

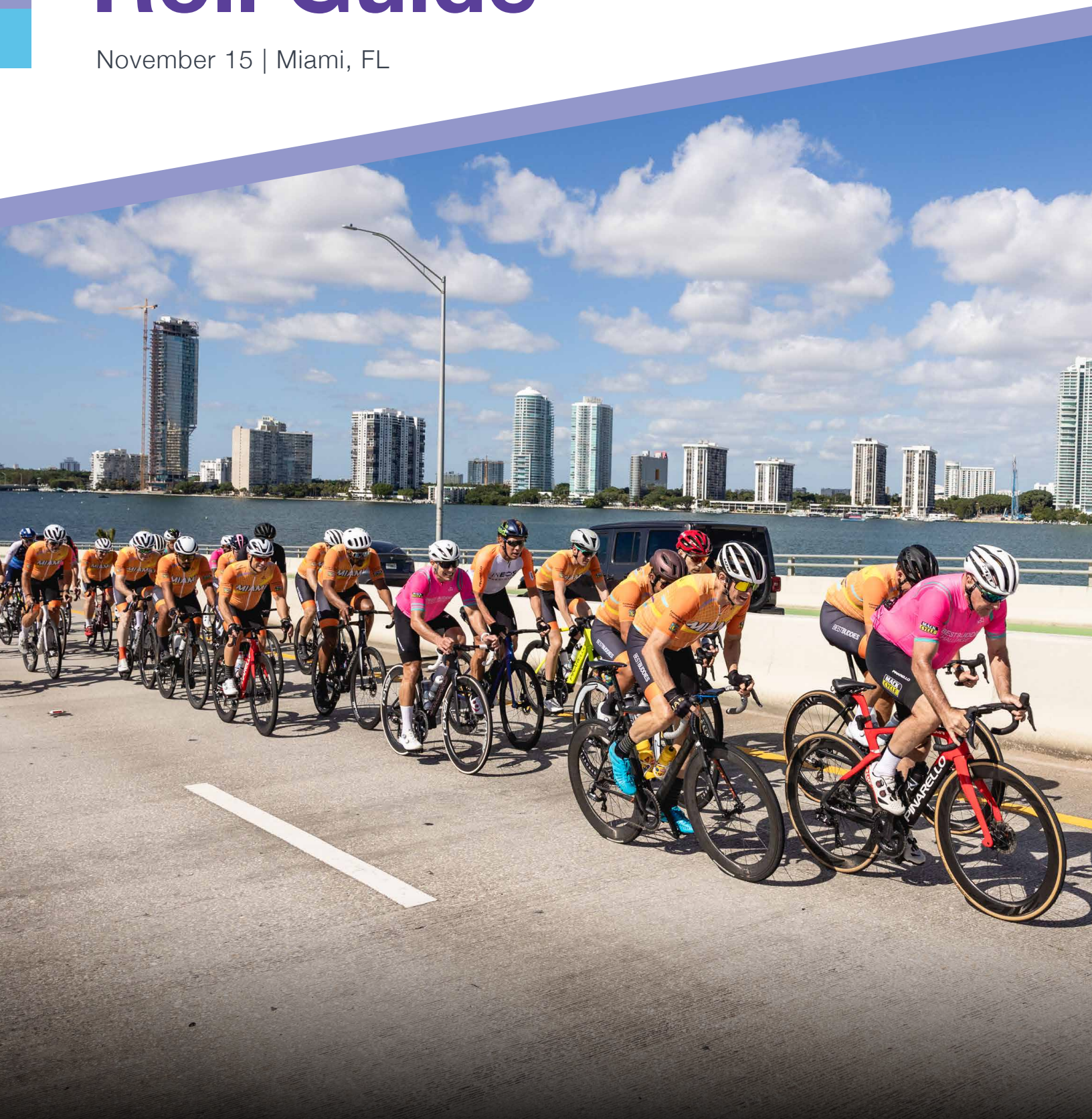
# 2025 Ready to Roll Guide

November 15 | Miami, FL

**BEST BUDDIES CHALLENGE<sup>®</sup>**  
**MIAMI**

CHAired BY Kenneth C. Griffin | GRIFFIN CATALYST

PRESENTED BY Andrew P. Barowsky  
FOUNDATION



# Route Map

## LEGEND / START TIMES

● **100 & 75-mile Starts at 7 AM**

● **Rest Stops 1 & 2**

North Miami

Surf Side

Miami Shores

North Bay Village

**Rest Stop 2**

Rosetta Bakery x Best Buddies (Design District)  
Mile 55 | Arrival 10:20AM

Miami Beach

Miami

★ **Start & Finish Line**  
Four Seasons

Fisher Island

West Miami

**Rest Stop 1**

Mack Cycle & Fitness  
Mile 26 | Arrival 8:30AM

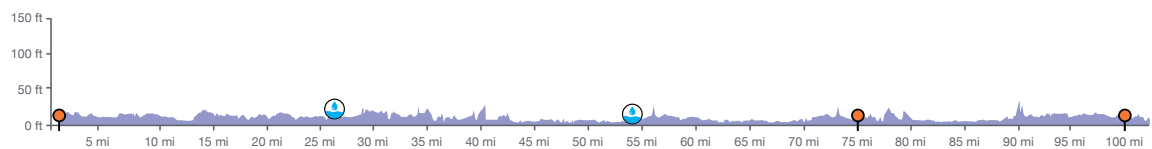
Coral Gables

South Miami

Key Biscaine

Kendall

Palmeto Bay



**Distance 100 & 75-mile | Total elevation +604 ft.**



A background image of two cyclists racing on a road bike. The cyclist on the left is wearing a blue and white jersey with 'ISRAEL' and 'PREMIER TECH' logos. The cyclist on the right is wearing a black jersey with 'AUFUN' and 'OSPORT' logos. They are both wearing helmets and sunglasses, and are in a racing posture. The background is a blurred road and sky.

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# Welcome to the Challenge!

Welcome to the [2025 Best Buddies Challenge: Miami, chaired by the Kenneth C. Griffin and Griffin Catalyst and Presented by Andrew P. Barowsky Foundation and Mack Cycle & Fitness!](#) Your support helps create friendships, job opportunities, leadership development, inclusive living, and family support for individuals with intellectual and developmental disabilities. Every mile you ride and dollar you donate supports Best Buddies.

This guide has all the details, schedules, and locations you will need to know for the Challenge on November 15, 2025. Please take a few minutes to read this guide and email us at [Coach@bestbuddies.org](mailto:Coach@bestbuddies.org) with any questions. See you in the saddle!

# Our Impact

3,738

Chapters

147,663\*

Participants

1,476,630

Impacted

50

States

43

Countries



## One-To-One Friendship

130

Elementary School Chapters

1,675

High School Chapters

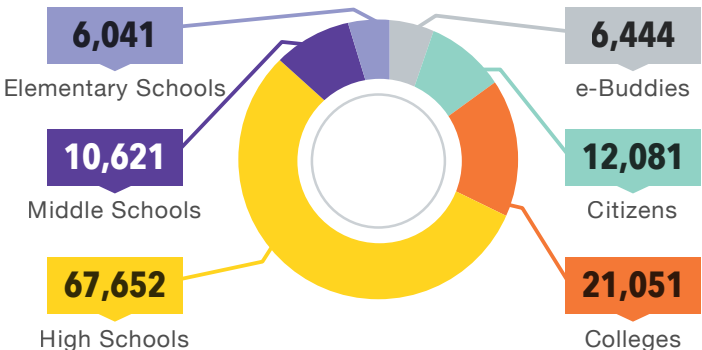
513

Middle School Chapters

483

College Chapters

### Program Participants



## Integrated Employment

2,279

Participants Employed

### Average Total Participant Stats

44,486

Weekly Hrs. Worked

2,179,818

Yearly Hrs. Worked

\$6,875,146

Yearly Taxes Paid

\$34,375,729

Yearly Wages Earned

Avg. hrs worked per week 19.52, Avg. hrly wage \$15.77 (in the U.S.).



## Leadership Development

455

Elementary Schools Promoters Chapters

172

Middle School Promoters Chapters

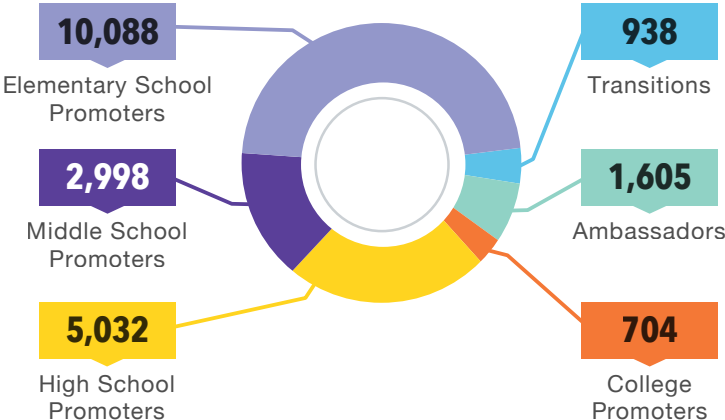
271

High School Promoters Chapters

39

College Promoters Chapters

### Program Participants



## Inclusive Living

10

Living Residences

71

Living Participants



## Family Support

58

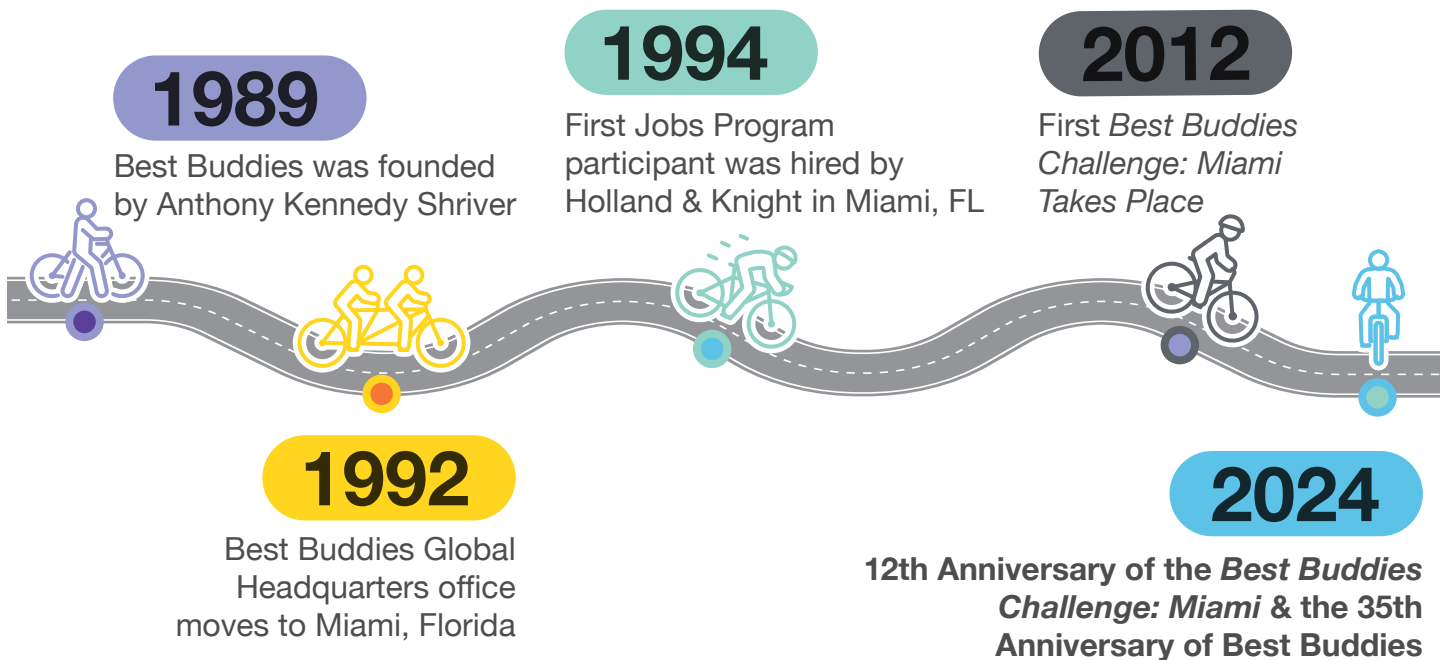
Eunie's Buddies Participants

\*All program stats are as of 12/31/2024, and reflect the most recent Best Buddies program year (July 1, 2024 – June 30, 2025).



# 13 Years of Cycling in Miami

The *Best Buddies Challenge: Miami* started in 2012 to raise funds to empower the abilities of people with intellectual and developmental disabilities (IDD) through one-to-one friendships, integrated employment, leadership development, inclusive living and family support. Cycle, run, and walk to challenge yourself to change lives.

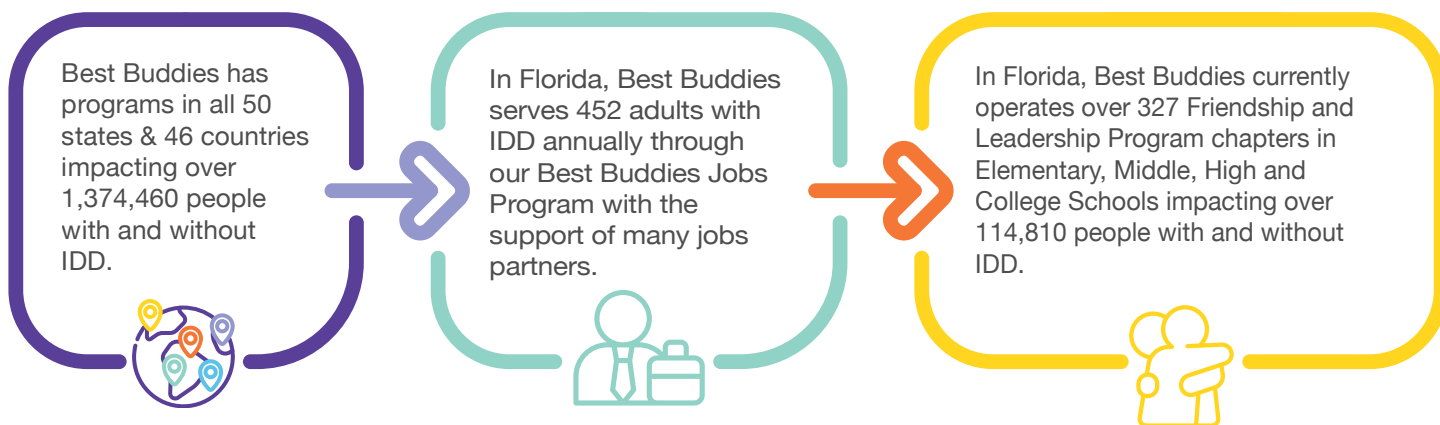


**\$8,678,803**

Total Raised Overall  
From 2012 - 2025



## Your Fundraising Supports



# Schedule of Events



## The Day Before – Friday, November 14

### 3:00 PM Hotel Check-In

Riders may check in to their complimentary two (2) night hotel stay

### Meet the Pros Mixer @ Four Seasons Hotel Miami

1435 Brickell Ave, Miami, FL 33131

### 6:00 - 8:00 PM Cocktails and Hors d'oeuvres

Enjoy hors d'oeuvre and cocktails while listening to music and becoming inspired by program participants who will tell their story about how Best Buddies changed their lives! You'll also have a chance to get to know the pro cyclists attending the event.

## Event Day – Saturday, November 15

### Best Buddies Challenge: Miami

### Start & Finish @ Four Seasons Hotel Miami

1435 Brickell Ave, Miami, FL 33131

### 6:00 AM Registration & Breakfast Opens

### 6:45 AM Riders report to the Start Line

Start Line opening ceremony program with general announcements & Rules of the Road.

### 7:00 AM Sharp! 100 & 75-Mile Ride Starts

Ride begins and ends at the Four Seasons Hotel Miami.

### 8:30 AM Rest Stop 1 - Mack Cycle & Fitness

### 10:20 AM Rest Stop 2 - Rosetta Bakery x BB (Design District Location)

### 11:10 AM Finish!

Luncheon Available Upon Return to the Four Seasons Hotel Miami



### Best Buddies Miami Gala @ Mana Wynwood

318 NW 23<sup>rd</sup> ST, Miami, FL 33127

### 6:30 PM Cocktails & Silent Auction

The auction will feature various items, including once-in-a-lifetime opportunities, fine art, exclusive vacations, and sporting events.

### 8:30 PM Gourmet Dinner

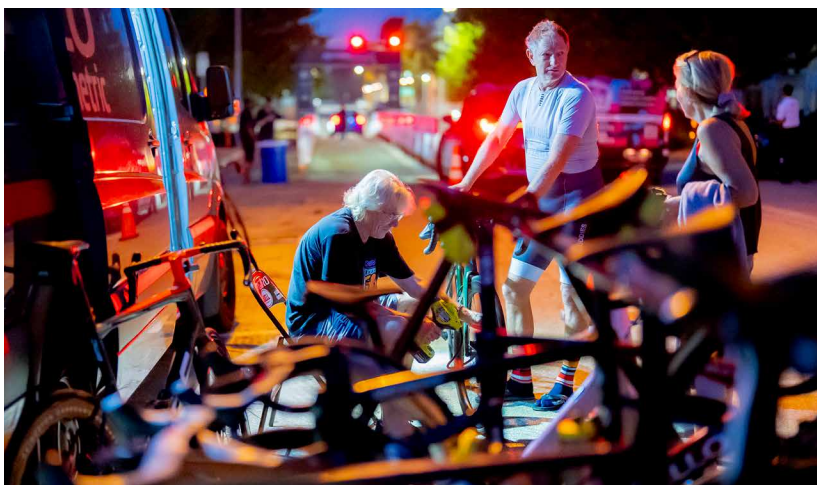
### 9:30 PM *Champion of the Year* Announcement

### 10:30 PM Musical Performance

## The Day After – Sunday, November 16

### 12:00 PM Hotel Check-Out

Riders must check out of their complimentary two (2) night hotel stay



## Rest Stop Locations

Our two Rest Stops will be ready for you to rest and refuel along the route. Each Rest Stop will be equipped with snacks, beverages, restrooms, bicycle mechanics, and medical aid.



### REST STOP 1

Mack Cycle & Fitness | 8:30 AM  
5995 Sunset Dr, Miami,  
FL 33143  
**Mileage: 26 (74 miles to go)**



### REST STOP 2

Rosetta Bakery x BB (Design District) | 10:20 AM  
95 NE 40th Street  
Miami, Florida 33137  
**Mileage: 55 (45 miles to go)**





# Course Support



## Rider Support

Police officers, Best Buddies staff, and volunteers will be available to assist you throughout the course. Our team of Domestiques will be riding with you on the course wearing bright pink jerseys and can provide immediate rider support on the road.



## Medical Assistance

There will be medical assistance throughout the entire course and at all rest stops. If you need assistance while you're out on the course, the ride will be paused. All cyclists are asked to get entirely off the road to facilitate service. In a dire emergency dial 911.



## SAG (Support and Gear) Team

Bringing up the rear on the cycling course will be an expert cyclist, a bike tech support vehicle, and a service truck. If for whatever reason you are not able to continue, the SAG Team will transport you and your bike to the next rest stop or to the Finish Line.

# Rules of The Road & Safety Guidelines

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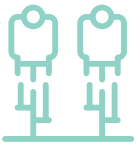
The *Best Buddies Challenge: Miami* is a unique ride. Participants, particularly first-time attendees, should read this carefully. Whereas typical rides are conducted on open roads subject to traffic laws, cyclists will be in a “rolling enclosure” patrolled by a police motorcade and serviced by support and gear vehicles.

This experience is as close as a cyclist can get to riding in a professional racing peloton. With this privilege comes a unique protocol on rider conduct.



## 1. Helmets Required

Cyclists must wear a securely fastened modern cycling helmet approved by standards set by USA Cycling. No exceptions. The Best Buddies Challenge does not provide helmets to participants.



## 2. Ride 2x2

To facilitate the police motorcade and caravan, cyclists are required to ride in a double file formation. Cyclists will never ride more than two abreast, save for the Domestiques who will patrol the formation. Occasionally the group will shift to single file to manage traffic circumstances. If this occurs, please follow the directions of our Domestiques.



## 3. Follow the Police and Domestiques Directions

For both the safety and efficiency of the group, cyclists should adhere to the guidance of the Domestiques. Our Domestiques are in radio contact with the caravan and police.



## 4. Mechanical Protocol

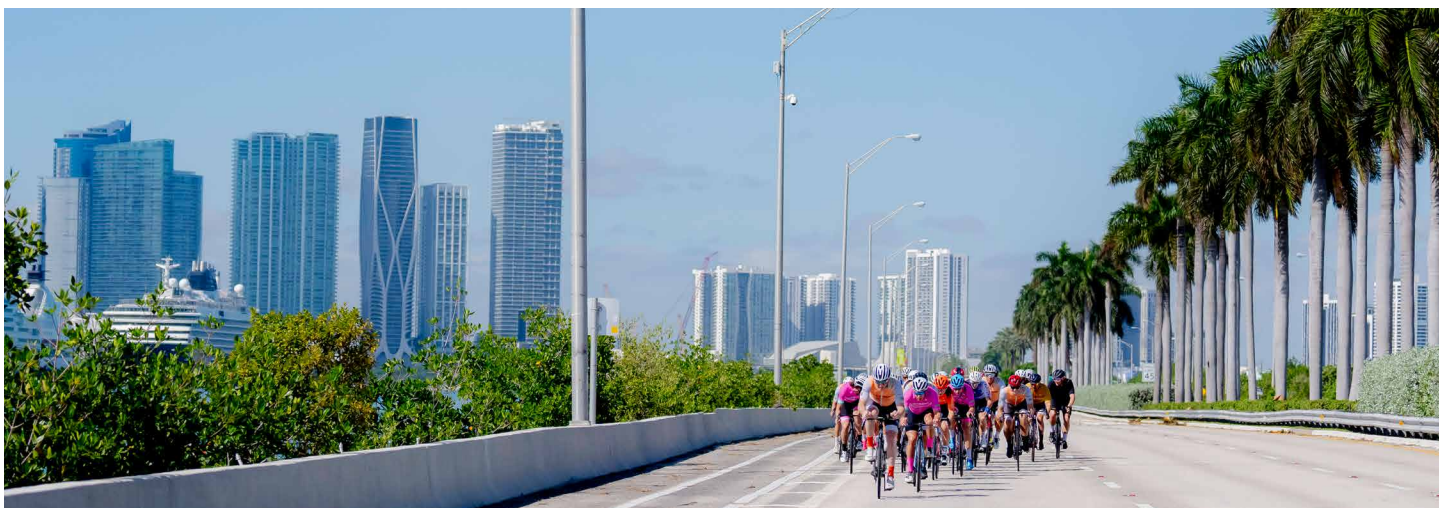
THE RIDE **DOES NOT** STOP FOR MECHANICAL ISSUES. Cyclists who experience any mechanical issues should safely raise their hand and drift back in the field. A Domestique will assist in the repair and the return to the group. If necessary, a SAG vehicle will assist and transfer the cyclist forward to the next rest area to rejoin the ride.



## 5. Medical Protocol

THE RIDE **DOES** STOP FOR MEDICAL ISSUES. If there is any type of medical situation, the ride will be paused. All cyclists are asked to get entirely off the road to facilitate service. Please follow the directions of our Domestiques.





## 6. Headphones Prohibited

Cyclists will be traveling at high speeds and must follow directives from police, Best Buddies staff and Domestiques.



## 7. Pocket Your Phone

The Best Buddies Challenge surrounds the peloton with photographers and videographers to capture all your favorite moments. A gallery will be provided post-event. Cyclists taking selfies put themselves and the group at enormous risk. Save your selfies for rest stops, please.



## 8. Ride Light

Riders **do not need** to carry pumps, spares, bags, tools, or supplies. Two water bottles are more than enough for most cyclists. Cyclists may shed clothing at any of the rest stops. Clothing will be transported to the Finish Line, where it can be retrieved.



## 9. Point Out Hazards

Cyclists in the front will point out road hazards. All cyclists are asked to do the same and ride with caution.



## 10. Stay in Formation

We start, stop, and re-start in 2x2 formation. This is important when the group encounters heavy traffic. Police must be able to constantly pass the peloton to close intersections and patrol traffic.



## Post Ride Luncheon

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After you cross the Finish Line, enjoy a hot shower and professional massage. Then, join us at the Four Seasons Hotel Miami for a gourmet luncheon hosted by Anthony K. Shriver.

Participant amenities include a finish line medal, hot shower, and professional massage. The Finish Line luncheon is available to every registered event participant. **Your registration cannot be replaced or transferred.**



# Meet The Pros

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Let's introduce you to who you'll be riding with at the Challenge!



**Leanda Cave**

 **@leandacave**

Leanda Cave is a four-time world champion triathlete and the first woman ever to win both the IRONMAN and IRONMAN 70.3 World Championships in the same year (2012). Representing Great Britain for 18 years, she earned global recognition as one of the fittest women in the world. Since retiring, Cave has built a successful coaching career, mentoring athletes of all levels and serving as a Pinarello ambassador. Combining her expertise in training, nutrition, and mindset, she continues to inspire others to unlock their full athletic potential.



**Alberto Contador**

 **@acontadoroficial**

Renowned as one of cycling's greatest stage racers, Alberto Contador has conquered all three Grand Tours, with seven total victories—including two Tour de France, two Giro d'Italia, and three Vuelta a España titles. Nicknamed El Pistolero for his fearless attacking style, the Madrid-born rider dominated the sport for over a decade before retiring in 2017. Now a commentator for Eurosport and founder of Team Polti-Kometa, Contador remains a key figure in cycling. His connection to Best Buddies' mission is deeply personal, inspired by his younger brother Raúl, who lives with cerebral palsy.



**Bradley Wiggins**

 **@bradwiggins**

Sir Bradley Wiggins is one of Britain's most decorated athletes, with eight Olympic medals, five golds, and the distinction of being the first British cyclist to win the Tour de France. In 2012, he made history by winning both the Tour and Olympic gold in the

same year, earning a knighthood soon after. From humble beginnings in Kilburn to global acclaim, Wiggins' journey is a testament to perseverance and mental strength. Today, he shares his experiences as an inspirational speaker, motivating audiences to pursue excellence and resilience in the face of adversity.



**Cam Wurf**

 **@cjwurf**

Tasmanian-born Cam Wurf has achieved elite success in three sports—rowing, cycling, and triathlon—earning the title of “world’s most versatile endurance athlete.” A 2004 Olympic rower turned pro cyclist, he later became one of the world’s top triathletes, setting record bike splits at the Kona Ironman. Known as the “Chief Motivation Officer” for his energy and dedication, Wurf now races with the INEOS Grenadiers across both cycling and triathlon. A proud Best Buddies ambassador, he continues to push limits—recently completing Paris-Roubaix before running a half marathon the next day.

# Best Buddies Challenge Merchandise

All registered riders receive a limited-edition [2025 Best Buddies Challenge: Miami](#) kit. If you want to do even more to support Best Buddies and our mission while on the bike, purchase any of our custom Best Buddies kit pieces from our online shop at Mumu!



See the full line of Best Buddies cycling merchandise by clicking [HERE](#).

All jerseys and bibs are produced in both men's and women's specific cuts.

Our kits are limited-edition, so if you see something you like that's out of stock, please reach out to [bbchallenge merch@bestbuddies.org](mailto:bbchallenge merch@bestbuddies.org)

## Thanks to our Supporters!

Kenneth C. Griffin | **GRIFFIN CATALYST**

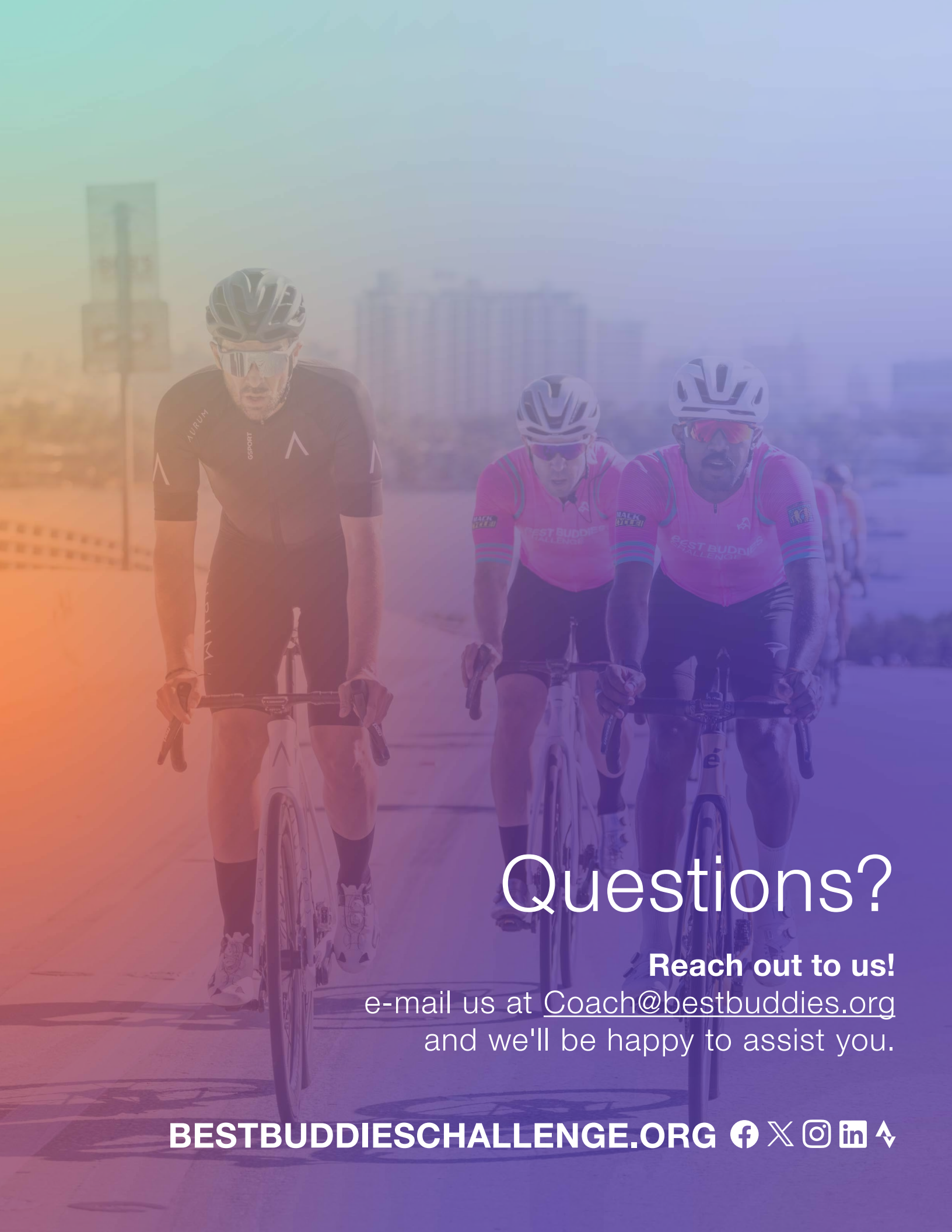
Andrew P. Barowsky  
FOUNDATION



Your South Florida BMW Centers  
[BMWWSFL.com](http://BMWWSFL.com)







# Questions?

**Reach out to us!**

e-mail us at [Coach@bestbuddies.org](mailto:Coach@bestbuddies.org)  
and we'll be happy to assist you.

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