



PELOTONIA[®]

2024 RIDE WEEKEND
EVENT HANDBOOK

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Many miles, one goal

Powering the fight against cancer, together.

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aep.com/community

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BEFORE THE RIDE

SAFETY GUIDELINES

RULES OF THE ROAD

When you registered to participate in Pelotonia, you agreed to abide by all of the following rules of the road at all times during Pelotonia weekend.

- Pelotonia is not a race.
- The Ride is conducted on open roads. Motor vehicle traffic will be present. Be aware of what's going on around you at all times.
- Obey all traffic signs and signals.
- Ride as far to the right of the road as is safely possible, except to pass, and never ride more than two across.
- Pass on the left side only.
- Helmets must be worn at all times while riding.
- Headphones, iPods and phones being utilized as music devices are not permitted while riding.
- Endangering the safety of your fellow Riders is strictly prohibited.
- Ride defensively in consideration of your fellow Riders and ride in control of your bike at all times (*i.e. be able to stop within a reasonable distance*).
- Communicate with your fellow Riders using proper cycling terms such as "On your left," "Car back," etc.
- Use proper hand signals when turning.
- Make left turns from center of road or left turn lane.
- Cross railroad tracks at right angles to avoid dropping wheels into space between the rails and road.
- Do not cross the yellow centerline regardless of passing zone.
- Obey instructions from the Pelotonia road crew and pay attention to information posted on Pelotonia road signs.
- Each Rider is expected to speak out when observing a violation. When spoken to, the response should be in appreciation of the concern expressed.

SAFETY VIDEO

Our Safety Video demonstrates basic rules of the road and also provides some tips for safe group riding. An understanding of these concepts will make any cyclist more adept at riding and will enhance your ability to anticipate potentially dangerous situations and react to them accordingly. Check out the video on the Pelotonia website.

FIND THE VIDEO AT
[pelotonia.org/safety](https://www.pelotonia.org/safety)

BEFORE THE RIDE

RIDER SAFETY AND TRAINING TIPS

BE AWARE

Know where other riders and vehicles are and keep an eye on traffic patterns

Because those in front cannot see traffic approaching from the rear, it is the responsibility of the Riders in back to inform the others by saying “car back” when rounding curves, on narrow roads, or when riding double. It is also helpful to warn of traffic approaching from the front with “car up”

Don't wear headphones, bring a speaker, or talk on a cell phone while riding

When approaching intersections that require vehicles to yield or stop, the lead Rider will say “slowing” or “stopping” to alert those behind to the change in speed. When passing through an intersection, some cyclists say “clear” if there is no cross traffic. Note that each cyclist is responsible for verifying that the way is indeed clear

When riding in a group, most of the cyclists do not have a good view of the road surface ahead, so it is important to announce holes, glass, sand, grates, and other hazards. The leader should indicate hazards by pointing down to the left or right, and by shouting “hole,” “bump,” etc. where required for safety

BE PREPARED

Have tools and parts to repair a flat, a charged phone to call for assistance, and water and nutrition to power you through your ride and keep you hydrated

Check your bike thoroughly before every ride

RIDE SAFE

Protect that cool new haircut (and the head underneath) with a helmet and be sure to stay a safe distance away from other riders and vehicles

When riding up hills or on narrow roads where you are impeding faster traffic, leave a gap for cars between every three or four bikes. That way a motorist can take advantage of shorter passing intervals and eventually move around the entire group

Whether you are stopping because of mechanical problems or to regroup with your companions, move well off the road so you do not interfere with traffic. When you start up again, each cyclist should look for, and yield to, traffic

Ride single file or two abreast as appropriate to the roadway, traffic conditions and where allowed by law. Most state vehicle codes permit narrow vehicles such as bikes and motorcycles to ride two abreast within the lane. Even where riding double is legal, courtesy dictates that you single up when cars are trying to pass you

BE VISIBLE

Wear reflective gear or bright colors and stay visible to drivers and other cyclists

Use bicycle lights to draw extra attention to your presence on the road

BE PREDICTABLE

Follow Ohio traffic laws and make clear signals to let others know where you're headed

Other Riders expect you to continue straight ahead at a constant speed unless you indicate differently

Warn cyclists behind you well in advance of changes in your direction or speed. To notify the group of a change in path, the lead Rider should call out “left turn” or “right turn” in addition to giving a hand signal. Hand signals for turning and stopping are as follows: left arm straight out to signal a left turn; left arm out and down with your palm to the rear to signal slowing or stopping; and for a right turn, put your right arm straight out or put your left arm out and up

Let other riders know when you are slowing, stopping, or turning and if a crossroad is clear using physical and verbal cues

Generally, slower traffic stays right so you should pass others on their left. Say “on your left” to warn the cyclist(s) ahead of you that you are passing. If you need to pass someone on the right, say “on your right” clearly since this is an unusual maneuver

BEFORE THE RIDE

TRAINING

An important part of preparing for Ride Weekend is training appropriately and ensuring you have the proper approaches to hydration and nutrition to sustain you throughout your Ride. Great resources are included both below, as well as more extensively at pelotonia.org/training.

HYDRATION AND NUTRITIONAL INFORMATION

Please remember to keep yourself well hydrated before, during, and after the Ride (regardless of the weather). It is critically important to avoid dehydration by drinking water and sports drinks on a schedule throughout the Ride (roughly one liter per hour, starting with water and switching to sports drinks after the first hour or two). Do not rely on thirst—thirst only kicks in when you are already becoming dehydrated. It is also important, however, not to over-consume water. Over-hydration with straight water lacking the sodium found in sports drinks may result in hyponatremia, sometimes referred to as water toxicity. This is a dangerous and potentially deadly condition that can be avoided by switching to primarily drinking sports drinks that contain at least 100 mg of sodium after the first 1–2 hours of riding. Be sure to read your fluid labels as many “sports beverages” contain far less than this minimum recommended amount of sodium.

Carbohydrate loading helps athletes participating in endurance events such as Pelotonia maximize energy storage to improve endurance and delay the onset of fatigue. Snacking on fruits that are potassium rich and pretzels that contain sodium will also help replenish nutrients the body loses during the Ride.

SAMPLE TRAINING PLANS

Regardless of which distance you've chosen for Ride Weekend, our friends with the Ohio State Sports Medicine Endurance Medicine Team have developed sample training plans to ensure you're getting the miles needed in prior to Ride Weekend to get you ready! View these plans at pelotonia.org/training.

PELOTONIA MEDICAL COVERAGE ON THE WEEKEND

First Aid tents will be set up at each Rest Stop and support vehicles will patrol the route to provide immediate first aid assistance. These volunteers will offer basic first aid only. Any situation requiring greater attention will be treated at the nearest medical facility via ambulance. While riding, please carry all of your prescription medications and your health insurance card in your jersey or bike bag. The first aid staff will have no I.V. solutions or prescription medications. If you are in need of medical assistance while on the route, please call the Pelotonia Command Center at 1-855-889-RIDE (7433). In the case of an emergency, please call 911 first, then the Pelotonia Command Center so Pelotonia officials can track the incident and assist as necessary.

RIDER AND BIKE TRANSPORT TRACKING

Prior to Ride Weekend, all Riders and spectators should download the “Pelotonia Ride Tracker” from the Apple or Google Play store on your mobile device. This app allows family and friends to view their Riders' progress throughout the Ride, including receiving push notifications when Riders arrive at rest stops and approach their finish line. The app also allows departure and arrival push notifications for riders utilizing bicycle transport.

Instructions for spectator use of the Pelotonia Ride Tracker are included on page 24 in the Spectator section of this handbook. Instructions for Rider use of the app for Bike Transport are included on page 20 in the Finish Line Celebrations section of this handbook.

A man and a woman are smiling and wearing cycling gear. The man is wearing a black headband, sunglasses, and a blue and white cycling jersey with a bright green sash that says "Pelotonia". The woman is wearing a similar cycling jersey and a bright green sash. They are both wearing medals around their necks. The background is a blurred outdoor setting with a brick building.

**FOR A BRIGHTER AND
BETTER TOMORROW**
through innovative cancer research

PELOTONIA
Bath & Body Works

bbwinc.com/community-engagement

Bath & Body Works is proud
to support Pelotonia as a
Major Funding Partner

BEFORE THE RIDE

GEARING UP FOR RIDE WEEKEND

Please remember to have your bike tuned up PRIOR to Pelotonia weekend and, please, no tubular tires (sew-ups), if at all possible.

The following is a suggested packing list for Pelotonia weekend. Each Rider is permitted one bag, which cannot exceed 20 pounds. Please bring only those items essential to the weekend and do not hang items from your luggage, as they could easily be misplaced. Remember to attach the tag you receive with your credential before turning in your bag.

- Helmet
- Tuned-up bike with hand pump or at least two CO2 cartridges + nozzle
- Saddle bag with tire levers, patch kit, two spare inner tubes and a cycling multi-tool
- Cycling shoes, cycling shorts and/or tights, cycling shirt or jersey, socks, gloves
- Extra water bottle
- Sunglasses
- Sunscreen
- Lip balm
- Cell phone and charger for emergency use only (in a zip lock bag, carry with you). Portable external battery chargers for your phone are always a good idea, too!
- Identification, money/credit card (carry with you)
- Prescription medications and car/home key (carry with you—do not pack them in your luggage)
- Casual clothes

OVERNIGHT RIDERS PACKING LIST

- Sleeping clothes
- Rain gear
- Sweatshirt or fleece
- Plastic trash bag(s)—to protect dry clothing in case of rain and to pack wet items
- Pillow and pillowcase
- Sleeping bag or bed linens
- Toiletry kit
- Towels

OPENING CEREMONY

FRIDAY, AUGUST 2, 2024

All Opening Ceremony activities occur on the grounds of McFerson Commons and North Bank Park in the Arena District.

→ 11:30am–8:00pm

Rider Check-in
Rider Gift Distribution
First Aid Services
Bike Storage and Maintenance
Bag Drop-Off

→ 4:00pm–8:00pm

Dinner Buffet
Expo
Beverages

→ 6:30pm

Opening Ceremony Program

RIDER INSTRUCTIONS FOR OPENING CEREMONY

The Opening Ceremony festivities occur from 4:00pm until approximately 8:00pm. Even if riders cannot stay for the entire evening's program, all riders should plan to come to the Opening Ceremony to check in and pick up their rider Credentials Packet. Riders may also choose to drop off their bikes at the secure Bike Corral and their duffle bags at the Bag Drop-off area at McFerson Commons on Friday evening in order to alleviate logistical pressures early on Saturday morning before the ride starts. Bikes and bags must be appropriately tagged by the riders using the tags provided in the rider Credentials Packets.

Please note: Overnight bike storage on Friday will NOT be available to 65-mile or 30-mile Riders. Those Riders must bring their bikes with them to the Saturday or Sunday morning start at New Albany Schools.

TICKETS FOR OPENING CEREMONY

All riders are invited to bring one free guest to Pelotonia's Opening Ceremony festivities on Friday, August 2, 2024. The Rider wristband that is included in the Credential sheet will serve as admission to Opening Ceremony. Additionally,

a guest wristband will be included on the Credential sheet, to be worn by the Rider's guest for admission to Opening Ceremony. If a Rider wishes to bring additional guests, tickets will be available for purchase at the gate (\$25 for adults, \$15 for children 6-12, and children 5 and under will be admitted free).

PARKING FOR OPENING CEREMONY

There are several events happening in the Arena District on Friday night, and all participants and guests should park in the Marconi or Front Street Garage accessible from the east. You can easily access these parking areas by traveling south on 3rd Street or north on 4th Street, turning west on Spring St., then north on Front St. Please be patient and plan to allow extra time for traffic and parking!

Every rider and his or her guest should claim the parking pass emailed by Pelotonia in the week leading up to Ride Weekend and linked [HERE](#). Free parking will be available for riders and guests in the designated Arena District parking garages. Parking attendants and/or automated machines will be checking for the parking passes in order to give riders and their guests free access to parking. At parking garage locations where an attendant is not present, please scan the QR code included on the parking pass to be granted free access to the garage. Please retain the pass, as you will also need to scan the QR code to exit from the garage free of charge.

If at all possible, Riders should plan to carpool in order to accommodate everyone. If you prefer, you may also park in alternate downtown garages and surface lots or at street meters at your own expense. If you choose to park in an alternative surface lot, parking deck or metered spot, please make sure you understand the parking restrictions enforced by that lot.

Please note: Most parking garage entrances do not have the vertical clearance to accommodate bicycles mounted on roof racks, so please plan accordingly.

GIFT DISTRIBUTION

Ride Weekend Riders will receive their Rider gift at Opening Ceremony. You should proceed to Gift Distribution after picking up your credential, and can redeem the size tag included on your credential sheet for your gift.

Please note that if you'd like to exchange the size of your Rider gift, this cannot be done on-site at Opening Ceremony. Contact pelotonia@pelotonia.org in the week following the Ride to request a different size.

A RIDE. A WEEKEND.

TO MAKE A DIFFERENCE. TO MAKE AN IMPACT.



When an organization has a vision to look out for others and make the world a better place, extraordinary things can happen. At Huntington, we are proud to ride alongside Pelotonia in its mission to fund innovative research with the goal of Ending Cancer.

Together, we're not just dreaming of a cancer-free future—we're actively working to make it a reality. We'll see you the first weekend in August.



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OPENING CEREMONY

FRIDAY, AUGUST 2, 2024

RIDER CHECK-IN

After parking, riders should proceed to the rider check-in area. On Friday morning, each Rider will receive a text from Pelotonia indicating the box location of their credential for pick-up. Upon arrival, each Rider should show this text to the Rider Check-In volunteers, and also be prepared to display a driver's license or other photo ID to receive their Rider Credentials, which include:

BE SURE TO BRING THE APPROPRIATE TAGS, CREDENTIALS, TICKETS AND PARKING PASS WITH YOU TO YOUR RIDE START!

PLEASE NOTE: THERE IS A SEPARATE CHECK-IN FOR HIGH ROLLERS.

- ① **Bike Plate:** Riders should securely fasten the bike plate to the front of their handlebars using the provided zip ties before arriving to Ride starts on Saturday and/or Sunday. This piece must be attached properly to your bike throughout Ride Weekend to allow the RFID tag to be read for your finish line photos and to allow family and friends to track you along your Ride.
- ② **Rider ID Wristband:** The Rider ID bracelet is the Rider's passport to Pelotonia weekend. This allows all Riders to enjoy the amenities at Opening Ceremony and throughout the weekend. Please wear your wristband starting on Friday and DO NOT take it off until you leave Pelotonia weekend for the last time. NO ONE will be permitted to ride on Saturday or Sunday without a Rider ID wristband.

- ③ **Opening Ceremony Guest Wristband:** This piece will serve as your guest ticket for 2024 Opening Ceremony, and can be provided to your guest for complimentary admission.
- ④ **Luggage Tag:** Riders should securely fasten this tag to their bag before handing off to Pelotonia volunteers. Please note that it will not be possible for Pelotonia to deliver any bags that are not properly tagged to the appropriate finish line areas. Any unidentified or unclaimed bags will be taken to Pelotonia HQ to be claimed after the event.
- ⑤ **Seat Post Tag:** Riders should attach this piece to the seat post of their bike by wrapping it around and using the included adhesive strip. This allows Riders to identify each other along the route.

OPENING CEREMONY

FRIDAY, AUGUST 2, 2024

ENTRY GATES

Multiple entry points to the Opening Ceremony will be available. Riders and their guests must present their Rider and/or guest ticket wristbands before they will be allowed to enter the Opening Ceremony festivities. Each wristband can be used only once.

LATE RIDER CHECK-IN

For any rider who is unable to attend the Opening Ceremony on Friday evening, the rider check-in area will be open for late check-in on Saturday morning. If you must take advantage of late check-in at McFerson Commons, PLEASE ARRIVE AT LEAST AN HOUR PRIOR TO YOUR SCHEDULED START TIME.

A late Rider check-in area will also be set up on Saturday at New Albany Schools between 7:00am and 8:00am, and on Sunday at New Albany Schools between 8:00am and 9:00am. If you must take advantage of late check-in at these locations, PLEASE ARRIVE AT LEAST 30 MINUTES PRIOR TO YOUR SCHEDULED START TIME.

BIKE STORAGE FOR 20/50/100/190-MILE RIDERS

On Friday evening, riders may choose to turn in their properly tagged bikes at the area designated as the Bike Corral. Pelotonia volunteers will help park the bikes. Located at the south end of McFerson Commons, the Bike Corral is well-lit, fenced, and will be monitored by security personnel throughout the night.

Please note: Overnight bike storage on Friday will NOT be available to 65-mile or 30-mile Riders. Those Riders must bring their bikes with them to the Saturday or Sunday start location at New Albany Schools.

BIKE MAINTENANCE

Please plan to tune up your bike prior to bringing it to Pelotonia weekend. However, if you need emergency assistance on Friday evening, bike mechanics will be located near the Bike Corral and throughout the expo to assist you with minor adjustments and repairs. Bike mechanics will also be available at the Saturday and Sunday morning start locations.

BAGS

Every rider is entitled to check in one bag for Pelotonia weekend. We ask that riders bring only those items that are essential. Please note that there will not be showers at the 20-mile finish so there is no need to bring shower supplies if you are stopping at that finish area. For those riders who are staying overnight, please see the Packing List that can be found on page 6.

BAG STORAGE

On Friday evening, riders may choose to turn in their properly tagged bags at the Bag Drop-off area. Pelotonia volunteers will sort the bags to be delivered to the appropriate finish area that is noted on the bag tag. In the event you decide to finish at a location other than the location noted on your bag tag, please notify a Pelotonia volunteer as soon as possible for assistance in retrieving your bag from the location noted on your tag.

BEVERAGES

A variety of beverages will be available at the Opening Ceremony festivities. For those who wish to enjoy alcoholic beverages at the Opening Ceremony, a valid driver's license or other photo ID will be required for Pelotonia volunteers to provide a wristband that must be worn for the rest of the evening. Alcoholic beverages will not be provided to anyone who is not wearing the proper wristband.

DINNER BUFFET

A dinner buffet will be provided for riders and their guests. Pelotonia expects to accommodate thousands of riders and guests, so please plan accordingly as the buffet area will become very busy during the peak arrival time.

FIRST AID ASSISTANCE

If you need assistance with a medical question or issue, First Aid volunteers will be available at the Opening Ceremony on Friday evening. Please note that the First Aid volunteers will not be dispensing supplies or medications prior to the ride, unless there is an emergency at which time appropriate EMT support will be contacted to assist.



Victoria's Secret & Co. is proud to support Pelotonia in the commitment to advancing innovative cancer research. Our partnership reflects our deep commitment to making a difference in the fight against cancer. By supporting Pelotonia, we contribute to transformative initiatives, fostering hope and progress in the pursuit of a cancer-free future. Together, we empower a community united in strength and resilience.

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PELTONIA

RIDER SCHEDULES

DAY ONE → SATURDAY, AUGUST 3, 2024

**McFerson Commons /
Arena District Start**

240 W. Nationwide Blvd., Columbus, OH 43215

**20-mile Start / 50-mile Start /
100-mile Start****New Albany Schools**

177 N. High St., New Albany, OH 43054

65-mile Start**Common Schedule****→ 5:30am**

McFerson Commons start venue opens to provide: First Aid Services, Bike Maintenance, Bag Drop-Off, Breakfast

→ 6:00am

New Albany Schools start venue opens to provide: First Aid Services, Bike Maintenance, Bag Drop-Off, Breakfast

→ 15 Minutes before scheduled start

Riders will be moved into the Holding Area, where they'll line up to enter the chute

→ 7:00am-8:45am

Ride starts by distance

7:00 am & 7:15am: 100 Mile Riders

7:30am, 7:45am & 8:00am: 50 Mile Riders

8:15am, 8:30am & 8:45am: 20 Mile Riders

→ 7:00am-11:00am

Morrison Drive Rest Stop

→ 8:00am

65-Mile Start at New Albany Schools

→ 7:45am-1:00pm

Licking Heights Rest Stop

→ 8:00am-12:30pm

Watkins Middle School Rest Stop

→ 8:30am-2:00pm

Granville Elementary Rest Stop

Lunch provided by T. Marzetti

→ 9:00am-1:00pm

20-mile Finish at Abercrombie & Fitch Co.

Shuttles and Bike Trucks depart as they fill

→ 9:00am-4:00pm

Licking Valley Elementary Rest Stop

→ 10:00am-6:30pm

Bladensburg Community Center Rest Stop

→ 10:00am-3:30pm

**JPMorgan Chase 50-mile Finish
at New Albany Schools**

Shuttles and Bike Trucks depart as they fill

→ 10:00am-8:00pm

65- & 100-mile Finish at Kenyon College

Shuttles and Bike Trucks depart as they fill

RIDER SCHEDULES

DAY TWO → SUNDAY, AUGUST 4, 2024

New Albany Schools

177 N. High St., New Albany, OH 43054

30-Mile Loop

- **7:00am**
Start Venue open to provide: First Aid Services, Bike Maintenance, Bag Drop-Off, Breakfast
- **8:30am**
30-Mile Riders begin to stage
- **9:00am**
30-Mile Riders depart
- **9:00am-10:30am**
Souders Elementary School Rest Stop
- **9:30am-4:30pm**
Bevelhymer Park Rest Stop
- **10:00am-5:00pm**
30- & 90-Mile Finish at New Albany Schools

Kenyon College

221 Duff St., Gambier, OH 43022

90-Mile Return

- **5:00am**
Rider Wake Up
- **5:30am**
Kenyon's Lowry Center open to provide: First Aid Services, Bike Maintenance, Bag Drop-Off, Light Breakfast
- **6:30am**
90-Mile Riders begin to stage
- **7:00am**
90-Mile Riders depart
- **7:30am-10:00am**
FC Bank Fredericktown Rest Stop
- **8:00am-12:00pm**
Cardington Elementary School Rest Stop
- **9:00am-2:30pm**
Highland High School Rest Stop
Lunch provided by T. Marzetti
- **9:30am-4:00pm**
Hartford Square Rest Stop
- **9:30am-4:30pm**
Bevelhymer Park Rest Stop
- **10:00am-5:00pm**
30- & 90-Mile Finish at New Albany Schools

Proud Supporting Funding Partner of Pelotonia



We ride to end cancer

Every year we band together to rally around a single goal: ending cancer. Since our first ride, Team Safelite has donated \$1.6 M, pedaled 21,046 miles and helped fuel a decade of people-powered progress. Every year we get closer to a cure. Until then, we'll see you on the road.



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DURING THE RIDE

All 20, 50, and 100-mile Riders departing from McFerson Commons will be assigned a specific starting time, with Riders beginning at times designated by distance throughout the morning between 7:00am and 8:45am. Designated start time for each Rider will be indicated on credentials and will also be communicated to Riders the week of the Ride.

65-mile Riders leaving from New Albany Schools on Saturday will depart at 8:00am. 30-mile Riders leaving from New Albany Schools on Sunday will depart at 9:00am. Two-day Riders will leave Kenyon at 7:00am on Sunday.

All Riders should plan to arrive at their start venue no earlier than 2 hours prior to their assigned start time, and no later than 1 hour prior to their assigned start time.

Please note that Pelotonia will not be able to accommodate the movement of Riders between start times. If you arrive after your assigned start time due to circumstances outside of your control, please visit the on-site Administration tent or find a Pelotonia Volunteer for assistance.

RIDER PARKING

Riders may park in the Arena District and at New Albany Schools for the duration of their participation in Pelotonia weekend, including overnight for two-day Riders. At McFerson Commons, free parking will be available for riders and guests in designated Arena District garages. Free surface lot parking will be available at New Albany Schools.

Riders starting at McFerson Commons in the Arena District should use the parking pass linked in the email from Pelotonia (also available on pelotonia.org) to park in specified Arena District parking garages or surface lots. At parking garage locations where an attendant is not present, please scan the QR code included on the parking pass to be granted free access to the garage. Please retain the pass, as you will also need to scan the QR code to exit from the garage free of charge.

If you prefer, you may also park in alternate downtown garages and surface lots or at street meters at your own expense. If you choose to park in an alternate surface lot, parking deck or metered spot, please make sure you understand the parking restrictions enforced by that lot.

Please note: Most parking garage entrances do not have the vertical clearance to accommodate bicycles mounted on roof racks, so please plan accordingly.

GUESTS AT THE COMMENCEMENT OF THE RIDE

We encourage guests to join us to send off the riders on Saturday morning. For Riders starting downtown, guests should plan to park and walk to a location on Long Street to watch riders depart from McFerson Commons in the Arena District.

Guests are also encouraged to cheer for Riders leaving from McFerson Commons from any location along Broad St. Please adhere to any posted parking advisories or guidance, and access these areas using roadways other than those being utilized by cyclists at all times.

DURING THE RIDE

STAGING

At McFerson Commons, all Riders will be staged in designated starting groups for the commencement of the ride. Specifically, bike tags will be of a distinct color which corresponds to each Rider's pre-assigned start time. Staging groups are determined by ride distance and Peloton affiliation, with the riders going the farthest being released first. Riders will not be allowed to enter the chute or holding areas until their staging group has been called and there will be one designated entry point at the back of the chute that all riders must use. **All Riders will need to load into the chute 15 minutes before their scheduled start time. In the meantime, please keep the roadway clear for earlier staging groups while you enjoy the complimentary breakfast and coffee.** We appreciate your patience and cooperation as we ensure a safe start for all Pelotonia riders.

GREEN	GROUP 1: 100 MILES 7:00am
DARK BLUE	GROUP 2: 100 MILES 7:15am
PINK	GROUP 3: 50 MILES 7:30am
ORANGE	GROUP 4: 50 MILES 7:45am
LIGHT BLUE	GROUP 5: 50 MILES 8:00am
FOREST GREEN	GROUP 6: 20 MILES 8:15am
YELLOW	GROUP 7: 20 MILES 8:30am
GRAY	GROUP 8: 20 MILES 8:45am

Arrows in the maps indicate chute entry points. No riders are allowed to stage, congregate or start the ride in areas not designated by Pelotonia. If you stage, congregate or start the ride in areas not designated by Pelotonia, you do so at your own risk.

McFerson Commons in the Arena District Staging



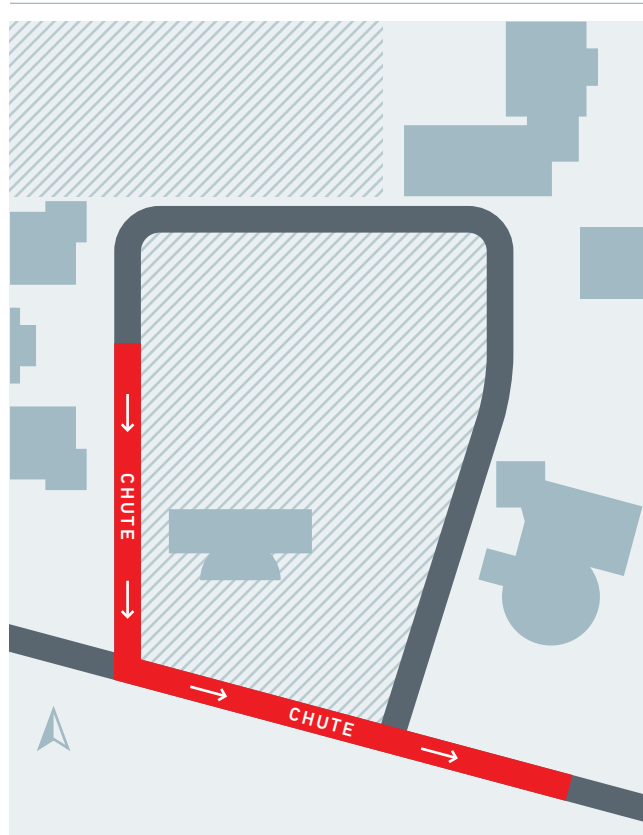
For starts at New Albany Schools and Kenyon College, smaller numbers of Riders allow all Riders to start together in a single staging group.

RIDE STARTS

Due to the large number of participants, the route is very crowded at the start of the ride. At this point especially, it is extremely important for all riders to adhere to the rules of the road previously mentioned. Please maintain strict adherence to Ohio law which dictates riding no more than two abreast in a lane. Remember, Pelotonia is not a race. Please be patient, careful and courteous to those around you. After this initial phase, the group will slowly spread out and riders can settle into a comfortable pace for the remainder of their ride. The only exception to these rules are in starting at McFerson Commons. In this area, it is

DURING THE RIDE

New Albany Schools Staging



necessary to Ride more than two abreast for a short stretch of route only. Once you turn onto Broad St., resume strict adherence to Ohio law which dictates riding no more than two abreast in a lane.

FIRST AID ASSISTANCE

First aid assistance will be available at every stop along the route, including the commencement of the rides at McFerson Commons, New Albany Schools, and Kenyon College. First Aid volunteers will also be riding in support vehicles that will patrol the route throughout the day. Please remember that volunteers will provide only basic first aid services and will not dispense any prescription medications or treatments. EMT and hospital services will be on call throughout the day at appropriate locations along the route.

SIGNAGE

Pelotonia is a rules of the road ride. Please pay careful attention to the Pelotonia signage along the route. In addition to directing riders along the route, it will warn riders of any specific areas where riders should remain particularly cautious of oncoming traffic or road conditions. Please also pay attention to any signage at the rest stops, which will warn of dangerous heat indexes or other weather conditions.

SUPPORT VEHICLES/VOLUNTEERS

There will be support vehicles patrolling the route with First Aid volunteers inside. There will also be mechanical support vehicles separately patrolling the route to help with any bike maintenance issues that may arise. Motorcycle support will also be stationed along the route to assist riders as needed.

PERSONAL SUPPORT VEHICLES

Given that Pelotonia has arranged for a significant number of support vehicles and support volunteers to monitor the entire route, we respectfully request that riders DO NOT have personal support vehicles follow them along the route. Though this is a rules of the road ride and riders will be proceeding along public roads, the route is obviously safer when there are fewer vehicles travelling on it.

REST STOPS

There will be Rest Stops along the route approximately every 10–24 miles. Drinks, food, mechanical support and first aid assistance will be available at every stop.

LUNCH REST STOPS

65-mile and 100-mile Riders who are going to Kenyon College on Saturday, and 90-mile Riders on Sunday should not invite family and friends to meet them at the lunch rest stops. These rest stops are not intended to be public gathering places and the food and drink are not available to the public. Family and friends are more than welcome to meet riders at the finish line celebrations where accommodations have been made for guest parking and meals.

ROUTE CLOSURE

All Pelotonia routes will close at 6pm on Saturday, August 3rd and at 4pm on Sunday, August 4th to ensure the safety of all participants. Pelotonia may choose to advance Riders via shuttles and/or SAG vehicles if they are not on pace to reach their designated finish by the route closure time or in the event of inclement weather.

DURING THE RIDE

HELP LINE

If you need assistance for any reason during the ride and you cannot locate a Pelotonia volunteer, please call or text **1-855-889-RIDE (7433)**.

STOPPING BEFORE YOUR CHOSEN FINISH

If a rider needs to stop before reaching his or her chosen finish area, the rider should contact the nearest Pelotonia volunteer, support vehicle, or call 1-855-889-RIDE (7433). Pelotonia will determine how and where to transport the rider at that time. In this situation, please be patient as we make arrangements to transport the rider's bag to the new chosen location.

RIDING FARTHER THAN YOUR CHOSEN FINISH

If a rider wishes to ride farther than his or her chosen finish area, the rider should contact the nearest Pelotonia volunteer to indicate his or her intentions. Please remember that the fundraising commitment irrevocably increases if riding farther than the finish area for which a rider initially registered.

WEATHER CONDITIONS

Weather is unpredictable and rain is a very real possibility. Barring severe weather emergencies, Pelotonia continues despite poor weather conditions. Riders should be prepared for high winds, temperatures ranging from 50-100 degrees Fahrenheit, heavy rainfall, and/or a combination of these conditions.

Given that weather can change during the event, weather related announcements may need to be issued after the start of the ride. Color-coded flags will be used to communicate the status of forecasted weather conditions. These flags will be displayed on SAG vehicles and at rest stop/finish areas as follows:

GREEN FLAG—SAFE TO PROCEED

Fair weather through light/moderate rain.

YELLOW FLAG—PROCEED WITH CAUTION

Excessive heat, moderate to strong winds, heavy rain or other precipitation is creating potentially hazardous situations on the route.

RED FLAG—DO NOT PROCEED

Severe weather warnings have been issued by the National Weather Service or severe precipitation is creating hazardous conditions or flooding on the route. Proceeding along the route is considered unsafe at this time. Riders who proceed do so at their own risk.

Pelotonia reserves the right to postpone the ride start, reduce the ride length, restrict ride options, or cancel the ride to ensure the safety of its participants. We will do everything within our capabilities to communicate cancellation, postponement, or alteration of the event to riders as quickly as possible. In all cases, riders are responsible for their own safety and should use their best judgment in deciding whether or not to continue if severe weather conditions exist.

FINISH LINE CELEBRATIONS

FINISH LINE CELEBRATIONS

There will be a celebration at each location where riders are finishing their chosen rides. Specifically, there is a celebration at:

- (1) **Abercrombie & Fitch Co. for the 20-mile Riders,**
- (2) **New Albany Schools for the 50-mile Riders,
Sponsored by JPMorgan Chase**
- (3) **Kenyon College for the 65-mile and 100-mile Riders**
- (4) **New Albany Schools for the 30-mile and 90-mile
Sunday Riders**

Finish line parties are meant to celebrate not only the riders' physical accomplishments, but more importantly, their fundraising commitments. Riders finishing as 100-mile riders have made a higher fundraising commitment than those finishing at the 20-mile or 50-mile locations. If you are a rider who raised more than the minimum required for your chosen route, you may attend any finish line celebration for which you have reached the minimum fundraising commitment. For example, if you are a 20-mile rider who has raised \$2,000, you may attend the finish line celebration at Kenyon College because you have met the same fundraising commitment made by the 100-mile riders.

GUESTS AT FINISH LINE CELEBRATIONS

We encourage guests to come and cheer on riders as they arrive at a particular finish line. Guests should look for designated guest parking areas at all of the finish line celebrations. Guests are invited to enjoy food and beverages at finish line celebrations, including a dedicated Spectator Zone which is stocked with snacks and beverages. Finish line guests are also welcome to bring a picnic or snacks to enjoy while you are cheering on the Riders. Please note that, unlike the finish line celebrations, the lunch rest stop is not open to the public and, thus, guests should not attempt to enter this location.

BIKE TRANSPORTATION FROM FINISH AREAS

If you are taking a shuttle back to McFerson Commons or New Albany Schools, you should immediately take your bike to the designated bike trucks upon arrival at your finish area. Volunteers will help load the bikes onto the trucks safely and securely. If you are concerned about transporting your bike, you may want to apply bubble wrap to your bike before it is loaded. Please note that all bike trucks and Rider shuttles must be filled completely before departing, so some delays may occur.

To track a bicycle that is being transported, Riders should download the Pelotonia Ride Tracker app to their mobile device, select "Bike Transportation", search for their name, then click on their name in the search results. This will add that Rider's bike tracking onto the main screen of the app to view transport progress and give the option to subscribe to push notifications. The participant will be notified when their bike is loaded for transport and when it arrives at its destination.

If you have questions about bike transportation during Ride Weekend, please view the "Info" tab within the "Bike Transportation" event of the app for contact information and assistance.

RIDER SHUTTLES AT FINISH AREAS

Buses will return riders from their chosen finish areas to their cars at McFerson Commons and New Albany Schools. Pelotonia has done its best to anticipate the flow of riders during the event and has planned the shuttle schedule from each finish area accordingly. Please understand that, in order to run the shuttles efficiently, Pelotonia must fill a shuttle bus before it will leave the finish area. Thus, if you are a rider who finishes your ride well in advance of the other riders in your group, you may have to wait a bit longer than the others in order for your shuttle to leave. Please be patient with this process. We will provide ample food and beverages while riders are waiting for a shuttle to fill.

If you know that you must leave your finish area by a specific time, please consider having someone meet you at your finish line to transport you and your bike back. Please note that bikes will NOT be permitted onto Rider shuttles due to space constraints.

FINISH LINE CELEBRATIONS

SHOWERS

On Saturday, 50-mile Riders will have access to a shower trailer at New Albany Schools and 65-mile and 100-mile riders will be able to take showers in locker rooms located inside the Kenyon's Lowry Center. Locker rooms will be separated by gender. Two-day riders should use the restrooms and showers in the dormitory rooms to which they are assigned to ease the potential for lines in the locker rooms.

On Sunday, riders will have access to a shower trailer at New Albany Schools. There will not be showers available at the finish area for 20-mile riders; however, those riders may still bring a bag with a change of shoes and other essentials.

NURSING MOTHERS

Private areas (tents and/or indoor spaces) with power, fans, snacks and drinks will be available for nursing mothers at all start and finish venues, as well as Opening Ceremony. These spaces are available for all Riders, Volunteers, and guests, and no pre-registration is needed for access. Please

see on-site site maps or volunteers for exact location of these areas at each venue. Additionally, Pelotonia hopes to ease the logistical burden on mothers riding in Pelotonia by transporting pumps from the Rider's start to finish.

- Pumps will be transported from the First Aid station at the start line to the First Aid station at the finish line.
- Pumps will be tagged with name, cell #, and route. They will also be tagged with an Apple AirTag and monitored by Pelotonia staff to ensure accurate delivery.
- If you would like to use the equipment transportation service, please fill out the survey linked [HERE](#) in advance of Ride Weekend to ensure we can plan efficiently.

Please visit <https://www.pelotonia.org/ride-weekend/nursing-mothers> for all the details about accommodations available for nursing mothers throughout Ride Weekend.

At Barbasol, we know the importance of cancer research.

For each Pelotonia rider and volunteer, for each doctor, researcher, nurse, and technician that fuels new therapies, new breakthroughs, new treatments – we applaud each one of you.

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Thank you all for your continued dedication.



SPECTATOR INFORMATION

Spectators are such an important part of the Ride Weekend experience! Find all the information you need to spectate safely here, and visit pelotonia.org/cheer for more info!

PARTICIPATION

Pelotonia's mission is to raise money for cancer research. If you're unable to participate as a Rider or volunteer, but would still like to fundraise, you can become a Challenger. Please visit [Pelotonia.org](https://pelotonia.org) for additional information and to register.

INJURIES

If a Rider is hurt or otherwise unable to finish the Ride, support vehicles or First Aid volunteers will provide appropriate first aid assistance and will contact EMT services if necessary. If a Rider is transported to a medical facility, the Rider's designated emergency contact person will be notified of the nature of the injury and the medical facility to which the Rider was transported. If a Rider does not need to be transported for an injury but is otherwise unable to finish his or her Ride, support vehicles will pick up the Rider and transport them to the nearest finish area where the Rider may be picked up or take a shuttle back to McFerson Commons or New Albany Schools.

SUPPORT YOUR RIDER

We encourage guests to cheer on Riders as they proceed along the route and arrive at their finish areas. When traveling to a particular portion of the route, including a finish line celebration, guests should make every effort to travel along alternative roads in order to keep the route as clear of cars as possible. Guests should also park cars away from the route in order to keep those roads clear and safe for Riders. At finish line celebrations, guests must follow all instructions provided by members of law enforcement and Pelotonia volunteers and should look for signage directing them to designated guest parking areas. Please note that guests are not invited to enter any of the rest stops along the route, including the lunch rest stop. Guests must not attempt to enter rest stops for any reason as it endangers the Riders who are entering and exiting the properties. Additionally, please note that putting spray paint on public roadways in an effort to cheer on Riders is strictly prohibited by law.

RIDER TRANSPORTATION/GUEST PARKING

How do I pick up my Rider at Abercrombie & Fitch Co.?

Abercrombie & Fitch Co. is located at 7906 Central College Rd, New Albany, OH 43054. All guests must access the property from Central College Rd., as vehicular traffic will be prohibited from the Smith's Mill Road entrance. We anticipate that most 20-mile Riders will reach the finish between 10:30am and 12:30pm. Please look for areas designated as Guest Parking.

How do I pick-up my Rider at New Albany Schools?

New Albany Schools are located at 177 N. High St. New Albany OH 43054. Please do not proceed along the route to reach this destination. We anticipate that most 50-mile Riders will reach New Albany Schools between 10:00am and 2:30pm. On Sunday, we anticipate that most 30-mile Riders will finish between 10:00am and 1:00pm, and most 90-mile Riders will finish between 11:00am and 5:00pm. There will be ample parking at New Albany Schools. Please look for areas designated as Guest Parking.

How do I pick-up my Rider at Kenyon College?

The Riders will finish at the Lowry Center, which is located at 221 Duff Street, Gambier, Ohio 43022. Please do not proceed along the route to reach this destination. We anticipate that most 65-mile and 100-mile Riders will reach Gambier between 11:00am and 6:00pm. Guests should enter Kenyon College traveling west on Newcastle Road (Route 229) using Duff Street and park in the lots near the Kenyon's Lowry Center. **Please note that major construction will be happening at the intersection of 229 & 308, and Kenyon's campus will ONLY be accessible by traveling west on 229. We recommend guests take Route 62 to 229 to Kenyon College to avoid road closures and major traffic delays. Please take care when approaching guest parking on Kenyon's campus as you may need to cross the route to access parking areas. Please look for areas designated as Guest Parking and follow the direction of parking attendants at all times.**

If my Rider took the shuttle back to their start venue, how do I pick them up?

Riders who take Pelotonia's shuttles back from their finish areas can be picked up at McFerson Commons or New Albany Schools. Guests may park in parking decks, surface lots or metered parking at McFerson Commons in the Arena District. Surface lot parking will be available at New Albany

SPECTATOR INFORMATION

RIDER TRACKING

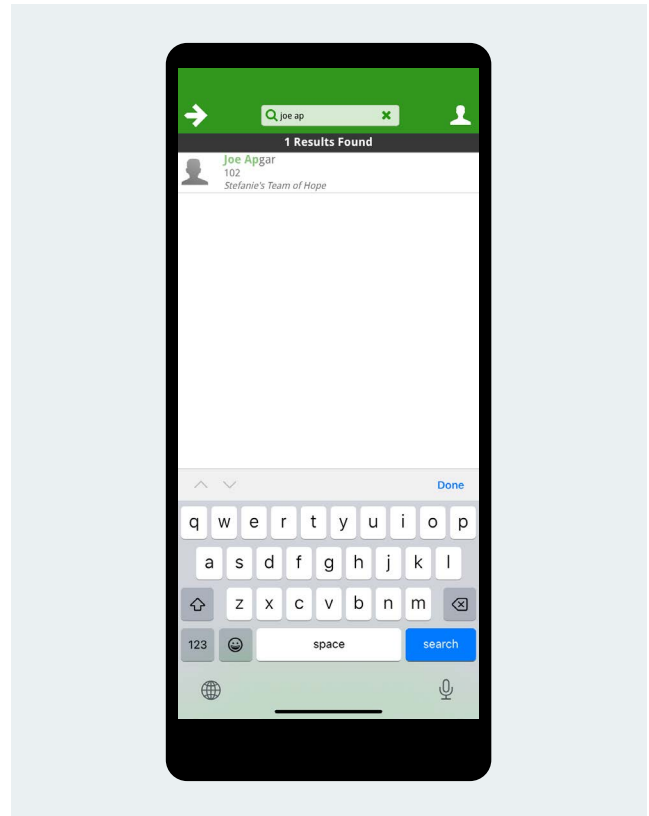
All spectators can download the “Pelotonia Ride Tracker” from the Apple or Google Play store on your mobile device. This app allows family and friends to view their Riders’ progress throughout the Ride, including receiving push notifications when Riders arrive at rest stops, and are approaching their finish line.

To follow a Rider, spectators should download the app to their mobile device, search for the participant they wish to track, then click on their name in the search results. This will add that participant to the main screen of a spectator’s app to view their progress and also give the option to subscribe to push notifications for that participant.

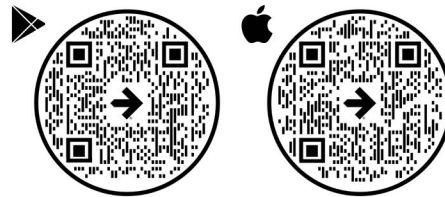
ACCESSIBILITY AT PELTONIA

Pelotonia is committed to providing an inclusive experience and furthering accessibility for all spectators regardless of ability, both apparent and non-apparent.

Accessible parking and restrooms are available at all start and finish venues, as well as other accommodations across Ride Weekend. Please visit <https://www.pelotonia.org/ride-weekend/accessibility> for more information about accessibility at Pelotonia events.



“Pelotonia Ride Tracker” app download



SPECTATOR INFORMATION

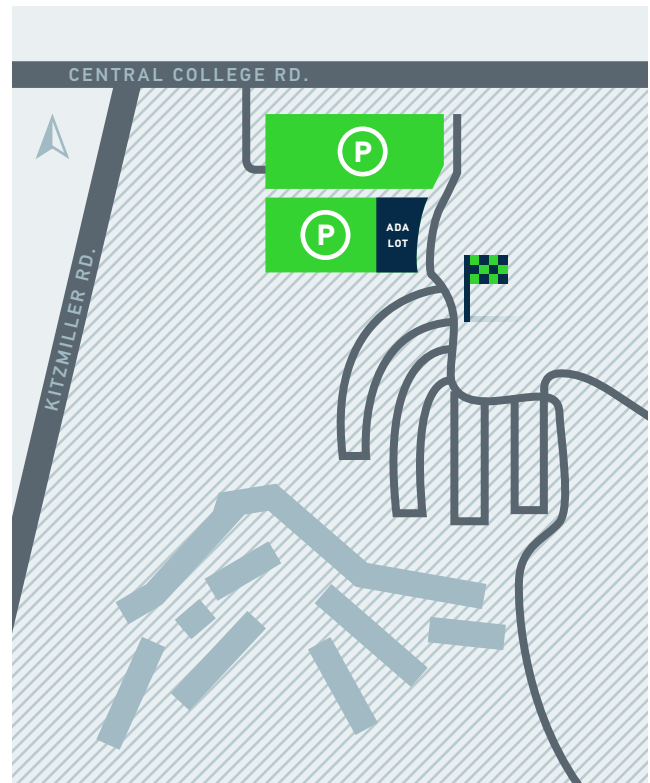
New Albany Schools Parking



Kenyon College Parking



Abercrombie & Fitch Co. Parking



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