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ABOUT CHEFS CYCLE

Chefs Cycle is a fundraising endurance event featuring award-winning chefs and members of the culinary community fighting hunger outside the kitchen. For the past five years, Chefs Cycle has engaged culinary talents who want to push their limits by completing a three-day, 300-mile ride while raising funds and awareness in support of No Kid Hungry.

This year’s ride in Santa Rosa, California features 250 world-class chefs, sommeliers, general managers, restaurateurs, and members of the No Kid Hungry network coming together with a goal to raise $2 million.
ABOuT NO KID HUNGRy

No child should go hungry in America. But 1 in 6 kids will face hunger this year. No Kid Hungry is ending childhood hunger through effective programs that provide kids with the food they need. This is a problem we know how to solve. No Kid Hungry is a campaign of Share Our Strength, an organization working to end hunger and poverty.
THANK YOU

Thank you for riding in our fifth annual Chefs Cycle supporting No Kid Hungry! You’ve trained, you’ve fundraised, and now you’ve made it to Santa Rosa. We are so glad you are here with us and it goes without saying that we are looking forward to sharing the next few days with you.

Riding in Chefs Cycle represents a tremendous commitment to both hungry children and yourself. In preparing for this event, you’ve prioritized your health and wellness. Many chefs tell us that this event turned their lives around by building healthy habits that are now central to who they are. To our knowledge, there are no events in the culinary world like ours, offering the opportunity of personal fulfillment in completing this challenge surrounded by your peers, while also making such monumental change possible for those in need.

Therefore, we cannot lose sight of what this event is all about: feeding hungry kids. Since the start of Chefs Cycle in 2015, culinary riders have raised more than $6 million to help end childhood hunger in America. The funds you’ve personally raised for this ride will help the 1 in 6 kids in America living with hunger get the healthy breakfasts, lunches and afternoon snacks they need to reach their full potential. For that, we are truly grateful, and you should feel very proud.

Thanks again for joining us on this incredible journey and making a tangible difference in the lives of kids who need it most.

With gratitude,

Adele Nelson  
Director  
Chefs Cycle

Sean Farragher  
Manager  
Chefs Cycle

Erin Tornello  
Associate  
Chefs Cycle

chefscycle  
NO KID HUNGRY
SUPPORT
CHEFS CYCLE IS HAPPY TO PROVIDE:

**MECHANIC AND SAG**

Mechanic and SAG support will be provided by Giant Bicycles, State Wheels, and Carmichael Training both pre-event, along the road and at lunch stops.

**MASSAGE THERAPY**

Your physical health is important to us, which is why massage therapy will be provided by Chiropractic West, available at each lunch stop and in the afternoons. Taping will also be available in the morning.

**BIKE WASHING**

We are pleased to offer a self-service bike wash station this year! Check out the map of The Flamingo to find its location.

**FOOD AND HYDRATION**

Thanks to our sponsors, we are able to provide a variety of snacks and hydration options at our rest stops, which are located approximately 20 miles apart along the routes.
Chefs Cycle is a rules of the road ride, meaning you must obey all traffic signals, stop signs, etc. and stay within the bike lane provided. California Highway Patrol will also have motor officers riding along with us each day providing some protection but all riders should ride responsibly within the group adhering to all laws concerning cyclists set forth by the state of California. For more information feel free to visit the CDOT website on bicycle laws and safety. Mechanic and SAG support will be provided by Giant Bicycles, State Wheels, and Carmichael Training both pre-event, along the road and at lunch stops.

- Rolling escort will be provided by Santa Rosa PD extending throughout the city limits on the **OUTBOUND ROUTES ONLY** each day out of the Flamingo Hotel. Returning riders will be rules of the road.

- Certain intersections throughout each day will be monitored by CHP but **NOT** controlled. Riders should proceed as rules of the road unless otherwise instructed by the officer on site.

- All participants will be required to sign an event waiver with Chefs Cycle. Per your waiver, it is required that you always wear your helmet while riding in Chefs Cycle at all times while on the bike – no exceptions.

- No headphones are permitted while on the road.

- There are between four and five stops along the route each day, including lunch. All will be visibly marked. There will be hydration stations and a variety of food/fuel items available.

- Cell phone service in Sonoma County and the surrounding areas is unpredictable at best. Let family or friends know ahead of time where you are going and when you plan to get back.

- This is not a timed event...be safe and enjoy!

**IMPORTANT NUMBERS TO PUT IN YOUR PHONE RIGHT NOW**

**Command (Primary Contact)**  
202-294-7986

**Adele Nelson**  
202-236-3454

In the event of an emergency, please **call 911**, then call **Sean Thurman** at 202-294-7986.
RULES OF THE ROAD
Be predictable.
Look before you make a move. Riders and motorists expect you to ride in a straight line and at a consistent speed. Avoid sudden changes in speed or lane position. Scan behind and to the side before changing position.

Communicate clearly.
Communicate to other riders changes in speed or direction, road hazards, pedestrians and vehicles. Call out “car back”, “slowing” or “stopping” as needed. Communicate calls throughout the group. Coordinate group turns and moves.

On a lane roadway, bicyclists must ride in a single file.
In all other circumstances, bicyclists cannot ride more than two abreast on highways. When riding two abreast, bicyclists cannot impede the movement of traffic and need to move into a single file when being overtaken from the rear.

Choose proper lane positioning.
When available, please ride in the travel lane, as far right as is practical. A rider is permitted to use the entire travel lane where hazards exist or where it is unsafe for a car and bike to travel side by side. Never cross yellow center lines. Be courteous and use the shoulder when it is safe to do so.

Don't pass on the right.
Gather behind the last car in line at an intersection.

Be courteous at intersections.
Obey traffic signs and signals at intersections. At stop signs, consider moving as a single unit through intersections if all riders feel it is safe to do so. Slow and stop at yellow lights. Consider adopting a policy of stopping or slowing after intersections when the group is split.

Don't block traffic at regroups.
Plan regroup points at locations away from intersections and move as far off the travel lane as possible.

Ride smart.
Be alert. Be aware of riders around you. Avoid overlapping wheels with the rider in front of you.

Be visible.
Please wear your Chefs Cycle jersey while riding and use your safety blinker at all times.

Don't be a jerk.
Being courteous and obeying traffic laws can set a good example for new group riders and will improve how the general public views Chefs Cycle.

Be a good representative.
By participating in this ride, you are representing Chefs Cycle! If you see a person behaving inappropriately, please share your concerns with a Chefs Cycle staff member.
**SCHEDULE**

**MONDAY, MAY 13**

12:00 pm  
Registration opens for all riders at The Flamingo Hotel

2:00 pm - 4:00 pm  
Skills and Drills Clinic (Meet in Flamingo lobby at 1:50pm)

4:00 pm  
Jersey sizing swap

All Riders onsite at hotel by no later than 4:00pm PST

5:00 pm  
Dinner courtesy of BJ’s Restaurant Group, Announcements

9:00 pm  
Lights out

**TUESDAY, MAY 14**

6:30 am - 7:20 am  
Breakfast

7:30 am  
Roll out

Lunch stop

End of Day 1

6:00 pm - 8:00 pm  
Dinner, courtesy of Smithfield, Announcements

9:00 pm  
Lights out

**WEDNESDAY, MAY 15**

5:30 am - 6:20 am  
Breakfast

6:30 am  
Roll out

Lunch stop

End of Day 2

6:00 pm - 8:00 pm  
Dinner, courtesy of Arby’s, Announcements

9:00 pm  
Lights out

**THURSDAY, MAY 16**

5:30 am - 6:20 am  
Breakfast

6:30 am  
Roll out

Lunch stop

End of Day 3

6:00 pm  
Post Ride Celebration
THANKS TO OUR SPONSORS

IN-KIND SPONSORS
How to get to Santa Rosa:

Fly directly to Santa Rosa (STR) or to San Francisco (SFO).

To get from SFO to Santa Rosa, please book a shuttle using Airport Express (Visa or Mastercard only) www.AirportExpressinc.com

Shuttle Information:

- Airport Express has shuttles running every hour on the half hour from SFO to the Santa Rosa Park & Ride (3 mins from Flamingo Hotel).
- We will have Chefs Cycle staff available to pick you up and take you to the hotel from the Park & Ride so when you are on the Airport Express shuttle, please alert us of your arrival time.
- The shuttle will have space for bikes and luggage.
- Alert phone - 240.676.3962
- We will be taking groups back to the Park & Ride to catch shuttles to SFO as needed on Thursday afternoon, May 16 and Friday morning, May 17.
- Please book your Airport Express shuttle ahead of time - they will fill up.
DAY 1

Elevation

![Elevation Chart]

**LEGEND**

- Route
- Start, Finish
- Direction
- Rest Stop
- Mileage (approximate)
- US Highway
- State Highway
- Major Road

*Smaller roads are NOT shown on this map.*
DISTANCE, DIRECTION AND CAUTION

MILE MARKER

10 MILE

COURSE

CAUTION

CYCLISTS ON ROADWAY

USE CAUTION

FINISH LINE AND REST STOPS

DISMOUNT HERE

MASSAGE

BIKE WASH

WE’LL BUY YOU A BEER AT THE FINISH!

THE PAIN YOU FEEL TODAY WILL BE THE STRENGTH YOU FEEL TOMORROW.

HYDRATION STATION

THANK YOU SPONSORS

HOW ARE YOU FEELING?
PACKING LIST FOR CHEFS CYCLE

- Bicycle: Clean, fitted, tuned and ready to ride
- Helmet
- Bibs/Padded Shorts (one pair for each day)
- Blink light for bike
- Wind Vest
- Baselayer: 1 or 2 lightweight
- Rain Jacket
- Light jacket
- Long finger gloves
- Leg or knee warmers
- Arm Warmers
- Socks
- Cycling gloves: short finger
- Cycling Shoes/pedals (carry these with you if traveling by plane)
- Eyewear/sunglasses
- Chamois cream (We have PLENTY of individual packs onsite as well)
- Sunscreen
- Toiletries
- Bathing Suit
- Casual clothes for each day’s afternoon and evening activities
- Phone
- Phone charger
- Battery pack for charging phone
- 2-3 Water bottles
- Pain relievers and medications
- Any energy bars/gels/nutrition items that you are particular to (we will have a variety as well)
- Patch Kit with Multi Tool

Please Note:

- WE PROVIDE jerseys - you don’t need to bring
- We will have sports drinks, a wide variety of food along the road, spare tubes/tires, etc. in our follow vehicles.
OUR RIDERS
THANKS TO OUR RIDERS FROM ACROSS THE COUNTRY
(AND ALL OVER THE WORLD, TOO!)

TOGETHER, WE’RE ENDING HUNGER IN AMERICA

3 MILLION
MORE KIDS EATING SCHOOL BREAKFAST SINCE THE START OF THE NO KID HUNGRY CAMPAIGN

10 STATES
PASSED SCHOOL BREAKFAST LEGISLATION (AND MORE EACH YEAR)

WE’VE MADE GRANTS SUPPORTING THE BEST LOCAL ORGANIZATIONS THAT FEED KIDS IN ALL 50 STATES

800,000
FAMILIES USING OUR TEXT TO FIND SUMMER MEALS SERVICE TO FEED THEIR KIDS WHEN SCHOOL IS OUT
WHETHER YOU'RE A KID, A CEO, A PARENT, OR A CHEF, YOU CAN HELP END CHILDHOOD HUNGER IN THE U.S.

5 YEAR RIDERS (2015 – 2019)

Bob Blumer  Travis Flood  Tom Nelson  Billy Shore
Neville Craw  Jeff Mahin  Jason Roberts  Bryan Voltaggio

4 YEAR RIDERS (2016 – 2019)

Lentine Alexis  Chris Cosentino  Rick Graves  Nick Roberts
Mary Bouxsein  Chris DiMinno  Wilks Medley  James Siao
Lee Chizmar  Ed Doyle  Nathan Pollack  Steve Vilnit
Ted Cizma  Brian Dunsmoor  Nathan Powers
Ben Cohn  Neal Fraser  Michael Raub

natural protein  +
good fats  +
simple carbs  =
a better pb&j

NO CHILD SHOULD GROW UP HUNGRY IN AMERICA
But 1 in 6 kids lives with hunger. No Kid Hungry is ending childhood hunger through effective programs that provide kids with the food they need. This is a problem we know how to solve. Join us at NoKidHungry.org
You get a trophy! And you get a trophy! AND YOU GET A TROPHY! EVERYONE GETS A TROPHYYYY!!! And the biggest, shiniest one goes to you for the beer you hold in your hand. 100% of the net proceeds from Under Dog Gold Lager, a minimum of $25,000 annually, will benefit Chefs Cycle for No Kid Hungry, a three-day ride that brings together chefs and culinary professionals working to end childhood hunger in the US.

Thank you for your participation.