miami. These items will be transported back to Hard Rock Stadium.

BIKE RENTALS

For bike rental information please email RideDCC@dolphins.com.

REMEMBER TO BRING

Ride Credentials
Bib number, bike plate, helmet sticker & wristband

5K Credentials
Bib Number & Wristband

Photo ID
Bike Helmet
Tuned-up Bike (PLEASE PROPERLY INFLATE TIRES BEFORE EVENT DAY)
Mechanical Kit (spare tubes, co2 cartridges)
Appropriate Shoes

EAR BUDS OR ANY FORM OF HEADPHONES ARE NOT ALLOWED FOR SAFETY REASONS.

RIDE MARSHALS

We love these folks because of their commitment to helping us all enjoy the experience. They can be recognized on course with their ride marshal jerseys!

Ride marshals are riding alongside you on the course to help you in any way they can, but they do have some specific roles, including:

- **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, to stay with riders who are waiting for pick-ups or medical assistance ("sweepers").

BIKE MECHANIC SUPPORT



PACE GROUPS/CORRALS

Remember that it's not a race, it's a charity ride. Enforced this year, participants will be asked to follow pacing guides and remain in their group/corral throughout the ride, so that there will be waves of riders with enough separation for social distancing/less crowding at the starts.

Participants **MUST STAY WITHIN THEIR ASSIGNED GROUPS** for the duration of the ride.

Ex: If you believe you fit within CORRAL A but are unable to keep up with the pace group throughout the ride, you **ARE** allowed to fall back to CORRAL B at the next water stop. **HOWEVER**, you will **NOT** be allowed to move up to a faster CORRAL during the ride.

- CORRAL A: 18 - 20 MPH
- CORRAL B: 16 - 18 MPH
- CORRAL C: 12 - 16 MPH

MANDATORY CUT-OFF TIMES

Riders will be required to maintain the minimum pace of 12 MPH 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.

WATER STOP DETAILS

Each water stop will include the following items:

- Dole Fruit Cups
- Granola Bars
- Bananas
- Hard Boiled Eggs
- Cookies

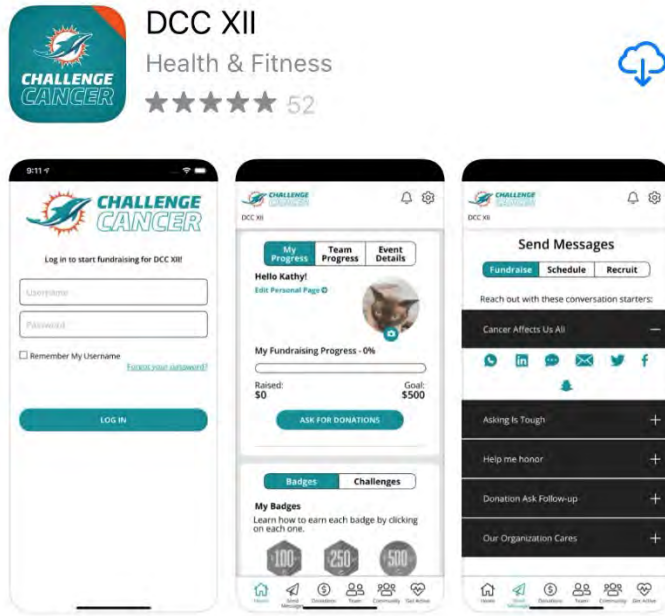
- Pickles
- Pretzels
- Uncrustables: PB&J
- Water
- Gatorade
- Select Sodas (At Select Water Stops)

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.

- Follow traffic road rules at all times, especially when crossing an intersection that is not staffed by a police officer.
- 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 out to the side.
 - Slowing or stopping - left arm out and down with your palm to the rear to signal.
 - Right turn - right arm straight out to the side.
- Give verbal warnings whenever 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 always pass others on their left. Say "on your left" to warn the cyclist you plan on passing.
- If you need to stop (such as to fix a flat), move all the way off the road. Do not ever stop in the middle of the road.
- Avoid using your cell phone to take pictures, videos or selfies during the ride.

PARTICIPANT EXPERIENCE



DCC Mobile App

If you are participating virtually and/or for an easier way to fundraise, visit the App Store and download our mobile app! (Available for Apple, Samsung and Google phones).

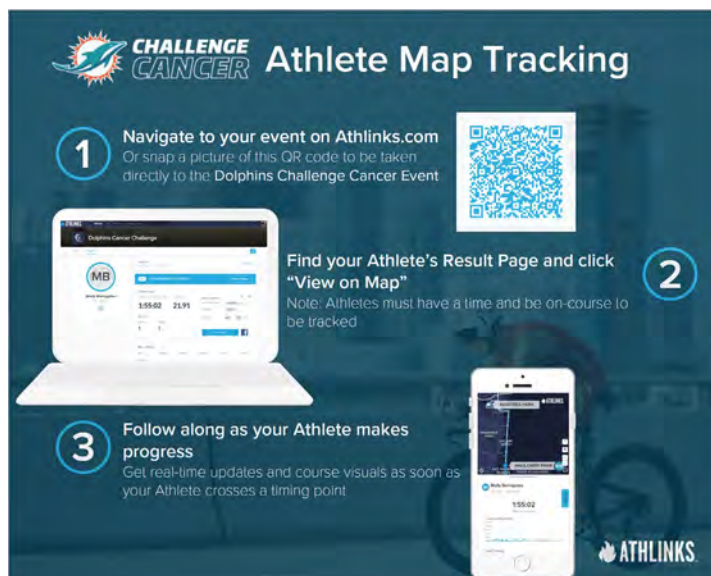
Sign in with your existing DCC login to access your profile. Send direct and scheduled texts to family and friends through the app to ask for their support as you #ChallengeCancer!

Log your participation on DCC day by tracking your ride, run or walk on Strava or Apple Health.

RIDER TRACKING

To track a rider or your own progress, please see options below.

SOCIAL WITH THE DCC



1 Navigate to your event on Athlinks.com
Or snap a picture of this QR code to be taken directly to the Dolphins Challenge Cancer Event

2 Find your Athlete's Result Page and click "View on Map"
Note: Athletes must have a time and be on-course to be tracked

3 Follow along as your Athlete makes progress
Get real-time updates and course visuals as soon as your Athlete crosses a timing point

- **Live Map Tracking:**
<https://www.athlinks.com/event/362232/results/Event/997014/Results>

Simply search for the participants name or bib number to follow them!

- **Text message updates:**
<https://admin.chronotrack.com/admin/entry/index/eventID/59090?entryID=54807697>

Sign up to receive notifications of where a participant is at on the course via text

When not on your bike or running/walking the event of your choice, make sure to tag #DolphinsChallengeCancer on your posts to be featured on our social accounts!

JOIN US AFTER TO CELEBRATE

This year we are bringing back the celebration for all your efforts!

- We welcome all family and friends, tickets are required. Purchase tickets [HERE!](#)
- There will be fun for the little ones, from face painting to bounce houses! A signed waiver will be required on site.
- Need some muscle recovery? Massages will be provided.

FRIENDS & FAMILY TICKETS

All participant guests must wear an all-inclusive event/festival wristband. For those who have purchased wristbands prior to the event, they will be included in your packet at Packet Pick Up. Friends and Family wristbands will also be available for purchase day of:

- \$25.00/ticket - Adults (14+)
- \$12.50/ticket - Kids (3 - 13)
- FREE - Kids 2 & under

FREQUENTLY ASKED QUESTIONS

LOCKERS: Locker rentals will be available at University of Miami Watsco Center for our 35-mile ride participants.

FUNDRAISING: Fundraising minimums are individual. All participants have until March 15, 2022 to reach their fundraising minimum before credit cards are charged the remaining balances. Please contact ridedcc@dolphins.com to move any donations.

DISTANCE: All participants have until February 11th, 2022 to register and/or change distance.

PACKET PICKUP: If a rider is unable to attend on Friday, February 25th, 2022, their photo ID must be presented for another participant to pick up on their behalf. All participants will have up until 15 minutes prior to your ride start to pick up your packet on February 26th, 2022.

LOST/FORGOTTEN PACKET: Please visit our solutions area to receive your new number.

CHAMPION PARTNERS

**LENNAR
FOUNDATION**



HERO PARTNERS

AutoNation



UKG



JW MARRIOTT
TURNBERRY® MIAMI

SYLVESTER
COMPREHENSIVE CANCER CENTER
UNIVERSITY OF MIAMI HEALTH SYSTEM

CHALLENGE PARTNERS

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ambetter FROM | sunshine health.
insured by Celtic Insurance Company



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Pollack
Brant** Advisors
+CPAs

DPR
CONSTRUCTION

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Keyes
Company**

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MAPEI GROUP

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WEALTH ADVISORS

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GAMING**

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