



2025 CAPITOL RIDE IMPORTANT INFORMATION

VOLUNTEER SUPPORT CONTACT INFORMATION

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EVENT LOCATION INFORMATION

Jersey Pickup:

- Date: Saturday March 8th, 2025
- Where: World of Beer, 5311 Avion Park Dr, Tampa, FL 33607
- When: Between 1 pm and 4 pm

Capitol Ride Departure:

- Date: Sunday March 9th, 2025
- Where:
 - **Ride Departure Address:** Moffitt McKinley Hospital, 10901 McKinley Dr, Tampa, FL 33612
 - **Event Parking Address:** Moffitt McKinley Cancer Center, 10920 McKinley Dr, Tampa, FL 33612
- Times:
 - 6:00 – 7:00 am – Cyclist and Volunteer arrival
 - 7:00 am – MANDATORY rider meeting
 - 7:30 am – Ride Starts
- Note
 - Please arrive at the **NEW** Moffitt McKinley Hospital with plenty of time to load your gear into the SAG truck, park your car in the designated parking area, and complete your pre-ride routine.



PARKING INFORMATION: Please drop your bike and gear at the front of the Moffitt McKinley Hospital Building, labeled as ‘Starting Line’ on the map above. Please if you are able, plan to be dropped off, or carpool with a fellow cyclist so that we leave as few cars as possible in the garage. After you drop off your gear you must park your vehicle on the roof of the parking garage, labeled as ‘Parking’ on the map above. Please print the parking permit and leave on your dashboard.

SAFETY & WEATHER

Rider Safety

- All riders are **REQUIRED** to wear a bike helmet.
- All riders are **REQUIRED** to carry a cell phone for communication. Don't forget your charger!
- All riders are **REQUIRED** to carry a photo ID.
- All riders are **REQUIRED** to have front and rear bike lights.
- All riders must obey all Florida traffic laws.
- **No headphones or ear buds permitted.**
- Bring Health Insurance Card.
- **Save all SAG Volunteer support phone numbers in your phone.**
 - (A spoke card with all the SAG numbers will also be provided)

Ride Etiquette

- Please take a few moments to review these tips to help ensure you have a safe ride.
 - Ride predictably: straight, without weaving.
 - Look behind before changing your line.
 - Generally, ride single file.
 - Ride as close to the right as possible.
 - Give room for others (vehicles or faster riders) to pass.
 - Use verbal and manual signals to assist fellow riders
 - Slowdown in urban areas or on bike paths.
 - Usually pass on the left and be sure to let the person know you are passing.

ITINERARY

- **Route**

- Please review the routes prior to arriving as we have made some changes. Riders are **REQUIRED** to always carry a cell phone for communication. We also request that you download the routes to your phone or other device to assist in navigation in case you lose the group. The routes are located on the Cure on Wheels webpage. We will plan to depart each morning at 7:30 am. (Weather permitting)
- Ride With GPS Events Page
 - Day 1 <https://ridewithgps.com/routes/49796299> (100ish miles)
 - Day 2 <https://ridewithgps.com/routes/49621380> (108.5 miles)
 - Day 3 <https://ridewithgps.com/routes/49796075> (108.1 miles)
 - Day 4 <https://ridewithgps.com/routes/49796099> (5.8 miles)

- **Food**

- Each hotel has breakfast service starting at 6am. The ride will provide lunch and rider SAG each day. We will have a broad selection of items for nutrition and hydration during the ride, but if you have specialized nutrition plan or needs, please bring that on your own. We will have Publix sandwiches for Sunday and Monday. We will need you to complete your lunch order on the Google Sheets that has been sent out for Tuesday's lunch stop at Subway.
- Dinner will be catered and served in the restaurant of the Fairfield Inn. We will cater in Latin American Café in Ocala and Olive Garden in Lake City. These two dinners are included in the cost of the ride. If you have special dietary needs, we ask that you provide any special food you may need. We will be eating as a group at Casa Grande Bar and Grill in Tallahassee on March 11th. The reservation is for 6:30PM. Each rider will cover the cost of this dinner and drinks individually.

- **Location & Lodging**

- **Day 1:** Sunday, March 9th, we leave the Moffitt McKinley Hospital and ride to Ocala where we will be staying at the Marriott Fairfield Inn and Suites, 4101 SW 38th Ct, Ocala, FL 34474.
- **Day 2:** Monday March 10th, we ride from Ocala to Lake City, staying at the Marriott Fairfield Inn and Suites, 538 SW Corporate Drive, Lake City, FL 32055.
- **Day 3:** Tuesday, March 11th, we ride from Lake City to Tallahassee, staying at the Marriott Fairfield Inn and Suites, 2997 Apalachee Pkwy, Tallahassee, FL 32301.
- **Day 4:** Wednesday, March 12^h, will be a short trip to the steps of the Capitol. Departure time will be around 10:30 am as we are expected at the capitol building by 11:15 am.

- **Weather**

- There have been significant weather pattern changes in recent weeks. Due to the weather variability, please come prepared for all potential conditions (*i.e. Wet/Dry ; Warm/Cold*).

- **After We Arrive at the Capitol:** We will arrive at the Capitol Building at approximately 11:15 am. There will be a brief announcement/speech by a few Moffitt Cancer Center leaders. After the ceremony is complete, we will load our bicycles on to the box truck and head over to the Moffitt Government Relations Office to change into street clothes. Moffitt will be providing boxed lunches.

- This year commemorates the 19th Annual Moffitt Day at Tallahassee. The principal purpose of Moffitt Day is to lobby the state legislature, on behalf of the cancer center, to achieve the objectives provided by the Moffitt Board of Directors, Senior Leadership, and Government Relations. The success of this lobbying effort on Moffitt Day has led to the building of the 200,000 square foot Moffitt McKinley campus building, the new two hundred bed Moffitt McKinley Hospital, the new SPEROS biosciences campus in Pasco County, additional Graduate Medical Expense funding, and additional research funding, among other items.
- Moffitt Cancer Center has arranged a shuttle back to Tampa for all riders. The shuttle is scheduled to depart at 3 pm. The box truck with the bicycles and gear will be leaving ahead of the shuttle and will be at Moffitt McKinley Hospital upon the shuttle's arrival.
- Please feel free to arrange your own transportation home as well, including your gear and bicycle. If you cannot bring these with you, please note that bicycles and gear will not arrive back in Tampa at Moffitt until shortly before the bus arrives. **Please notify Joshua Rivera if you will not be riding the shuttle back to Tampa.**

Temporary Permit

Permit Number: TP10300

Effective Date:

March 09, 2025

Expiration Date:

March 12, 2025

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MKC - ROOF PARKING ONLY

Cure on Wheels Capitol Ride 2025



Place this temporary permit on the driver's side of your vehicle's dashboard. This permit is non-transferrable. It should serve as a temporary parking permit until the official Moffitt Parking Permit is received. This permit does not allow the holder to park in unauthorized spaces or garages, other than what is assigned to the permit holder by the Parking Office.