



## **FOR IMMEDIATE RELEASE**

April 10, 2008

### **San Diego Biotech Culture: Out of the Petri Dish And Onto the Roads, Links, Beaches and Fields Of the Region in Search of New Discoveries**

*Outdoor Options Abound during 2008 BIO International Convention  
From June 17 to 20 in Southern California Vacation Mecca*

SAN DIEGO – When the site leader of Pfizer La Jolla, Dr. Catherine Mackey, 51, emails her fellow scientists and friends about the next board meeting, they have one question in mind: How's the surf?

As chronicled in the *Los Angeles Times* and profiled on *The Today Show*, the suits are all wet at these dawn board meetings of San Diego's surfing scientists, held several days a week in the waters off La Jolla, Del Mar, Solana Beach and points north.

The recreational ritual is similar to those experienced on the morning runs and rides taken by others in the biotech community through the back roads of San Diego, which can be done comfortably almost every day of the year in a region that receives just 10 inches of rain annually and where day time temperatures average 65 throughout the year. The morning exercise gets everyone ready for rigorous schedules that often last late into the night in some institutions where critical research is underway to find the next compound to treat cancer, Alzheimer's, blindness and heart disease.

Attendees to the 2008 BIO International Convention can join their local colleagues in recreational pursuits throughout the county before and after the more than 175 sessions scheduled from June 17 to 20 in the San Diego Convention Center, on San Diego Bay. Morning rituals are the favorites.

### ***San Diego Board Meetings Are All Wet***

Scientists, clinicians, academicians and their pals from accounting, law and other firms chat about scientific discovery and less mundane topics in between catching the waves or cruising comfortably on foot or bike before tackling the next hill or steep wooded trail. Members of the dawn surfing patrol sometimes have exotic company; schools of dolphin cruise the coast just outside the surf line and occasionally pop into a wave for a quick ride. Harbor seals cavort in the surf from Sunset Cliffs to La Jolla Shores.

Surfboard and bike racks sprout from cars in the parking lots at leading local research institutions, including the University of California at San Diego (UCSD), The Scripps Research Institute, Salk Institute, the Burnham Institute, Sidney Kimmel Cancer Center, Pfizer La Jolla, UCSD Medical Center and Scripps Institution of Oceanography, where rumor has it that one noted professor of earth sciences has never worn shoes.

The temperate climate and geographic variety make recreation more attractive and easier to pursue for most than in areas where crowded gyms are the order of day. Healthy lifestyles are encouraged by institutions, organizations and municipalities that sponsor clubs in a variety of recreational areas: running, cycling, hiking, swimming, tennis, golf, badminton, sailing and even cricket for some of the transplants from the United Kingdom and Australia. The clubs serve as networking opportunities as well as for recreation. New residents to the area can quickly determine their interest and abilities with lessons in almost any sport. Different cities host sailing schools and surf camps.

### ***Philanthropy Hits the Links and the Surf***

Linking recreation with philanthropy is also a key part of the San Diego culture. Cycling for Sight raises money for the Foundation Fighting Blindness. The Rebecca and John Moores USCD Cancer Center sponsors the annual Longboard and Luau Invitational, which supports cancer research. In 2007, the event raised over \$600,000, bringing the event's total to more than \$2.6 million for cancer research. There are 5k and 10k runs and walks almost every weekend in support of a different research initiative.

Golf tournaments are another favorite fundraising category in San Diego, which is a golfer's paradise, with 92 courses in the county and a range of difficulty ranging from incredibly easy and forgiving for the novice to one of the longest, toughest course on the PGA Tour (Torrey Pines South Course, site of the 2008 U.S. Open). There are seaside courses, links courses, mountain courses, desert courses and even a few that wind through huge stands of pine trees in styles familiar to southern and eastern golfers. Numerous courses have been designed by golf luminaries, including Gary Roger Baird, Tom Fazio, Ron Fream, Alister Mackenzie, Johnny Miller, Gary Player, and Ted Robinson.

### **Other opportunities abound:**

**Tennis** – Choose from 1,200 public and private courts, with excellent municipal facilities at Morley Field in Balboa Park and in other parks throughout the county.

**Equestrian** – San Diego reportedly has more horses per capita than any other county in the U.S. Equestrian trails can be found throughout rural San Diego (yes, the county does have wide expanses of countryside, with trees other than of the palm variety and even some mountains with trails through timber and meadows).

**Sailing** – The County has 41 public and private marinas. The quality of skills covers a huge range, from America’s Cup sailors from San Diego Yacht Club to dinghy racers in Mission Bay. Boats can be rented at marinas on San Diego Bay, from Chula Vista on the south around to Harbor and Shelter Islands, Coronado, Mission Bay and Oceanside.

**Team Sports** – Recreational leagues abound, covering all ages and skill levels. Soccer moms don their shin guards and take to the field in their own competitions on nights and weekends in a role reversal that provides children and grandchildren the chance to yell encouraging tips from the sidelines. Softball leagues go from slow-pitch beginner quality to fast-pitch battles of the highly skilled. Hardball baseball for adults is also big, from young athletes of close to professional caliber up to those into their 60s reliving their field of dreams.

**Hiking** – Finally, casual walkers and experienced hikers and backpackers can find variety throughout the county, from the tough climb up the grade at Torrey Pines State Beach to admire views of the Pacific Ocean, to casual cruising through the eucalyptus groves in Balboa Park, to mountain trails in Cleveland National Forest, to the rugged Borrego Badlands and canyon trails in Anza-Borrego State Park. For easy access, check:

*San Diego County Parks* -- <http://www.co.san-diego.ca.us/parks/>

*San Diego City Parks* -- <http://www.sandiego.gov/park-and-recreation/>

*Balboa Park* -- <http://www.balboapark.org/>

*San Diego City’s largest park, Mission Trails* -- <http://mtrp.org/>

*Anza-Borrego Desert State Park* -- [http://www.parks.ca.gov/default.asp?page\\_id=638](http://www.parks.ca.gov/default.asp?page_id=638)

*California State Parks* -- <http://www.parks.ca.gov/>

*Old Town State Park* -- [http://www.parks.ca.gov/default.asp?page\\_id=663](http://www.parks.ca.gov/default.asp?page_id=663)

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