



UMBRELLA DOCUMENT FOR MEMBERS AND SUPPORTERS OF TEAM WEST COAST (DECEMBER 2025)

Our ride to Phoenix has been 18 months in the planning, during which time many aspects of the tour have evolved. Depending on when riders came 'on board' they may have seen different documents, or different versions, and some of the language and terminology of the ride has changed. The purpose of this document is to provide a single over-arching summary of everything you should know. Please carefully read this information which supersedes anything you may have previously read.

The Tour

The Tour is a privately coordinated, self-supported ride finishing in Phoenix, Arizona on May 22nd 2026 and timed to allow participants to attend the World Parkinson Congress beginning May 24th. The Tour is promoted under the Congress's 'Pedal to Phoenix' initiative, but does not fall under the control of the Congress organisers nor constitute part of the Congress programme of events.

The Tour's goal is to ride against Parkinsons, not each other: acting as a team with a joint responsibility for getting everybody to the finish line, being positive, having fun and socialising along the way. The ride serves as a training goal and inspiration for members of ZWAP Cycling Club.

Team West Coast

Participants on the Tour will collectively be known as Team West Coast, reflecting our chosen route. Other teams, from Chicago, Salt Lake City and possibly elsewhere, are also participating in the Pedal to Phoenix Initiative. While Team West Coast's organizing committee of volunteers is collaborating with other teams on certain aspects of the Tour, each team is completely independent with no contractual or commercial interrelationships.

We expect 3/4 of the cyclists to have been diagnosed with Parkinsons with the remainder being family, friends and supporters. As-is, 20 of the 27 riders live with Parkinsons, representing 9 different countries (Norway, Iceland, England, Ireland, Germany, USA, Canada, New Zealand and Australia).

ZWAP

The facilitator for the Tour is ZWAP CYCLING CLUB, being the sole entity having a relationship with Tour participants. The Tour is a private, non-profit travel arrangement with no liability insurance and very strict limitations of liability. Naturally, the Tour Committee and other team support members, working on a voluntary basis, will use their best endeavours to make it a great journey! As a team member it is obligatory to agree upon and sign our Waiver and

Participation Terms; this document is still being finalised but you must be prepared to sign something materially similar to item 1 in the table of documents below.

World Parkinson's Coalition (WPC)

WPC is the organising body for the World Parkinson Congress and the promoter of the Pedal to Phoenix initiative. As such they have been actively consulted in our preparations and plans but, while the WPC is helping with promotion, some logistical support and sponsorship, it has no direct involvement in, or formal responsibility for, the Tour. Specifically the WPC is seeking sponsorship to fund 2 custom cycling jerseys per rider and a welcoming party in Phoenix. Hopefully they will also facilitate an information booth about Pedal to Phoenix within the Congress.

Tour Format

To reflect the significance of the distance from San Francisco to Phoenix (comparable to the Bike to Barcelona initiative in 2023), the scale of the support setup and the size of the team riding from San Francisco, this part of the ride is now positioned as **the Main Event**, while the ride from Seattle to San Francisco is designated as **the Prologue**.

The Main Event

The Main Event starts in Half Moon Bay (San Francisco) on May 3rd 2026, arriving in Phoenix on May 22nd (in total 19 cycling days) where the WPC is organizing a welcome reception/party for the various participating teams.

While most riders will start on May 3rd the Main Event includes an option to join in Redondo Beach (Los Angeles) on May 12th.

The Main Event is currently 27 riders, including 4 riders starting in Redondo Beach, and with a support team of 4.

Day	Date		Destination	Accommodation	KM	M	Miles	Ft
0	03/05/2026	Sun	Half Moon Bay	Half Moon Bay Lodge				
1	04/05/2026	Mon	Santa Cruz	Comfort Inn Boardwalk	77.9	724	48.4	2374
2	05/05/2026	Tue	Sand City	Lone Oak Lodge	113.9	876	70.8	2875
3	06/05/2026	Wed	King City	Quality Inn	108.1	657	67.2	2157
4	07/05/2026	Thu	Paso Robles	Adelaide Inn	100.9	1354	62.7	4443
5	08/05/2026	Fri	Arroyo Grande	Days Inn Pismo Beach	99.5	741	61.8	2432
6	09/05/2026	Sat	Buelton	Motel 6	104.8	875	65.1	2871
7	10/05/2026	Sun	Ventura	Motel 6 Downtown	107.0	1305	66.5	4280
8	11/05/2026	Mon	Redondo Beach	Ramada	121.5	510	75.5	1672
9	12/05/2026	Tue	REST DAY	Ramada				
10	13/05/2026	Wed	Dana Point	Best Western Marina Shores	90.3	437	56.1	1434
11	14/05/2026	Thu	San Diego	Kings Inn	109.9	626	68.3	2055
12	15/05/2026	Fri	Pine Valley	Pine Valley Motel	77.4	1463	48.1	4800
13	16/05/2026	Sat	El Centro	Days Inn	117.0	772	72.7	2534
14	17/05/2026	Sun	Glamis (Brawley+)	Best Western Plus	69.4	251	43.1	824
15	18/05/2026	Mon	Blythe	Quality Inn	98.2	342	61.0	1123

16	19/05/2026	Tue	Salome	Stanford Inn and others	101.2	910	62.9	2985
17	20/05/2026	Wed	Wickenburg	Super 8	86.3	333	53.6	1092
18	21/05/2026	Thu	Arrowhead	La Quinta	81.9	322	50.9	1055
19	22/05/2026	Fri	Conv. Center	Hyatt Place Downtown	41.7	45	25.9	146

Participants are required to arrive in Half Moon Bay no later than 4pm, May 3rd (May 12th for Redondo Beach) and accommodation will be included from that night until May 22nd inclusive.

The Prologue

An additional 17 day 'pre-ride' starts in Seattle on April 15th, timed to connect to the Main Event. The Prologue is limited to 11 riders with 1 support person.

Day	Date		Destination	Accommodation	KM	M	Miles	Ft
0	15/04/2025	Wed	Seattle	Country Inn & Suites				
1	16/04/2026	Thu	Shelton	Super 8	99.8	978	62.0	3208
2	17/04/2026	Fri	Westport	Saltwater Inn	116.0	539	72.1	1770
3	18/04/2026	Sat	Long Beach	Inn at the Sea	131.5	583	81.7	1914
4	19/04/2026	Sun	Garibaldi	Garibaldi Inn at the Bay	120.7	1240	75.0	4068
5	20/04/2026	Mon	Lincoln City	Comfort Inn & Suites	116.0	1262	72.1	4139
6	21/04/2026	Tue	Florence	Super 8	123.4	1081	76.7	3548
7	22/04/2026	Wed	Bandon	Table Rock Motel	121.8	1041	75.7	3414
8	23/04/2026	Thu	Gold Beach	Jot's Resort	91.7	806	57.0	2643
9	24/04/2026	Fri	REST DAY	Jot's Resort				
10	25/04/2026	Sat	Crescent City	Oceanview Inn & Suites	94.0	900	58.4	2954
11	26/04/2026	Sun	Arcata	Ramada	117.3	1337	72.9	4385
12	27/04/2026	Mon	Redcrest	Redcrest resort	94.3	600	58.6	1967
13	28/04/2026	Tue	Leggett	Royal Tree Villas	96.9	1307	60.2	4287
14	29/04/2026	Wed	Fort Bragg	Harbor Lite Lodge	78.7	1143	48.9	3750
15	30/04/2026	Thu	Ocean Cove	Ocean Cove Lodge	126.7	1485	78.7	4871
16	01/05/2026	Fri	Mill Valley	Travelodge	141.0	1494	87.6	4901
17	02/05/2026	Sat	Half Moon Bay	Half Moon Bay Lodge	70.2	813	43.6	2667

Participants on the Prologue are required to arrive in Seattle no later than 4pm, April 15th and accommodation will be included from that night until May 2nd inclusive.

The Cost & What It Covers

The price for participation is derived from the actual incurred cost of accommodation (roughly 2/3 of the cost) and the support setup (roughly 1/3 of the cost). More specifically:

- Hotel/Motel accommodation (room only basis – all pre-booked) is included. Note that minor changes to the hotels detailed in the itinerary may be required.
- Breakfast is included – either provided by the accommodation or as a simple continental breakfast sourced by the support team and served out of hotel bedrooms.
- Other meals are not included though some diners may be covered by sponsors.

- The full-time services of an experienced volunteer Support Leader and support vehicle is included. For the Main Event there will be an additional support driver/vehicle.
- Commonly required tools and spares will be available and at least one support leader will be a competent mechanic
- Pre-planned routes including electronic route files AND paper Turn-by-turn instructions are provided.

Some sponsorship is possible, which may reduce costs, but the latest budget prices are calculated as follows (numbers in US\$), slightly down from the original budget prices:

(Numbers in US\$)		Starting place		
		Seattle	San Frans.	Los Angeles
Original budget prices (April 2025)	Single	7 343	3 969	2 154
	Shared	4 711	2 477	1 363
	Non-cycling Shared	3 212	1 688	929
Current budget prices (Dec 2025)	Single	6 822	3 639	1 969
	Shared	4 534	2 374	1 331
	Non-cycling Shared	3 062	1 600	904
Change \$	Single	(521)	(330)	(185)
	Shared	(177)	(103)	(32)
	Non-cycling Shared	(150)	(88)	(25)
Change %	Single	-7 %	-8 %	-9 %
	Shared	-4 %	-4 %	-2 %
	Non-cycling Shared	-5 %	-5 %	-3 %

A buffer amount of 7.5% is included to cover any unexpected or increased costs.

The final prices will be based on the incurred and expected costs per January 31st 2026, but expected to be very similar to the current budget prices.

Payment Timing and Terms

In total 40% of the original budget price has already been invoiced to each participant, and must be paid by December 15th. Payment must be received in US\$ and the participant is responsible for any currency conversion costs or bank transfer fees. This payment is linked to unrecoverable costs incurred by ZWAP and non-refundable. Participants are encouraged to have travel insurance that covers cancellation/curtailment.

The balance of approximately 60%, depending on the final prices per January 31st, will be due February 15th 2026.

Document Links

The following table provides links to various documents that have been published. Some of these have now been updated to reflect our latest terminology, small changes to the route, stopovers, accommodation, or other developments.

Document	Notes
1. Waiver and Participation Terms	This is still draft but you must be prepared to accept terms materially similar to these!

2. Full Itinerary	Our itinerary is broadly unchanged but there have been many changes to the fine detail. This reflects all our latest routing/accommodation choices.
3. Rider Briefing	If you only read one thing make it this; it places responsibilities on you that are not optional! Our support plan and choice of support vehicles, tools and spares rely on EVERYONE playing their part!
4. Summary Itinerary	This provides an 'at a glance' summary of the itinerary AND includes useful information about route metrics, available hotel facilities, dinner options etc.
5. Route Notes Prologue Main Event	These provide detailed turn-by-turn instructions that will enable you to navigate even if your GPS device fails. More importantly, they include details of available services, alternate route options and critical safety information. You don't need to read these now but you MUST print and bring copies with you on the trip.
6. Electronic GPX route files	You MUST download these and check that you can install them on your preferred navigation device before you leave home.
7. Navigation Guide	This document has important advice relating to items 5 and 6.
8. Information for Supporters	It is possible that you may have family, friends or contacts along our route who would be interested in meeting the team. This document should be their initial point of reference for that.