# PHIL'S COOKIE CAMP



2024

## THANK YOU TO OUR SPONSORS

PHIL'S COOKIES

LACTIGO.com

Chamois Butt'r.

**G** first endurance

### WELCOME

Welcome cookie and bike lovers! I'm excited to share my favorite roads, views, foods, and people in a more personal setting. We've worked hard to curate a perfect weekend, so please read through everything here, but most importantly, ride safe, follow the rules of the road, and go SLOW on the descents. I promise that you can have 99% of the fun with 80% of the speed, and crashing will spoil the party! We think we've covered our bases, but if there's anything you need let us know and we'll do our best to handle it. If any point in the weekend you need something that has not been provided, please text our Cookie Camp Concierge with your request.

Cookie Camp Concierge (805)895-3040 Call or Text



# HIGHLIGHTS & SCHEDULE

### LOCATIONS & INFORMATION

#### **HIGHLIGHTS**

Welcome dinner at Pedalers Fork in Calabasas

Two days of riding with route options and ride leaders for each day

Daily Lunches at Joi Cafe Sat Wine Tasting/Dinner

#### **SCHEDULE**

#### Day I - Friday, Mar 22nd

Registration & Rider Package Pick Up \*Back Parking Lot of Hotel 2:00PM - 4:00PM Warm Up Ride with Phil (Optional) 2:30PM - 5:00PM

Welcome Dinner at Pedalers Fork with local wines from Dusty Nabor 6:00PM – 8:00PM

\*15 Min Drive from Hyatt Regency. Drive Safely. Uber/Lyft if you're planning to enjoy the wine tasting.

> Day 2 – Saturday, Mar 23rd Breakfast at Harvest Kitchen 6:30AM – 8:00AM

Long Route Rolls Out (Back of Hotel) 8:30AM

Short Route Rolls Out (Back of Hotel) 9:00AM

\*Both Rides meet outside in back of hotel. Ride specific hydration & nutrition provided. Lunch @ Joi Café II:00AM – 3:00PM

#### Wine/Dinner Nabu Wines

5:00PM - 7:00PM

2649 Townsgate Rd, Suite 200, Westlake Village, CA 91361

\*15 Min walk from Hyatt Regency.

Drive Safely. Uber/Lyft if youre planning to enjoy the wine tasting.

Day 3 – Sunday, Mar 24th Breakfast at Harvest Kitchen 6:30AM – 8:00AM

Long Route Rolls Out (Back of Hotel) 8:30AM

Short Route Rolls Out (Back of Hotel)

9:00AM

\*Both Rides meet outside in back of hotel. Ride specific hydration & nutrition provided.

> Lunch @ Joi Café II:00AM – 3:00PM

Farewell Flight at Cornell Winery (Optional) 4:00PM - 6:00PM

29975 Mulholland Hwy. Agoura, CA 91301

#### KEY LOCATIONS

#### Hyatt Regency Westlake Village

880 S Westlake Blvd. Westlake Village, CA 91361

#### Pedalers Fork Restaurant

23504 Calabasas Rd. Calabasas, CA 91302

#### Nabu Wines

2649 Townsgate Rd, Suite 200, Westlake Village, CA 91361

#### Joi Café

2855 Agoura Rd. Westlake Village, CA 91361

#### RIDE INFORMATION

#### Routing & Ride Leaders

Courses/Turns will be marked with single arrows.



Ride Leaders, Cue Cards & GPX Files are all available to assist with navigating routes. Please review the routes in advance and be prepared with routes uploaded to your GPS computer and take cue cards.

#### Download Strava Routes

#### SATURDAY SHORT



#### SATURDAY LONG

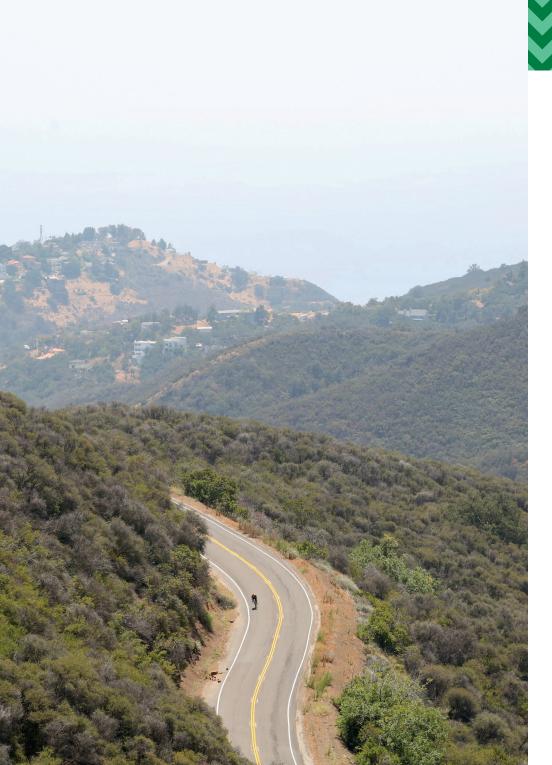


#### SUNDAY SHORT



#### **SUNDAY LONG**





## INFORMATION

#### **ROUTE OVERVIEWS**

#### Saturday

Ride will escort you on scenic Mulholland Highway with a coffee stop before the famous "Rock Store" climb (closed to cars!). Shorter option is lower mileage but still includes Rock Store.

#### Sunday

Longer routes enjoy coffee stop by the beach in Malibu before the famous Latigo climb, with a shorter route option including Hidden Valley and Newbury Park.

#### AID + SUPPORT

Preparing for the ride. Please bring two full bottles and food in your pockets. We will have water, drink mix, and coffee available at the cookie stop.

Velofix will be available at the hotel before and after for repairs, but not on course. Please make sure your bike and tires are in good shape when you arrive, and you have what you need for flat tires and basic repairs on course.

#### **LOCAL AMENITIES**

@ Westlake Plaza & City Center\*Walking Distance, Across Townsgate Rd.

Grocery & Shopping Gelsons, Vons, CVS

Coffee Joi Cafe, Starbucks

Banking BofA, Wells Fargo, Chase, OneWest

> Late Night Finney's Crafthouse

Health & Beauty
DryBar, Sole Soothing Nail Spa,
BlueMercury

Vehicle Charging Volta Charging Station

### FOOD & WINE

#### Joi Stearns

A Southern California native, Joi serves her community daily with nourishing meals and her vibrant personality. After shifting to a plant-based and whole foods diet, her health was dramatically enhanced, as were the lives of her children. She set out to provide others with the same experience, and Joi's conscious recipes have since provided over 500,000 plant-based meals throughout the Greater Los Angeles area and into Ventura County.

Joi café is a big supporter of the local cycling community, and a staple meeting place for locals before, during, and after their rides.

#### **Pedalers Fork**

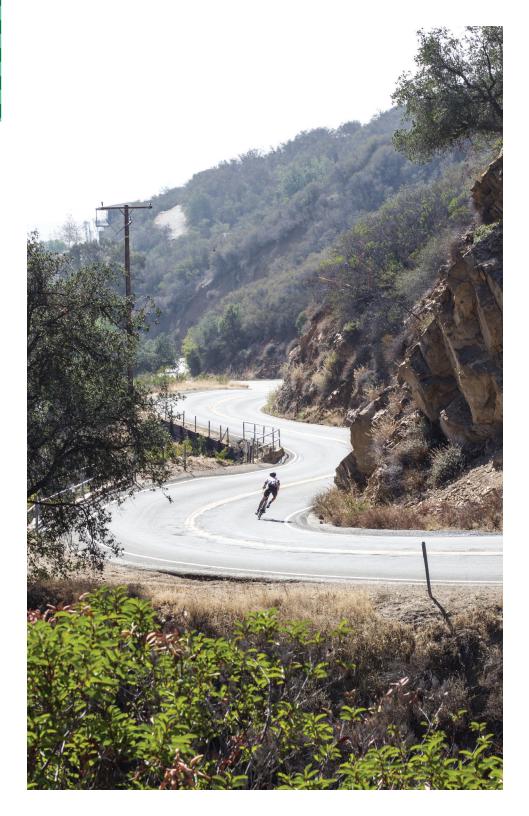
In the heart of downtown Calabasas, Pedalers Fork is a bike shop, coffee shop, and a great restaurant rolled into one. Perfectly placed near the base of Old Topanga, it's a mandatory coffee stop for LA cyclists venturing into the canyons.

#### **Dusty Nabor Wines**

A project born out of passion for producing site specific, terroir driven California wines. Their focus is crafting wines of distinction, sourcing fruit from premier vineyards of southern California. Their focus is on Syrah, Grenache, Viogner, Pinot Noir, Chardonnay, and Cabernet Sauvignon, with wines mainly sold through their mailing list, with some available on their website after release. Join their list at http://dustynaborwines.com

#### First Endurance

Phil's longest-running sponsor, First Endurance was founded to give serious endurance athletes access to formulas that are designed for to maximize endurance performance. They spare no expense in developing the best, cutting-edge, scientifically validated, high-performance racing formulations, to help athletes take their training and racing to the next level.





#### PHILSCOOKIES.COM















Thanks to Bike Legal for partnering with Phil's Cookie Fondo. Here are some safety tips that they want to share with you to keep you safe leading up to this epic fondo and after. They base their tips off of actual cases that they have experienced over the last nine years handling cycling cases.

1

When training alone stick to bike paths when possible. When you stay off the streets the odds of being injured drastically decrease.

2

When riding on the streets, ride with at least 6 or more cyclists. As much as drivers may not like us in packs, we are more visible, and there's safety in numbers.

3

Use bike lanes when possible. Keep an eye out for flatcausing debris and parked cars (who might open their doors), but there are fewer accidents the farther right you can ride.

4

Most drivers in California have the minimum amount of insurance coverage (\$15,000/person), so raise your Uninsured/Underinsured Motorist coverage on your automobile insurance and verify that your provider will cover you in the event of being hit while on your bike. We recommend a minimum of \$100,000 in coverage.