



**PELOTONIA®**

EVENT  
HANDBOOK

---

# TABLE OF CONTENTS

Before the Ride..... 3

Opening Ceremony..... 7

Rider Schedules..... 8

During the Ride..... 11

Rider Frequently Asked Questions ..... 17

Families & Other Supporters ..... 19

Frequently Asked Questions

---

# 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.
- Pass on the left side only.
- Helmets must be worn at all times while riding.
- Headphones, iPods and radios 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

The 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. It can be found at [pelotonia.org/safety](http://pelotonia.org/safety).

---

## TIPS FOR SAFE GROUP RIDING

### BE PREDICTABLE

Group riding requires even more attention to predictability than riding alone. Other Riders expect you to continue straight ahead at a constant speed unless you indicate differently.

### USE SIGNALS

Use hand and verbal signals to communicate with fellow cyclists and with other traffic. 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.

### GIVE WARNINGS

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.

### CHANGE POSITIONS CORRECTLY

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

### ANNOUNCE HAZARDS

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.

### WATCH FOR TRAFFIC COMING FROM THE REAR

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.”

### WATCH OUT AT INTERSECTIONS

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.

### LEAVE A GAP FOR CARS

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.

### MOVE OFF THE ROAD WHEN YOU STOP

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 ONE OR TWO ACROSS

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.

---

## 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.

---

## 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.

---

## BEFORE THE RIDE

---

### GEARING UP FOR PELOTONIA WEEKEND

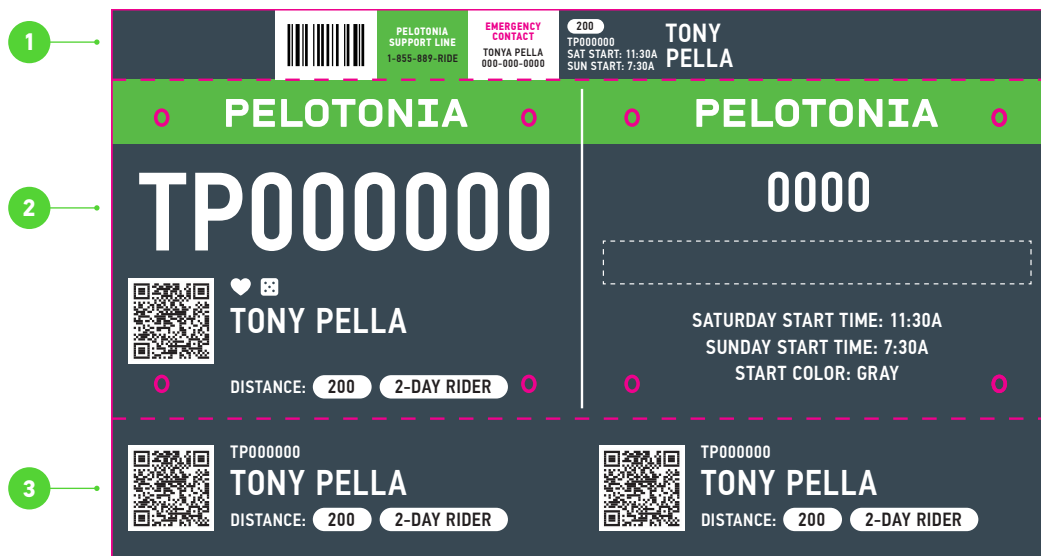
If you are using a Pelotonia shuttle and you are concerned with the possibility of your bike being scratched in transport, we suggest you pack and apply bubble wrap to your bike before it is loaded.

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 duffle bag, which cannot exceed 20 pounds. Please bring only those items essential to the weekend. Please do not hang items from your luggage at anytime during the weekend as they could easily be misplaced. Please remember to attach the tag you receive with your credential mailing before turning in your bag.

- ☐ **HELMET**
- ☐ **TUNED-UP BIKE WITH HAND PUMP AND 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 FOR EMERGENCY USE ONLY (IN A ZIP LOCK BAG, CARRY WITH YOU)**
- ☐ **IDENTIFICATION, MONEY/CREDIT CARD (CARRY WITH YOU)**
- ☐ **PRESCRIPTION MEDICATIONS AND CAR/HOME KEY (CARRY WITH YOU—DO NOT PACK THEM IN YOUR LUGGAGE)**
- ☐ **RAIN GEAR**
- ☐ **SWEATSHIRT OR FLEECE**
- ☐ **PLASTIC TRASH BAG(S)—TO PROTECT DRY CLOTHING IN CASE OF RAIN AND TO PACK WET ITEMS**

## BEFORE THE RIDE

**RIDER CREDENTIAL PACKETS**

All Riders who are registered on or before Friday, July 23rd, 2021 will have their credential packet mailed to the home address listed in their Rider Profile. Participants registering on July 24th, 2021 or later will be able to pick up their credential packet at Pelotonia HQ from 9:00am to 5:00pm August 3rd to August 5th, or at the Opening Ceremony Admin tent on Friday, August 6th. Packets will include the Rider credential sheet, as well as Opening Ceremony materials, Pelotonia swag, and important event information. **Please ensure that your correct mailing address is included in your Rider profile on or before July 23rd to ensure your packet is mailed to the correct location!**

If you registered on or before July 23rd, but made a change to your route after that date, please visit the Admin area at Opening Ceremony to receive a corrected credential.

The credential sheet in your packet will include the following pieces:

- 1. Rider ID Bracelet:** 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 bracelet.

- 2. Bike Tag:** Riders should securely fasten this tag to the front handlebars of their bike using the supplied zip ties before arriving to Ride starts on Saturday and/or Sunday. Whether you plan to utilize bike shuttles and/or leave your bike overnight or not, you will still need to have this tag attached to your bike to be allowed to ride on Saturday or Sunday.
- 3. 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.

Be sure to bring the appropriate tags, credentials, tickets and parking pass with you to Opening Ceremony and your Ride start!

---

# OPENING CEREMONY

## ➔ FRIDAY, AUGUST 6, 2021

**Opening Ceremony will occur at Lower.com Field, the NEW Crew Stadium, 96 Columbus Crew Way, Columbus, OH 43215.**

- 
- ➔ The Opening Ceremony is 6:00pm–8:00pm EDT
  - ➔ Program starts at 7:00pm EDT
  - ➔ Food and drinks are provided with admission.
  - ➔ Pelotonia will email you information on how to claim your 2 FREE tickets, as well as your parking pass for the weekend.
  - ➔ Additional guest tickets will be available at the gate

**\$25 for adults**

**\$15 for children 6–12**

**FREE for children 5 and under**

- ➔ Stay up-to-date on the latest information at [pelotonia.org/opening-ceremony](https://pelotonia.org/opening-ceremony).

---

**Please note: Overnight bike storage on Friday will NOT be available for Ride Weekend 2021. Riders should plan to bring their bike with them to their respective start on Saturday morning.**

**Overnight bike storage will be available for 2-day Riders who would like their bike sent to the Sunday New Albany start from their respective finish on Saturday. Please be sure, if you wish to use this service, that you communicate with Bike Management Volunteers at your finish location.**

---

# RIDER SCHEDULES

## → DAY ONE

### Saturday, August 7, 2021

This year, Pelotonia will be offering two starting line options: the *traditional start* or *controlled start*.

**TRADITIONAL START** — Riders participating in the traditional start will see a larger number of Riders in every 30 minute wave, and masks will not be required (but still recommended for any unvaccinated Riders).

**CONTROLLED START** — Riders participating in the controlled start will see a smaller number of Riders in every 30 minute wave, with maximum numbers being determined based on allowing all Riders 6 feet of social distancing while in the starting chute. The controlled start will also require masks while in the chute.

Both starts will continue to have enhanced cleaning practices of high touch surfaces & prepackaged breakfast food options.

For downtown starts, the traditional and controlled starts will be hosted at separate venues, with Riders meeting up with those from the alternate start on route. For New Albany starts, the traditional and controlled starts will be hosted at the same venue but with a single start time per distance designated for those opting into the controlled start.

---

#### McFerson Commons / Arena District Start

240 W. Nationwide Blvd.  
Columbus, OH 43215

##### TRADITIONAL START

20-mile  
50-mile  
100-mile

---

#### Columbus Commons

160 S. High St.  
Columbus, OH 43215

##### CONTROLLED START

20-mile  
50-mile  
100-mile

---

#### New Albany Schools

177 N. High St.  
New Albany, OH 43054

##### TRADITIONAL and CONTROLLED STARTS

80-mile Start  
*sponsored by Lower.com*

# RIDER SCHEDULES

## → DAY ONE

**Saturday, August 7, 2021**  
**Common Schedule**

### → 5:30am

Start Venues open to provide: First Aid Services, Emergency Services, Bike Maintenance, Bag Drop-Off

### → 90 Minutes before scheduled start

Riders have access to Holding Area 1 at their respective start, including Light Breakfast, Bike Maintenance and First Aid Services

### → 30 Minutes before scheduled start

Riders will be moved into Holding Area 2, where they'll line up to enter the chute

### → 7:00am-11:30am

Ride starts will depart every 30 minutes based on assigned staging groups

### → 7:00am-1:00pm

Tech Center Drive Rest Stop

### → 7:30am-1:00pm

Lower.com Rest Stop

### → 7:30am-3:00pm

Granville Intermediate School Rest Stop

### → 8:00am-1:00pm

South End Park Rest Stop (More Hilly Route Only)

**Lunch provided by T. Marzetti**

### → 8:00am-2:00pm

Hartford Square Rest Stop (Less Hilly Route Only)

**Lunch provided by T. Marzetti**

### → 8:30am-4:00pm

Highland High School Rest Stop  
 (Less Hilly Route Only)

### → 8:30am-2:30pm

Bladensburg Community Center Rest Stop  
 (More Hilly Route Only)

### → 9:00am-5:30pm

Fredericktown High School Rest Stop  
 (Less Hilly Route Only)

### → 9:30am-5:00pm

Kokosing Gap Trail Rest Stop  
 (More Hilly Route Only)

### → 10:00am-5:30pm

**JPMorgan Chase 50-mile Finish  
 at Bevelhymer Park**

**50-mile Finish Celebration**

*Shuttles and Bike Trucks for 50-mile riders  
 depart as they fill up*

### → 10:00am-8:00pm

**80 & 100-mile Finish at Kenyon College**

**80- and 100-mile Finish Celebration**

*Shuttles and Bike Trucks for 80-mile and 100-mile  
 riders depart as they fill up*

### → 11:00am-2:00pm

**Abbott Nutrition 20-mile Finish  
 at New Albany Schools**

**20-mile Finish Celebration**

*Shuttles and Bike Trucks for 20-mile Riders  
 depart as they fill up*

# RIDER SCHEDULES

## → DAY TWO

### Sunday, August 8, 2021

This year, Pelotonia will be offering two starting line options: the *traditional start* or *controlled start*.

**TRADITIONAL START** — Riders participating in the traditional start will see a larger number of Riders in every 30 minute wave, and masks will not be required (but still recommended for any unvaccinated Riders).

**CONTROLLED START** — Riders participating in the controlled start will see a smaller number of Riders in every 30 minute wave, with maximum numbers being determined based on allowing all Riders 6 feet of social distancing while in the starting chute. The controlled start will also require masks while in the chute.

Both starts will continue to have enhanced cleaning practices of high touch surfaces & prepackaged breakfast food options.

For the Sunday New Albany start, the traditional and controlled starts will be hosted at the same venue but with a single start time per distance designated for those opting into the controlled start.

### New Albany Schools

177 N. High St.  
New Albany, OH 43054

#### TRADITIONAL and CONTROLLED STARTS

35-mile  
100-mile

#### → 5:30am

Start Venues open to provide:  
First Aid Services, Emergency  
Services, Bike Maintenance,  
Bag Drop-Off

#### → 90 Minutes before scheduled start

Riders have access to Holding  
Area 1 at their respective start,  
including Light Breakfast, Bike  
Maintenance and First Aid  
Services

#### → 30 Minutes before scheduled start

Riders will be moved into  
Holding Area 2, where they'll  
line up to enter the chute

#### → 7:00am-9:30am

Ride starts will depart every  
30 minutes based on assigned  
staging groups

#### → 7:00am-10:00am

Hartford Square Rest Stop

#### → 8:00am-1:00pm

Highland High School  
Rest Stop

Lunch provided by  
T. Marzetti

#### → 8:30am-6:00pm

Granville Intermediate School  
Rest Stop

#### → 9:00am-3:30pm

Homer Public Library Rest  
Stop

#### → 9:30am-8:00pm

35-mile & 100-mile Finish  
at New Albany Schools

35-mile & 100-mile Finish  
Celebration

---

## DURING THE RIDE

**All Saturday 20-mile, 50-mile and 100-mile Riders will have the option to take part in either a traditional or controlled start experience. Those Riders choosing the traditional start experience will depart from McFerson Commons in the Arena District. Those Riders choosing the controlled start experience will depart from Columbus Commons.**

**All Saturday 80-mile Riders will have the option to take part in either a traditional or controlled start experience. Both start experiences will depart from New Albany Schools, with the final wave being designated as the controlled start.**

**All Sunday 35-mile & 100-mile Riders will have the option to take part in either a traditional or controlled start experience. Both start experiences will depart from New Albany Schools, with the final wave of each distance being designated as the controlled start.**

**All Riders, regardless of route, will be assigned a specific starting time, with Riders beginning every 30 minutes throughout the morning. Designated start time for each Rider will be indicated on credentials, which Riders will receive in the week leading up to the Ride via mail.**

**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 the 55, 85, 115, 180 and 200-mile riders. At McFerson Commons, free parking will be available for riders and guests in designated Arena District garages and surface lots. 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 included in the mailed credential packet 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 physical parking pass to be granted free access to the garage. Additionally, 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. Guests should plan to park and walk to a location on Long St. to watch riders depart from McFerson Commons in the Arena District.

Guests are also encouraged to cheer for Riders leaving from both McFerson Commons and Columbus 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 when possible.

## DURING THE RIDE

### STAGING

All riders will be staged in designated starting groups for the commencement of the ride. Specifically, Rider ID bracelets and 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. **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.

|                   |                          |                   |                            |
|-------------------|--------------------------|-------------------|----------------------------|
| <b>GREEN</b>      | <b>GROUP 1</b><br>7:00am | <b>DARK BLUE</b>  | <b>GROUP 6</b><br>9:30am   |
| <b>LIGHT BLUE</b> | <b>GROUP 2</b><br>7:30am | <b>RED</b>        | <b>GROUP 7</b><br>10:00am  |
| <b>PINK</b>       | <b>GROUP 3</b><br>8:00am | <b>DARK GREEN</b> | <b>GROUP 8</b><br>10:30am  |
| <b>PURPLE</b>     | <b>GROUP 4</b><br>8:30am | <b>ORANGE</b>     | <b>GROUP 9</b><br>11:00am  |
| <b>BROWN</b>      | <b>GROUP 5</b><br>9:00am | <b>GRAY</b>       | <b>GROUP 10</b><br>11:30am |

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.

*Please note that there will be NO bike drop-off available on Friday evening for Ride Weekend 2021. All Riders should plan to bring their bike with them to their respective start location on Saturday morning.*

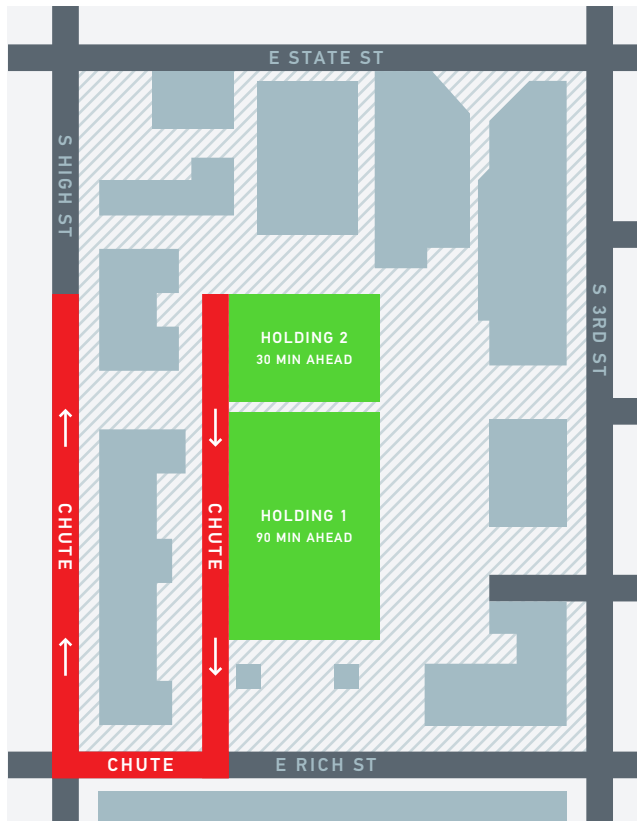


McFerson Commons in the Arena District Staging

### 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 with the traditional start experience. In this area, it is 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.

## DURING THE RIDE



**Columbus Commons Staging**



**New Albany Schools Staging**

### FIRST AID ASSISTANCE

First aid assistance will be available at every stop along the route, including the commencement of the rides at McFerson Commons, Columbus Commons, and New Albany Schools. 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.

## DURING THE RIDE

### 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. HAM radio operators and 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 rule 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.

### LUNCH REST STOPS

80-mile and 100-mile Riders who are going to Kenyon College on Saturday, and 100-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.

### HELP LINE

If you need assistance for any reason during the ride and you cannot locate a Pelotonia volunteer, please call **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. If a rider needs to stop before reaching his or her chosen finish area, 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.

### EXPRESS ROUTING

We take Rider safety very seriously and have put into place an extensive support plan. In order to execute this plan and ensure safety to the best of our ability, we will implement an Express route option at select areas along the routes. Riders who have fallen behind a pace projection that would allow them to comfortably finish before dark will be directed onto the Express route and/or be picked up by SAG and transferred to a closer location to the finish venue where they'll be allowed to finish.

### 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) **New Albany Schools for the 20-mile riders**  
**Sponsored by Abbott Nutrition**
- (2) **Bevelhymer Park for the 50-mile riders**  
**Sponsored by JPMorgan Chase**
- (3) **Kenyon College for the 80-mile & 100-mile Riders**
- (4) **New Albany Schools for the 35-mile and 100-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.

## DURING THE RIDE

### 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. All Riders will be given meal tickets for themselves and 1 guest. Snacks and beverages will be available for additional guests at all finish locations. For those guests who do not wish to enjoy a finish line meal, feel free to have a meal before attending a finish line celebration or bring a picnic or snack to enjoy while you are cheering on the riders. Please note that, unlike the finish line celebrations, the lunch rest stops are not open to the public and, thus, guests must not attempt to enter these locations.

### BIKE TRANSPORTATION FROM FINISH AREAS

If you are taking a shuttle back to McFerson Commons, Columbus 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. Due to the limited capacity of shuttle buses this year, bikes arriving back to start venues will likely be delayed. Bikes will be delivered back to the central location of McFerson Commons for Riders sending their bike downtown, and to New Albany Schools for those sending their bike to New Albany. While no time frame for bikes arriving back to start venues can be guaranteed, Pelotonia will be implementing a system for Riders to view on [pelotonia.org](http://pelotonia.org) when their bike is back at their start and available for pick up.

Bike pick-up for Saturday Riders will also be available at both McFerson Commons and New Albany Schools from 8a-8p on Sunday, August 8th.

For two-day Riders, bike transportation will be available from your respective finish to New Albany Schools and can be kept in the secure overnight bike corral to be ready for your Ride start on Sunday. Please be sure to communicate this preference to bike management Volunteers upon finishing your Ride on Saturday to ensure your bike is taken to the correct location.

### RIDER SHUTTLES AT FINISH AREAS

Buses will return riders from their chosen finish areas to their cars at McFerson Commons, Columbus 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.

### SHOWERS

Due to COVID-19 safety protocol, Pelotonia will not be offering shower facilities at any finish venues this year. Please plan accordingly, and note that all Riders may still bring a bag with a change of shoes and other essentials.

### BAGS

At all start venues there will be a gear check area where riders can drop off one bag with a change of shoes and other essentials to be delivered to their respective finish lines. Please be sure to attach the luggage tag that will be included in your credential packet to your bag before leaving it with Pelotonia volunteers at Ride starts.

### GIFT DISTRIBUTION

This year, all Riders will receive their Rider gift upon completion of their Ride. Be sure to visit the Gift Distribution tent at your respective finish line celebration, where Volunteers will scan the barcode on your Rider wristband to retrieve your gift.

Please note that if you'd like to exchange the size of your Rider gift, this cannot be done on-site at finish celebrations. Contact [pelotonia@pelotonia.org](mailto:pelotonia@pelotonia.org) in the week following the Ride to request a different size.

---

## DURING THE RIDE

### **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.

---

# FREQUENTLY ASKED QUESTIONS

---

## RIDERS

---

### RIDER CHECK-IN

#### Where/When is Rider Check-In?

All Riders who are registered on or before Friday, July 23rd, 2021 will have their credential packet mailed to the home address listed in their Rider Profile. Participants registering on July 24th, 2021 or later will be able to pick up their credential packet at Pelotonia HQ the week of August 1st, or at the Opening Ceremony Admin tent on Friday, August 6th.

If you registered on or before July 23rd, but made a change to your route after that date, please visit the Admin tent at Opening Ceremony to receive a corrected credential.

If you registered on or after July 24th and are unable to attend the Opening Ceremony on Friday, the Admin tent will be open for late check-in on Saturday morning at your respective start. If you must take advantage of late check-in, PLEASE ARRIVE AT LEAST AN HOUR PRIOR TO YOUR SCHEDULED START TIME.

#### What should I bring with me to Opening Ceremony and my Ride start?

For Opening Ceremony, if you have received your credential packet in the mail, please be sure to wear your Rider ID Bracelet, and bring your Opening Ceremony tickets and parking pass.

**Please note: Overnight bike storage on Friday will not be available in 2021. All Riders must bring their bikes with them to their Saturday morning starting locations.**

For your Ride start, please be sure to wear your Rider ID Bracelet. No one will be allowed to ride without a Rider ID Bracelet. Be sure you also have everything you need for your Ride—refer to the Packing List on page 5 of this manual for a complete list of items you may want to have with you.

#### Do I have to wear my ID bracelet all weekend?

Yes, your ID bracelet is your passport to Pelotonia so it must be worn in order to participate in the weekend. The bracelet also contains all of your vital information for your safety. If you are not wearing your bracelet, you may be prohibited from participating in some or all of Pelotonia weekend activities.

### OPENING CEREMONY

#### When/Where does the Opening Ceremony start?

Opening Ceremony will occur at Lower.com Field. The event will open at 6:30pm with a program beginning at 7:00pm.

#### Can I bring a guest to the Opening Ceremony?

Yes, each Rider may bring one free guest to the Opening Ceremony. Additional guest tickets may also be purchased at the entry gates (\$25 for adults, \$15 for children 6-12, and children 5 and under will be admitted free). Please see Opening Ceremony on page 7 for more information.

### THE RIDE

#### How far do we have to ride at once?

Saturday Ride lengths are 20 miles, 50 miles, 80 miles, and 100 miles. Sunday Ride lengths are 35 miles and 100 miles. 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. Support vehicles will also patrol the route to provide immediate assistance if needed.

#### What if I want to ride farther and increase my fundraising commitment on the day of the Ride?

For safety and logistical reasons, we must know which Riders are on the route at all times. If you decide to ride farther than the route you originally chose, please notify a Pelotonia staff member or volunteer ASAP. Please note: If you increase the distance you are riding, your fundraising commitment will also increase.

#### What if I can't finish my route?

Pelotonia is a fully supported route. Support vehicles will be patrolling the entire route to assist Riders and help them reach the nearest finish, if necessary. If you do not see an accessible support vehicle, please call the Pelotonia Command Center at 1-855-889-RIDE (7433).

## FREQUENTLY ASKED QUESTIONS

### BIKE MAINTENANCE AND STORAGE

#### Where/When can I get my bike serviced?

Bike mechanics will be located at every stop on the route, including the start and finish sites. However, please tune up your bike before Pelotonia weekend to avoid lines.

#### What if my bike breaks during the Ride?

Support vehicles will patrol the entire route to assist Riders with emergency repairs. If you have a mechanical issue on the route, please call 1-855-889-RIDE (7433).

#### Where do I park my bike overnight?

Overnight bike storage on Friday will not be available in 2021. All Riders must bring their bikes with them to their Saturday morning starting locations.

For those riding two days, Pelotonia will offer bike transportation for your bike to be taken to New Albany Schools, where it will be stored in a secure overnight corral and be available for pick-up on Sunday morning before your Ride start.

#### Where do I park my bike after my finish?

If you are taking the shuttle to McFerson Commons, Columbus Commons, or New Albany Schools, please take your bike to the truck that will transport bikes back to these locations as soon as you finish. If you are not taking the shuttle, please take your bike to your car or park it at the site until your car arrives.

### REST STOPS

#### Where are the Rest Stops?

There are Rest Stops approximately every 11-24 miles. Please see the schedules for Ride Days One and Two on pages 9 and 10.

### FOOD

#### Will food be provided?

Please see the Opening Ceremony and Ride Day schedules on pages 7-10 for meal details. Snacks will also be provided at every Rest Stop on the route.

### MEDICAL QUESTIONS

#### Where do I seek medical attention?

There will be First Aid volunteers at every stop on the route and in the support vehicles that patrol the route. EMS and local hospitals will also be on call. Please keep in mind that

First Aid volunteers will perform basic first aid only and will not be carrying any I.V. fluids or prescription medicines. Medical emergencies requiring more than basic first aid will be treated at the nearest hospital. 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 event officials can track the incident and assist as necessary.

### PARKING

#### Where do I park for the Opening Ceremony and Ride start at McFerson Commons?

Free parking will be available for Riders and guests in specified Arena District owned and operated garages and surface lots. Pelotonia will be mailing a physical copy of the parking pass to all participants registered on or before Friday, July 23rd, 2021. Participants registering on July 24th, 2021 or later will receive a parking pass via email before Ride Weekend. Please carpool with your guest(s) and other Riders to ensure that all cars can be accommodated in the garages.

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

### TRANSPORTATION

#### How often will shuttles run?

We will do our best to run shuttles as often as possible, but please remember that the times between shuttle departures may vary. If you need to leave immediately after reaching your finish area, we recommend that you arrange to have someone meet you at your finish.

#### Can I bring my bike on the shuttle?

Bikes will be transported on bike trucks. Due to space considerations, bikes will not be permitted on the shuttles.

### SHOWERS

#### Where do I shower?

Due to COVID-19 safety protocol, Pelotonia will not be offering shower facilities at any finish venues this year. Please plan accordingly, and note that all Riders may still bring a bag with a change of shoes and other essentials.

---

# FREQUENTLY ASKED QUESTIONS

---

## FAMILIES AND OTHER SUPPORTERS

---

### PARTICIPATION

#### **I'm not riding. How can I participate?**

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](http://Pelotonia.org) for additional information and to register.

### INJURIES

#### **What if my Rider gets hurt along the route or isn't able to finish?**

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 in the Arena District, Columbus Commons, or New Albany Schools.

### SUPPORT YOUR RIDER

#### **Can family and friends come to the Opening Ceremony?**

Yes, all Riders are invited to bring one free guest to attend Pelotonia's Opening Ceremony. See Opening Ceremony on page 7 for more information. Additional guest tickets may also be purchased at the entry gates (\$25 for adults, \$15 for children 6–12, and children 5 and under will be admitted free).

#### **Where can I cheer for my Rider along the route?**

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.

#### **Will there be food and beverages at the finish line?**

All Riders will be given meal tickets for themselves and 1 guest. Snacks and beverages will be available for additional guests at all finish locations. For those guests who do not wish to enjoy the finish line meal, feel free to have a meal before attending a finish line celebration or bring a picnic or snack to enjoy while you are cheering on the riders. Please note that, unlike the finish line celebrations, the lunch rest stops are not open to the public and, thus, guests must not attempt to enter this location.

### RIDER TRANSPORTATION/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. If at all possible, please do not proceed along the route to reach this destination. We anticipate that most 20-mile Riders will reach New Albany Schools between 11:00am and 1:30pm. On Sunday, we anticipate that most 35-mile Riders will finish between 10:00am and 2:00pm, and most 100-mile Riders will finish between 11:00am and 6:00pm. There will be ample parking at New Albany Schools. Please look for areas designated as Guest Parking.

## FREQUENTLY ASKED QUESTIONS



New Albany  
Schools Parking

### How do I pick-up my Rider at Bevelhymer Park?

Bevelhymer Park is located at 7997 Peter Hoover Rd, New Albany, Ohio 43054. If at all possible, please do not proceed along the route to reach this destination. We anticipate that most 50-mile Riders will reach Bevelhymer Park between 12:00pm and 3:00pm on Saturday. Please look for areas designated as Guest Parking.

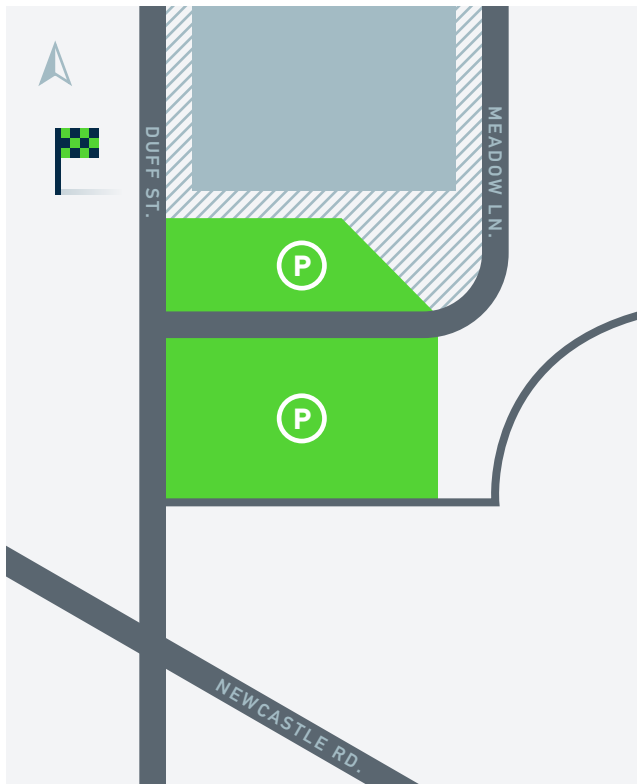
### How do I pick-up my Rider at Kenyon College?

The Riders will finish at the Lowry Center, which is located at 221 Duff Street, Gambier, Ohio 43022. If at all possible, please do not proceed along the route to reach this destination. We anticipate that most 80-mile and 100-mile Riders will reach Gambier between 11:00am and 6:00pm. Guests should enter Kenyon College from Newcastle Road (Route 229) using Duff Street and park in the lots near the Kenyon Athletic Center. Please look for areas designated as Guest Parking.

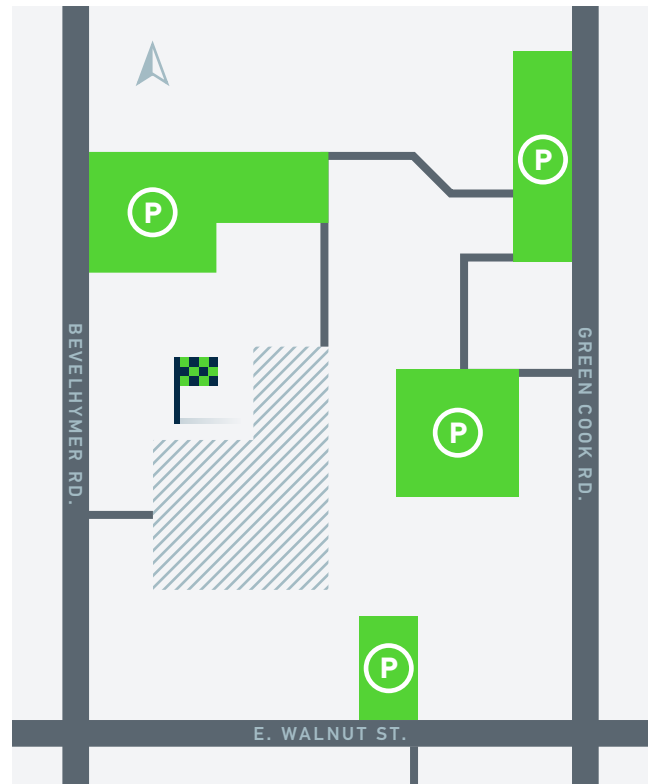
### If my Rider took the shuttle back to Columbus, how do I pick them up?

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

## FREQUENTLY ASKED QUESTIONS



Kenyon College Parking



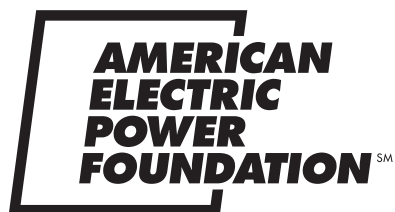
Bevelhymer Parking

---

## THANKS TO OUR 2021 PARTNERS

---

### Major Funding Partners



---

### Supporting Funding Partner



---

### Notable Funding Partners



# THANKS TO OUR 2021 PARTNERS

## Operational Contributors



## Partners of the Pelotonia Research Acceleration Roundtable



## Notable In-Kind Partners



## Venue Partners



## THANKS TO OUR 2021 PARTNERS

### Service Contributors



### In-Kind Brand and Communication Support

