

AMERICAN CANCER SOCIETY ELEVENTH ANNUAL

328 MILES. CINCINNATI. COLUMBUS. CLEVELAND

THE GUIDE BOOK

2017

Pan Ohio HOPE RIDE
CINCINNATI
SPRINGFIELD
COLUMBUS
WOOSTER
CLEVELAND

JULY 27-30, 2017



2017 GUIDE BOOK INTRODUCTION

The following information is provided to give you the essential details, logistics, and safety requirements as you prepare to roll through Ohio in support of the fight against cancer.

This is what you need to know, whether you are joining us for 1 Day, 2 days or all 4 days. If you have any questions, email the Pan Ohio Hope Ride at panohioinfo@cancer.org or by phone at 888.227.6446 ext. 1222. Or visit www.pohr.org on the Contact Us page for your local staff partner's contact information.

WELCOME TO THE 11th ANNUAL PAN OHIO HOPE RIDE!

Eleven year's ago we wrote our first welcome letter for the Inaugural American Cancer Society Pan Ohio Hope Ride. Now many miles later we are proud to welcome you to the 2017 POHR! This year is historic for us, as we are reversing the route and celebrating as we cross the cumulative \$7 million dollar mark to help in the fight against cancer

In 2007, we had 50 "pioneer" cyclists sign up and now we have over 350 for this 328-mile, 4-day unique experience. In 2007 there were about 10 million cancer survivors, but now that number is nearly 16 million and climbing! Cancer has changed from being the "C" word that wasn't spoken about to evoking new "C" words, such as cures, caring, commitment, community, compassion, challenge, courage, champion, celebration, collaboration, camaraderie and our new favorite "C" word — cyclist! Thank you being a Cyclist that Cares about Cancer!

Your participation will enable cancer patients from every corner of Ohio and well beyond to have access to leading-edge care through our many patient service programs such as our Hope Lodge housing program, Road to Recovery, our 24/7 National Cancer Information Call Center and many more. The impetus for the first POHR was to raise funds and awareness for the Hope Lodge in Cleveland and Cincinnati and we literally road from one lodge to the other. We now put a national focus on helping patients across the country have access to care and real hope, as we have had cyclists from at least 24 other states and six other countries participate over these last 11 years. We now have 36 Hope Lodges across the country! These "homes-away from home" offer a no-cost place to stay that enable patients access to leading-edge care. Our Road to Recovery assists patients with needed transportation to treatment centers and our Call Center provides vital credible information to anyone who needs it. Cancer knows no boundaries and neither do we as we strive to serve patients no matter where they live.

As you fundraise and prepare for the ride, we would like to remind you to think about cancer patients. While you may be struggling to train and raise funds, the cancer patients are in a much tougher, challenging fight. When you ride across Ohio and face the hills, heat and other challenges, remember you are in a place that many people envy. Being able to think about this bicycle ride, let alone do the ride is beyond the scope of many people's abilities. Each pedal stroke, each mile you travel and the dollars you raise will make a tremendous impact in helping those facing cancer NOW!

As you ride with your fellow POHR cyclists, you will experience beautiful country roads, city streets, scenic by-ways, beautiful trails. You will be fully-supported every mile along the way by our amazing volunteers as we strive to provide a ride that is above all SAFE, FUN and MEANINGFUL! You and all the volunteers who strive to make POHR happen will experience a ride like none other! We often ask "Who are You riding For?" and we also know each of you has a "Why?". We hope that you will find each day a triumph and a job well done as you help in the fight against cancer NOW!

With profound gratitude,



Kathleen M. Bond
Founding Co-Chair



Dennis M. Hoffer
Founding Co-Chair



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AMERICAN CANCER SOCIETY

YOUR CONTRIBUTIONS CAN HELP SAVE LIVES.

Your support enables the American Cancer Society to help those touched by cancer and continue our lifesaving mission in so many ways. You may not know all the American Cancer Society is doing thanks to our generous donors. Simply put: we save lives by helping people stay well, get well, by finding cures, and fighting back against cancer.

STAY WELL

The American Cancer Society helps people live healthier lives by preventing cancer or finding it early, when it's most treatable.



GET WELL

The American Cancer Society is committed to helping people get well by guiding cancer patients and their families through their cancer experience and relieving some of their emotional and financial burdens that a cancer diagnosis can bring.



FIND CURES

The American Cancer Society funds and conducts groundbreaking research that helps us understand cancer's causes, determine how best to prevent it, and discover new ways to cure it. As the largest private, not-for-profit funder of cancer research, we've played a role in almost every major cancer breakthrough in recent history.



FIGHT BACK

The American Cancer Society empowers those touched by cancer to fight back to working with legislators to pass laws to help fight cancer and rally communities worldwide to join the fight. The American Cancer Society Cancer Action Network— the Society's non-profit, nonpartisan advocacy affiliate— is the nation's leading cancer advocacy organization that is working every day to make cancer issues a national priority.



HOPE LODGE



The American Cancer Society Hope Lodge program provides free overnight lodging to cancer patients and their caregivers who have to travel away from home for treatment. Not having to worry about where to stay or how to pay for it allows patients to focus on the most important thing: getting well. More than just a place to stay, the program offers a home-like, nurturing environment where patients and their caregivers can find support among staff, volunteers, and other residents going through a similar experience. Two of the Society's 36 Hope Lodge communities are located in Ohio. Support of Society events, like our Pan Ohio Hope Ride, helps make these communities possible.



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Giving HOPE a HOME

American Cancer Society Hope Lodge® Program

Hope Lodge locations provide a supportive and nurturing environment, along with homelike amenities such as community kitchens, laundry rooms, and recreational areas.

The American Cancer Society is committed to removing barriers to care and improving the quality of life for cancer patients and their caregivers. We operate more than 30 Hope Lodge communities across the United States, with a newly-opened location in

Honolulu, Hawaii, and an Omaha, Nebraska, location opening in early 2018. These places of comfort provide lodging and support services for cancer patients and their caregivers when their best hope for effective treatment may be away from home.



In 2016, the Hope Lodge program **served 24,000** individual cancer patients and caregivers.



Our first Hope Lodge location opened its doors in **1970** in Charleston, SC.



Guests have come from **45+ countries** and all **50 states**.



Hope Lodge communities enabled **outpatient cancer patients from 240+ referring hospitals** to receive treatment in 2016.



The Hope Lodge network provided **456,000 free nights of lodging** to patients and their caregivers in 2016.



In 2016, families saved an estimated **\$37 million** in hotel expenses.



Priceless - The value of peer support, health and wellness programs, social interaction, and comfort for cancer patients and their caregivers



Not having to worry about where to stay and how to pay for it allows cancer patients to focus on one thing: **getting well.**

How we save lives, celebrate lives, and lead the fight for a world without cancer in Ohio.

Here are just a few examples of how the American Cancer Society worked toward achieving our mission in 2016.



Supporting Cancer Survivors

- Helped **more than 1,400** women manage appearance-related side effects of treatment
- Provided **more than 4,800** special kits of tailored information and resources for newly diagnosed patients
- Provided **more than 1,700** wigs to cancer patients



Helping Cancer Patients Access Care

- Provided **more than 8,400** rides to treatment and other cancer-related appointments through our Road To RecoverySM program
- Provided **more than 15,450** free nights at our Hope LodgeSM communities, and **more than 1,100** free or reduced nights with our hotel partners, saving **more than \$2,490,000**
- Our patient navigators helped guide **nearly 2,400** newly diagnosed, underserved cancer patients to overcome barriers to care.



Offering Information and Education

- Our website, cancer.org, had **more than 1,996,300** visits from residents in our state and provided the latest, most accurate information on virtually all topics related to cancer.
- Our 24/7 helpline handled **more than 12,200** calls and live chats from residents in our state seeking support, information, and resources.



Finding Cancer's Causes and Cures

- As of March 2017, we are currently funding cancer research grants totaling **\$17,055,000**.



Providing Leadership and Education for the Health Care Community

- Worked with **more than 200** health care systems to help more people prevent cancer or find it early, provide patient and provider education, and improve care



Fighting Cancer through Public Policy

- Our advocacy affiliate, the American Cancer Society Cancer Action NetworkSM, helped pass legislation that improves access to care, making it easier for patients to pick up prescriptions on the same day monthly and obtain 90-day supplies of maintenance medications.

THANK YOU TO OUR 2017 SPONSORS



ROUTE INFORMATION

THE PAN OHIO ROUTE

The Pan Ohio Hope Ride is a 4-day tour. It is not a race and the tour is mapped accordingly. We've worked hard to provide a route that's scenic, enjoyable and varied. Variety, of course, means that there's plenty of flat terrain, but there's also rolling hills and a few true climbs. To get us from Cincinnati to Cleveland in 4 days, each day's mileage will vary from 66 miles to 92 miles (see below). So all riders should be in appropriate condition, have trained to comfortably complete this task, and make sure their equipment is in top condition too.

IMPORTANT ROUTE NOTES FOR 2017:

- ⇒ **Day 1 - TRAIL DAY** -There will be only ON TRAIL riding this year. The ON TRAIL route will keep riders on the Little Miami Trail from slightly before Loveland to Springfield. Approximately - 82 miles
- ⇒ **Day 2 - COUNTRY ROAD DAY** - There are several roundabouts (rotaries) on the route; be sure to follow the arrows thoroughly to ensure you stay on the intended route. Approximately- 77 miles
- ⇒ **Day 3 - THE BIG DAY; COUNTRY ROAD, TRAIL, HILLS-** Riders should be properly trained to manage elevation increases on the latter half of the course. Extra SAG support will be available on this day. Approximately- 89 miles
- ⇒ **Day 4 - URBAN/SUBURBAN ROADS & Trail** - Day 4 will travel the country roads out of Wooster, then head to the Cuyahoga Valley for a new portion of route that takes you on trails and urban roads. Approximately- 80 miles

Route Cue Sheets:

We will provide all riders with [turn-by-turn text description of the route with mileage](#). The route directions will be available for download prior to the event and on **July 25 & 26** at our Check-In locations as well as the **Kick Off party** at Xavier University. Currently the 2017 route has been mapped out; the preliminary route is posted on the website with both Map My Ride and Ride With GPS turn by turns under the "Event Logistics" tab. In addition, when visiting this page you can download the route to your smartphone, GPS Unit, and other GPS enabled devices. *****Please visit the route page the week of July 17th to download the "FINAL" version to your GPS device as the route is subject to change leading up to the ride.***

PLEASE TAKE YOUR ROUTE CUE SHEETS WITH YOU AT THE BEGINNING OF EACH DAY. REPLACEMENT CARDS ARE IN LIMITED SUPPLY

*Route is subject to change prior to or during the event due to construction, emergencies, closures, etc. We will make every effort to communicate these changes with as much advance notice as possible to all riders through daily announcements, daily E-Mails, and with our HAM Radio/SAG Drivers on the course.

Challenge Route:

Due to the changes associated with the route for the 2017 event, there will not be challenge routes available this year.

THIS IS A TOUR!

We ask that all riders keep in mind that the Pan Ohio Hope Ride **is a tour – not a race**. Please no pace-lines and any other reckless or risky cycling tactics. You must obey all traffic laws. Our primary goal is to provide a safe and fun tour, in which riders make new friends, enjoy themselves, and raise hope and awareness in the fight against cancer.

ALL RIDERS MUST OBEY TRAFFIC LAWS AT ALL TIMES! BE ESPECIALLY CAREFUL IN METRO AREAS, SMALL TOWN DOWNTOWN AREAS, ON TRAILS and IN METRO PARK AREAS (Park/County Rangers & smaller towns that we travel through **will and have** ticketed riders for blowing through stop signs/lights and speeding!)



ROUTE INFORMATION (CONT'D)

TRAILS

Portions of the route involve trails. All trails are paved and road bike friendly. Almost all accidents that have occurred on the Pan Ohio Hope Ride have been on trails. We ask that when you are riding on the trails to proceed at a moderate speed, ride single file and respect runners/joggers/walkers and to use caution when traveling over bridges (especially in the rain!).

SOME PAVED TRAIL RIDING IS A PART OF THE PAN OHIO HOPE RIDE. ALL RIDERS MUST OBEY SPEED LIMITS, RIDE SINGLE FILE, AND STOP AT ALL STOP SIGNS ALONG THE TRAIL. THE TRAILS CAN BE VERY DANGEROUS TO OTHER RIDERS AND PEDESTRIANS. RIDERS WILL BE TICKETED BY LOCAL AUTHORITIES FOR NOT ABIDING BY RULES AND LAWS!

RIDERS MUST USE BOTH VERBAL AND HAND SIGNALS WITH RIDERS BEHIND YOU WHILE RIDING SINGLE FILE WHEN APPROACHING WALKERS, RUNNERS, RIDERS, AND OBSTACLES ON THE TRAIL.



ROUTE SIGNAGE

The Pan Ohio Hope Ride route will be clearly marked with ODOT approved waterproof paint and other posted signs. Each directional instruction (“keep going straight” or “turn left/right”) will be marked by a series of 1-2 arrows. The first arrow will alert you to an upcoming marking, the second arrow will give you the direction (“keep going straight” or “turn left/turn right”) In metro parks and on certain trails, we will place signage. When in doubt, consult your route cue cards! Volunteers will also have maps and instructions at each water/lunch stop. An example of the arrow is below along with the route arrow stickers that you will see along the course.



VOLUNTEERS

On the course you will see volunteers that will assist you at water stops, overnights, the Start Line, Finish Line, and more.



ROUTE COMMUNICATION

RIDER TO PAN OHIO STAFF COMMUNICATION

Riders will be able to communicate with Pan Ohio Hope Ride staff throughout the tour using text messaging and calling at **216-925-0328**. When communicating through either method please begin by saying your name (or name of person in need of help) the rider number, and where you are located.

Please only use this option in case of an emergency or true critical need that requires immediate assistance from Society staff or our support resources. An injury, getting lost or off-route, and serious mechanical issues would be considered appropriate times to contact us.

The Pan Ohio Hope Ride Communication Number is 216-925-0328

*****SAVE THIS IN YOUR PHONE PRIOR TO THE RIDE!**

MEDICAL, MECHANICAL, OR SAG SUPPORT PROTOCOL:

Call or text the incident with the Rider #, type of incident, and location to the POHR Hotline Number 216-925-0328. Please program this number in to your cell phone prior to the event.

If the incident is taken care of by a nearby SAG or Medical support vehicle and you called/texted in a request please follow up by calling/texting to let the staff know that it has been taken care of so that ride staff does not send out a vehicle looking for the rider.

Medical Emergency – If a critical medical emergency occurs call the POHR Hotline First. There are a fleet of 3 Ambulances that are following the ride and may be the closest First Responder in the area. The contract with Life Support Team Ambulance Service also includes transport to local hospitals. If you are unable to reach the POHR Hotline or feel that the incident requires 911 attention, call 911 as well, but please have someone who is at the scene of the incident let the POHR hotline know that 911 has been called so that our staff can track the rider that is leaving our course and provide a liaison to travel to the hospital to which they are being transported.

Course Closure – If the course closes you will be notified at Water Stops and the SAG/HAM Team, you must stay back at the stop. If there is extreme weather you should seek appropriate cover

SAG (SUPPORT & GEAR) & HAM RADIO VEHICLES

Riders get tired. Sometimes you may feel as if you've given your all and cannot go further on that day. If this happens to you, the Pan Ohio Hope Ride will have SAG support during each day's ride. For those unfamiliar with the term, SAG (Support And Gear) means that you can dismount your bike and be transported by vehicle to either a water stop further down the route, or to the route's end destination. SAG support will be available to those riders who need it and SAG vehicles regularly circulate the route each day.

***** NO PERSONAL/TEAM SAG VEHICLES WILL BE ALLOWED. ALL SAG DRIVERS MUST SUPPORT THE ENTIRE RIDE AND BE PROPERLY TRAINED.**

IF YOU HAVE QUESTIONS REGARDING SAG, EMAIL panohioinfo@cancer.org OR VISIT THE VOLUNTEER SECTION ON [POHR.ORG](http://pohr.org)



GUIDELINES

NUTRITION AND HYDRATION

Your registration fee includes food and hydration throughout the tour. There will be plenty of water/nutrition stops during each day, as well as lunch. Four-day and two-day cyclists will also be provided dinner during their overnight stays and breakfast the following morning. Please see the "Daily Details" section below for more information.

****For sanitary reasons, gloves MUST BE REMOVED BEFORE approaching nutrition stations****

*******IF YOU HAVE FOOD RESTRICTIONS/ALLERGIES YOU SHOULD HAVE DESIGNATED THIS ON YOUR REGISTRATION BUT YOU CAN DO SO NOW BY EMAILING PAHOI@INFO@CANCER.ORG TO CONFIRM. VEGETARIANS/VEGANS/GLUTEN FREE/OTHER DIETARY RESTRICTED PARTICIPANTS WILL HAVE A SECOND GOLD WRISTBAND (In addition to the rider identification wristband that everyone receives) AT EACH LUNCH STOP AND SCHOOL BE SURE TO ASK FOR THE SPECIAL DIET ITEMS AS THEY MAY NOT BE OUT WITH THE REST OF THE MEALS.**

LINEN/KEY/FAN RETURN POLICIES AT SCHOOLS

In the dorms linens, pillows and towels will be provided. Towels are available for campers too. Campers will be given an access key to the dorms for showers and restrooms.

*****One exception, please bring a towel for Day 4 Finish Shower Trucks.**

- Xavier University – Please bring linens and return keys down to the lobby of your dorm
- Wittenberg – Bring linens and room keys to the lobby of your dorm
- Otterbein – Bring Linens to the lobby of your dorm and return keys to the Student Center
- College of Wooster – Leave Linen Packets in room, bring fans to dorm lobbies, and return key cards to Student Center

Boxed Fans – If you are not in an air-conditioned room at College of Wooster there will be 1 box fan available for each room in the lobby of the dorm. Please take the fan up to your room with you when you check in and return back down to the lobby in the morning.

WHAT TO PACK:

- One Towel for The Finish (Day Four)
 - Alarm Clock/small flashlight for dorms (once you turn off the overhead light, it is rather dark in the dorm)
 - Raingear – (we ride rain or shine)
 - Sunscreen – There will be sunscreen available at the schools/water stops but personal sunscreen is encouraged.
 - Soap for the showers/toiletries/shampoo
 - Quarters/Detergent for Laundry Facilities in the dorms
 - Flip-flops for the showers
 - Lightweight blankets – the air conditioning in the dorms can get cold overnight
 - Laundry Detergent/change
 - Gu/Shot Blocks/Supplements (we will provide Clif Bars, Kind Bars, Pure Protein Brand Bars, Granola Bars, and Muscle Milk Recovery Drinks, but if you have a personal preference for other supplements please bring them along)
 - Extra tubes/lube/CO2/frame-size pumps (there will be mechanical support provided along the entire route, but for small repairs and flats have extra supplies available) - You Do NOT need to bring a full-size pump – plenty are available at the start of each day as well as on every support vehicle.
 - Chamois Butter/Powder for your comfort
- ***** BRING A TOWEL FOR THE SHOWER TRUCK ON DAY 4. BAGS WILL BE MADE AVAILABLE FOR WET CLOTHES/TOWELS FOR THE RETURN TRIP HOME!**

CASH

It is encouraged that all riders to carry some cash for incidentals and other needs. One example is if you would need to purchase a specific part for your bike and tips for massage therapists and the mechanics.

LOST AND FOUND

There will be **clearly marked lost and found bins** at the dorm check-in each day of the ride. Last year, we had a tremendous amount of lost items so please remember that many cycling items look similar. If possible write your name your gear.



GUIDELINES (CONT'D)

HELMET REQUIREMENTS

Pan Ohio Hope Ride requires that all riders wear an ANSI, SNELL or ASTM/SEA-approved helmet.

AGE RESTRICTIONS

We welcome anyone who is **18 years or older**.

MECHANICAL SUPPORT

Mechanical support will be provided from Start to Finish and at each overnight. BikeSource will be with us throughout the entire ride and other bike stores will also be supporting along the way. Their services will be limited, so please come fully prepared and equipped to deal with any basic mechanical fixes yourself while you are on the road during the tour, or during times when these services are not offered. Mechanical support will not be able to travel to you if you are having trouble. SAG vehicles will pick you up and take you to the next water stop where mechanic support is set up.

Each SAG vehicle will also have a pump and other small mechanical items.

At most college overnight stop there will be separate medical support for injuries, aches, pains that do not need immediate medical attention for our emergency crew.

REMEMBER TO BRING INSURANCE INFORMATION ALONG WITH YOU ON THE RIDE AND INDICATE ANY MEDICATION ALLERGIES PROMINENTLY. PLEASE ALSO WRITE THIS INFORMATION ON THE BACK OF YOUR RIDE BIB.



MASSAGE THERAPY

Massage therapy will be available throughout the ride.

FIRST-AID & MEDICAL SUPPORT

Life Support Team will provide medical support to our riders throughout the entire tour. Tour staff and volunteers will be equipped with communication radios to alert these resources for any medical needs.



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GUIDELINES (CONT'D)

WEATHER

Ohio weather can be wildly diverse. The Pan Ohio Hope Ride will continue during both rain and sunshine. Be prepared for anything and make sure you have accessories for inclement weather. In the event of serious, safety-threatening weather, you should seek immediate shelter wherever possible (under an overpass, convenience store, etc). SAG support will help all riders that they can but it may take a while to get everyone to safety, so be prepared to seek shelter. Below you will find the Emergency Flag System for POHR- SAG Drivers will have a set of flags to indicate the following conditions:

Alert Level	Event Conditions	Recommended Actions
	Good Conditions	Enjoy the Event/Be Alert
	Less than Ideal Conditions	Slow Down and be prepared for worsening conditions
	Potentially Dangerous Conditions	Slow Down, Remain at Rest Stop for Further Instructions, or Seek Shelter as needed
	EVENT CLOSED – Extreme and Dangerous Conditions	Seek Shelter along the course, Stop at Rest Stop, or find a Support Vehicle

SUN/HEAT SAFETY TIPS

1. Start hydrating before the event- you want to enter the event fully hydrated. Start drinking extra water days before the event.
2. During the event, the amount of hydration will vary per person but may be the equivalent of 2 water bottles per hour. It is extremely important that you are continuously hydrating during the ride in order to avoid dehydration
3. Important to supplement water with sports drinks (with electrolytes) and salty snacks.
4. Cold towels to the back of the neck or ice in your shirt or pants help reduce body temperature. Take adequate breaks out of the sun to ensure that you don't overheat.
5. Wear sunscreen and breathable clothing
6. Know the signs of overheating and dehydration. Stop exercising and seek medical attention immediately. Watch your partners and make sure they are hydrating and cooling off appropriately

Signs of Dehydration – Dry/sticky mouth, Sleepiness or tiredness, thirst, decreased urine output, few or no tears when crying, dry skin, headache, constipation, dizziness or lightheadedness.



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EVENT SCHEDULE

FOUR DAY RIDER CHECK-IN INFORMATION

Riders who have earned their jersey by July 1st will receive it in the mail. Jerseys earned after that will be available at the Cleveland Check-In, the Kickoff Party in Cincinnati on July 26th or at the Recognition Dinner on Saturday, July 29. All riders will still need to check in at one of our registration points to receive their rider numbers, luggage tags, and goodie bags.

****Important** – All riders traveling from one of our 5 pick-up locations in Ohio (Cleveland, Akron, Columbus, Springfield, or Toledo) **must put your bike number on your bike before placing it in the trucks to Cincinnati.**

*****NEW*** Event Check In Locations - Monday, July 24th & Tuesday, July 25th.**

CLEVELAND

Advance Check-In

Monday, July 24– Noon to 5:30PM

Tuesday, July 25– 8:30AM to 5:30PM

American Cancer Society Cleveland Office (10501 Euclid Ave. Cleveland, OH 44106 – parking lot is available off of E. 105 for check-in).

Wednesday, July 26– 10 AM to 12:15 PM

Windows on the River 2000 Sycamore St. Cleveland, OH 44113 - Four-Day Parking at Nautica Lot (Bus will depart at 12:30PM)

AKRON

Wednesday July 26– 10:00 AM to 12:15 PM

American Cancer Society Office (3500 Embassy Parkway, Akron, OH 4433- Parking Lot) (Bus will depart at 12:30PM)

COLUMBUS

Tuesday, July 25 – 9 AM to 5:30 PM

ACS Office- Dublin (5555 Frantz Rd, Dublin, OH 43017)

Wednesday, July 26 – 1 PM to 2:45 PM

Otterbein University (100 W Home St. Westerville, OH 43081.) - Riders can check in before getting on the bus to Cincinnati. (Bus will depart at 3:00 PM)

SPRINGFIELD

Wednesday, July 26 - 1:30 PM – 2:45 PM

Wittenberg University – Lower Lot near Firestone Hall - 200 Bill Edwards Dr. Springfield, OH 45504 - Bus Pick Up location –Riders can check in before getting on the bus to Cleveland. (Bus will depart at 3 PM)

TOLEDO

Wednesday, July 26 - 12 PM – 1:15 PM

American Cancer Society Toledo - Office Parking Lot - 740 Commerce Dr. Perrysburg, OH 43551 - Bus Pick Up location –Riders can check in before getting on the bus to Cleveland. (Transportation will depart at 1:30 PM)

CINCINNATI

Tuesday, July 25 - 8:30 AM to 5:30 PM

American Cancer Society Office (2808 Reading Rd. Cincinnati, OH 45206 – parking is available)

Wednesday, July 26 – 3 PM to 6 PM

Xavier University – O’Connor Sports Center (Bike Drop-Off is also at this location if you would like to leave your bike at the University overnight). (Kickoff Party is 6 PM to 8:30 PM)

Thursday, July 27 – 7 AM to 8 AM

Xavier University – Cintas Plaza (1624 Herald Ave, Cincinnati, OH 45207) Parking is available in the Cintas Center lot.

ONE & TWO DAY RIDER CHECK-IN INFORMATION

One and Two Day Riders can arrange packet pick-up prior to the event by indicating that on their lodging and transportation reservation. Otherwise, their packets will be available on the course as follows:

- ⇒ **Riding Day 1 & 2:** Any of the Cincinnati Check-In times/locations
- ⇒ **Riding Days 3 & 4 OR Day 3 (1 Day Rider):** Otterbein—Student Center 100 W Home St. Westerville, OH 43081. On Saturday, July 29 6 AM – 7:15 a.m. *If you need to check in the night before contact Paul Purdy at 412.720.4446
- ⇒ **Day 4:** Wooster Lowry Student Center- 1189 Beall Ave, Wooster, OH 44691 - Sunday, July 30, 6:30 a.m.



EVENT SCHEDULE (CONT'D)

RIDER PACKET CONTENTS

- ⇒ **Rider Numbers** - All riders will be given a jersey bib with their number, a bike number, helmet number (optional), rider number luggage tags and color coded luggage tags. Riders are also provided a wristband that must be worn throughout the entire ride.
- ⇒ **Rider Bib Number/Bike Number** is required to be worn at all times on the course. Helmet number is optional.
- ⇒ **Rider Wristbands**- You are provided **1 ORANGE Wristband** with your Rider Number. Each band has a spot for emergency contact information. It is imperative that you place your emergency contact information on this band in case of an accident. These bands are also your ticket to meals, so they must be worn at all times. This also is your meal ticket throughout the ride.
- ⇒ **Rider Bib Numbers** – Rider bib numbers will have your First Name and Hometown on your bib. The back of the bib will also have your emergency contact information pre-written but will require you to **write down your allergies, medication history, etc.** It is imperative that you fill out this information in case of an emergency.
- ⇒ **Rider Number Luggage Tags**- Please place your rider number luggage tags on your bags so that the loading crews can line up luggage in numerical order when organizing.
- ⇒ **Color Coded Luggage Tags** - These are very important tags that will have your name, number, and dorm room codes. These tags must be attached to your luggage! The tags will be color coded for luggage's destination point at the finish of the ride

	Red = Cleveland
	Yellow = Akron
	Blue = Columbus
	Orange = Springfield
	Green = Toledo
	White = Cincinnati



PERSONAL BAGGAGE TRANSPORTATION

The American Cancer Society Pan Ohio Hope Ride staff will transport all rider baggage to the next day's destination. Please look for information at each school when you are checking in as to where to place your luggage the following morning for transport to the next school. The luggage tags are color coded according to your home destination at the conclusion of Day 4.

We ask that you limit your luggage to two pieces and that each bag is less than 50 lbs. (If you are camping more than 2 pieces is acceptable.) Preferred bag type is duffel bag over a traditional suitcase for the safety of our volunteers who are packing and lifting them. We have many different people loading/unloading/moving your luggage and we want everyone to feel comfortable loading/lifting.

On Day 4 at The Finish your luggage will be in color coded piles by destination and then by number. Luggage will be available for pick up to get personal items for the shower. Riders are then required to take their luggage to their bus or with their ride home.

Laptops and other delicate items - At each morning's departure there will be a Rubbermaid bin marked "In-Cab Box" at the check-in area where you can put your laptop or other items that you want to protect for transport to the next school's check-in area. Laptops and Electronics are still left at the owner's risk. (We understand that you may want your laptop, but each school should offer access to computers in the evening.)

TRANSPORTATION

TRANSPORTATION

Wednesday, July 26 – BUS DEPARTURE TIMES

Pan Ohio Hope Ride provides transportation to Cincinnati for the start of the tour. The pick-up locations are on Wednesday, July 26th at the following locations. Packet Pick-Up will be available immediately prior to bus departure as well.

IMPORTANT-- These are the times that the buses will be departing. Please arrive at least 45 minutes to an hour prior in order to get luggage and your bikes loaded up. * All Bikes must have Rider # attached to bike before putting on truck. Riders in Cleveland and Akron will receive boxed lunches at check-in for the bus ride.

Bike Transportation – For those that are traveling to the Start on POHR bus transport. It is important to know that your bike will be taken directly to Xavier University where it will remain overnight at the O’Conner Sports Center Building. You will not be able to access your bike while staying overnight at Xavier, but will have access Thursday morning (7/27) starting at 7 AM.

Pick Up Location	Address	Departure Time	Rider/Family Drop-Off Area & Four-Day Parking
Cleveland – Windows on the River	2000 Sycamore St. Cleveland, OH 44114	12:30 PM	Drop-Off— Windows on the River Parking Lot Four Day Parking— Nautica Lot (Overnight Security will be watching vehicles)
Akron – ACS Office	3500 Embassy Parkway Akron, OH 4433	12:30 PM	Parking Lot
Westerville (Columbus) – Otterbein University	100 W Home St. Westerville, OH 43081	3:00 PM	Parking lot outside of Student Center
Toledo – ACS Office	740 Commerce Dr. Perrysburg, OH 43551	1:30 PM	Parking Lot
Springfield – Wittenberg University	200 Bill Edwards Dr. Springfield, OH 45504	3:00 PM	Lower Parking Lot in front of Firestone Hall

HOTEL SHUTTLES

For those that have opted to stay in hotels we have contracted with local shuttle companies:

- ⇒ **Xavier** – Kuhlman Hall (3824 Ledgewood Drive, Cincinnati, OH) shuttling to Courtyard Marriott Cincinnati/Rookwood (3813 Edwards Rd, Cincinnati, OH 45209)
 - Wednesday, July 26 – 4 PM to 10 PM
 - Thursday, July 27 – 6 AM to 8 AM
- ⇒ **Wittenberg**: Tower Hall parking lot at corner of Bill Edwards Dr. and Woodlawn shuttling to the Courtyard Marriott (100 S. Fountain Ave. Springfield, OH) and the Hampton Inn (101 W. Leffel Lane, Springfield, OH 45506).
 - Thursday, July, 27 – 12 PM to 12 AM
 - Friday, July 28 – 6 AM to 8 AM
- ⇒ **Otterbein** – Campus Center (100 W Home St., Westerville, OH 43081) shuttling to the **Four Points By Sheraton** (8505 Pulsar Pl., Columbus, OH) Shuttle Location is outside of the Campus Center in the adjacent parking lot.
 - Friday, July 28 - 12 PM to 12 AM
 - Saturday, July 29 - 5:30 AM to 8 AM
- ⇒ **Wooster**- Lowry Hall (1189 Beall Ave. Wooster, OH 44691) shuttling to the Hilton Garden Inn (959 Dover Rd. Wooster, OH 44691) and the Best Western. Shuttle Location is in front of Lowry Hall
 - Saturday, July 29 - 2 PM to 11 PM
 - Sunday, July 30 5:30 AM. to 7:30 AM
- ⇒ **Cleveland**– There will be a shuttle going back and forth from the Finish Line (Sunday, July 30) to the Nautica Parking Lot for those of the 4-Day Cleveland Riders that parked there during the ride.

DAILY OVERVIEW DESCRIPTION

DAILY START TIMES

- ⇒ Day 1 – 9:00 AM Escorted group departure from Xavier University – Line up by 8:30 AM
- ⇒ Day 2 – 7:00 to 08:00 AM rolling departure to follow from the HPER Center – Wittenberg University
- ⇒ Day 3 – 6:30 to 8:00 AM rolling departure from Otterbein University
- ⇒ Day 4 – 6:30 to 8:00 AM rolling departure from the College of Wooster



WEDNESDAY, JULY 26

Rider Packet Pick Up available from 2 PM to 6 PM at the O'Connor Sports Center.

- ⇒ **Bicycle drop-off for those riders who drove themselves to Cincinnati** - If you are not riding down on the provided POHR Bus transportation but are traveling in from out of town, you will drop your bike off at the Check-In area at the O'Connor Sports Center when you pick up your packet. Your bike will remain locked in the facility overnight and will be waiting for you in the morning.
- ⇒ **Bicycle Drop off for riders traveling on POHR Bus** - If you are being transported by the bus from Cleveland, Akron, Columbus, Springfield, Toledo, and Wooster your bike will be moved from the Penske Trucks to the O'Connor Sports Center, where you will pick it up in the morning. *It is required that your rider number be on your bike before you put it on the truck.*

Dorm Check-in at Xavier University

- ⇒ All riders will take their overnight gear with them and check in for the dorms with the conference staff at Kuhlman Hall (3824 Ledgewood Drive, Cincinnati, OH).
- ⇒ **Parking Overnight at Xavier on Wednesday, July 26** – For participants traveling to Cincinnati that are not riding the bus, there will be parking available in the Cintas Center parking lot (1624 Herald Ave, Cincinnati, OH 45207) overnight and cars can remain in this lot for Four-Day parking during the ride. **THIS IS THE ONLY LOCATION ON CAMPUS WHERE YOU CAN PARK FOR THE DURATION OF THE RIDE.**

KICK OFF CELEBRATION PARTY

All riders are invited to meet at the Hoff Dining Commons for our Kick-off Celebration Party. From 6 to 8:30 PM, riders can get to know one another, while feasting on a delicious dinner! We'll talk about tour details, logistics, etc. and hear inspiration stories from people who will remind us of why we're riding and who each of us is riding for.

- There will be a shuttle to and from campus and the hotel running from **4 PM– 10 PM**. For those riders who are not staying overnight, you may park in the Cintas Center parking lot; only a short walk from the Hoff Dining Hall. .

DAILY OVERVIEW DESCRIPTION (CONT'D)

STARTING LINE OVERVIEW

The **2017 Pan Ohio Hope Ride Start Line** will be at Xavier University- Cintas Plaza (1624 Herald Ave, Cincinnati, OH 45207) and we **will take off at 9 AM** with riders to be lined up at 8:30 AM.

⇒ **The Physical Start** will be on the road in front of the Cintas Center (Cintas Plaza), between Pacific Ave. and Francis Xavier Way. Riders will line up facing west and a police escort will lead the group out of campus starting at 9 AM.

⇒ **Check-In** will be available at Xavier from 7-8 AM. Please see the Start Line Map for more details. Drop-Off will also take place on campus and there will be temporary parking for the Start.

⇒ **Four-Day Parking** – For those that have pre-paid for Four-Day Parking in Cincinnati, you will be parking in the Cintas Center Parking Lot– GPS Address – 1624 Herald Ave, Cincinnati, OH 45207 for the four days and will receive a Parking Pass at the time of your Check-In.

⇒ **Bicycle Transport /Storage**– For participants traveling on POHR Bus Transportation from Cleveland, Akron, Columbus, Toledo, or Springfield - your bikes will be taken directly to Xavier University where they will remain overnight at the O’Conner Sports Center Building. You will not be able to access your bike while staying overnight at Xavier, but will have access Thursday morning (7/21) starting at 7 AM (BIKES WILL BE LOCKED IN THE FACILITY OVERNIGHT). In the morning, riders will need to show their wristband at the side door of the O’Connor Sports Center in order to obtain their bike.

⇒ **Breakfast** – For participants staying on campus at Xavier there will be a full breakfast available in the Hoff Dining Commons in the same building as Bishop Fenwick Place. For participants not staying on campus and riders who are being dropped off, a continental breakfast will be available at the Start Line.

⇒ **Luggage Drop** – There will be Penske Trucks for Luggage Drop at the O’Connor Sports Center for local riders who are being dropped off and for any miscellaneous luggage that riders staying at Xavier may want to bring down to bike pick up. It is imperative that all luggage has the POHR color-coded luggage tags attached before loading on trucks.

THURSDAY, JULY 27-DAY 1

- **6:00 – 7:15 AM**- Breakfast on Xavier Campus at Hoff Commons & Continental Breakfast at the Start Line
- **6:30—8:00 AM** – Shuttle Bus Transportation running from Hotel to Xavier’s Campus
- **9:00 AM**- Ride begins (All riders should be lined up by 8:30 a.m. at the START LINE) Volunteers and visitors who are attending The Start, temporary parking is available at the Cintas Center Parking Lot 1624 Herald Ave, Cincinnati, OH 45207. See Map for Details
- **# of rest stops = 5**
- **Lunch Stop – Morrow – Corporate Caterers of Dublin**

***Special announcements for the end of Day 1*

FRIDAY, JULY 28-DAY 2

- **5:45 – 7:15 AM**- Breakfast
- **7:00 to 8:00 AM**- rolling departure to follow from the HPER Center – Wittenberg University
- **# of rest stops = 3**
- **Lunch Stop = Glacier Ridge Metro Park - Corporate Caterers of Dublin**

***Special announcements for the end of Day 2*



DAILY OVERVIEW DESCRIPTION (CONT'D)

SATURDAY, JULY 29 – DAY 3

- 6:30 – 7:30 AM- Rider check in at Otterbein Campus Center (for 2-day cyclists)
- 6:00 – 7:30 AM- Breakfast in the Dining Hall
- 6:30- 8:00 AM- Daily rolling start
- # of rest stops = 6
- Lunch Stop= Danville (Delmar Littleton Memorial Lunch Stop) - Lunch provided by Subway and Corporate Caterers of Dublin.

***Special announcements for the end of Day 3*

- Recognition Dinner – 7:00 PM -There will be a casual buffet style banquet with a brief program where awards will be presented and prizes drawn. We encourage everyone to attend this special evening!
- Turn dorm keys in to individual dorm lobbies

SUNDAY, JULY 30– DAY 4

- 5:45 – 7:00 AM- Breakfast
- 6:30 – 7:30 AM- Daily rolling start
- # of rest stops = 4
- Lunch Stop = Revere Middle School– Provided by Taste Of Excellence Catering

THE FINISH! A CELEBRATION OF HOPE!

The Finish will be at the Sherwin Williams Breen Technology Center. This location will offer free parking, green space, restroom access, and a beautiful view of the lake and downtown Cleveland. The party will include a catered buffet and will be a great time to celebrate on the lake. Riders' families are welcome to come down to the finish line to cheer on the participants and enjoy the celebration dinner, **however we ask that family and friends let our participants through the buffet line first.**

A shower truck will be available for riders. [We ask that you bring your own towel, soap, and shampoo for the Finish.](#) Bags will be provided for wet clothes/towels for the ride home.

Following the celebration, **our departure charter bus transportation will leave at 4:30 PM.** Bikes will be transported by our donated Penske Trucks. See the Finish Line map for which Penske Truck to put your bike on. As soon as you arrive at the finish, the **first thing you will do is put your bike on the Penske Truck** if it is being transported to one of our return cities – Akron, Columbus, Toledo, Springfield and Cincinnati. Boxed lunches will be available for those that are riding the buses back.

SUNDAY, JULY 30– THE FINISH– BUS DEPARTURE TIME

Pan Ohio Hope Ride offers charter bus service (included in your registration fee) to Cincinnati, Akron, Columbus, Springfield, and Toledo for those needing a ride home after the tour finishes in Cleveland. **All buses will leave at 4:30 PM. Please make sure to bring your luggage to the bus and that your bike is on the proper truck home.** The Penske trucks will leave prior to the buses in order to get your bikes unloaded in Akron, Columbus, Toledo, Springfield and Cincinnati.

Cleveland– There will be a shuttle going back and forth from the Finish Line to the Nautica Parking Lot for those of the 4-Day Cleveland Riders that parked there during the ride.

	Cincinnati– Xavier University 1624 Herald Ave. Cincinnati, OH 45207 Arrival Time: 8:45 PM Pick Up Area: Cintas Center Parking Lot
	Springfield– Wittenberg 200 Bill Edwards Dr. Springfield, OH 45504 Arrival Time: 8:00 PM Pick Up Area: Lower Parking Lot in front of Firestone Hall
	Westerville– Otterbein 100 W Home St., Westerville, OH 43081 Arrival Time: 6:45 PM Pick Up Area: Parking lot behind Student Center
	Akron– ACS Office 3500 Embassy Parkway, Akron, OH 44333 Arrival Time: 5:45 PM Pick Up Area: Parking lot of office
	Toledo– ACS Office 740 Commerce Dr. Perrysburg, OH 43551 Arrival Time: 6:30 PM Pick Up Area: Parking lot of office

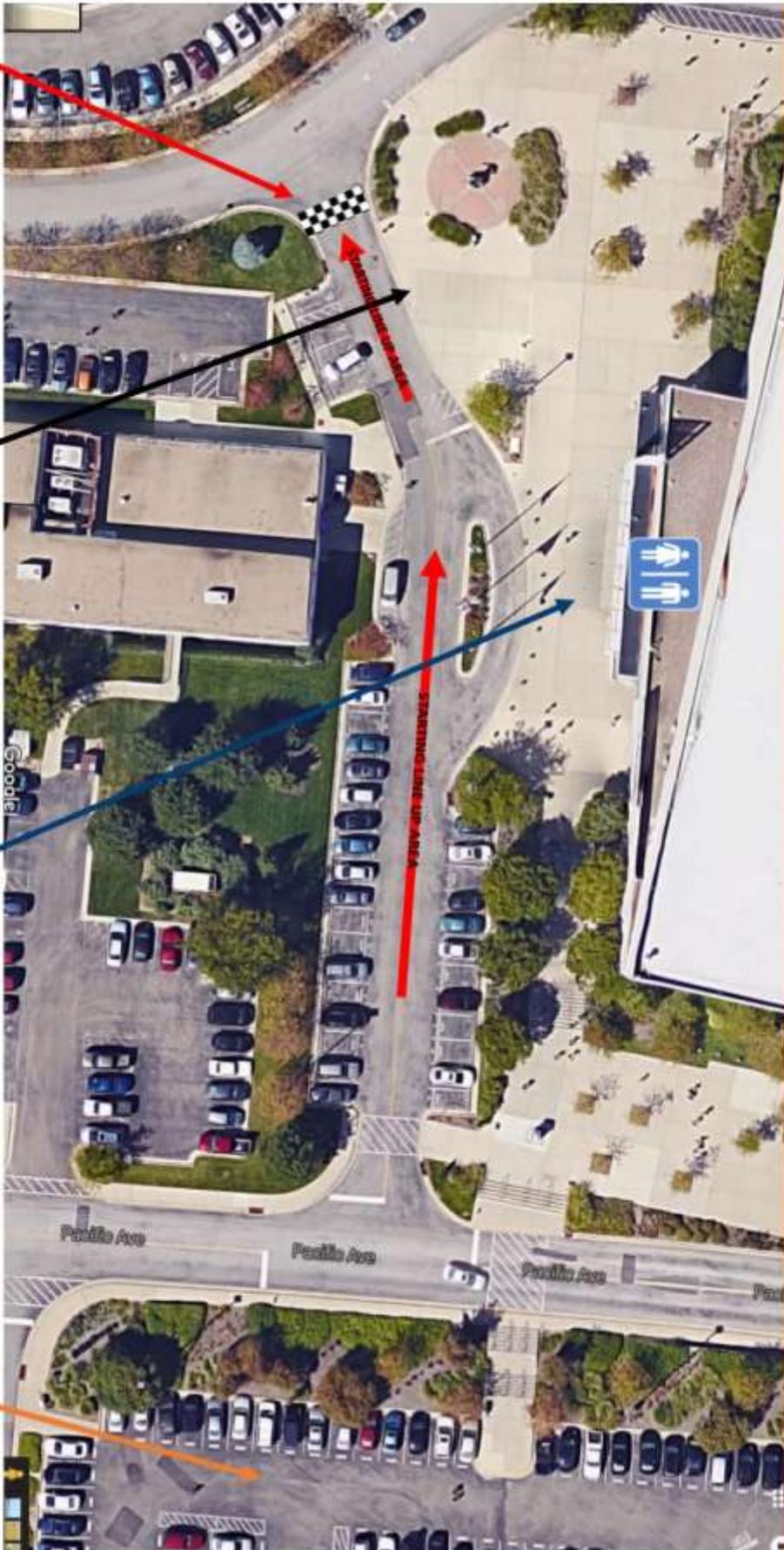
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2017 PAN OHIO HOPE RIDE
STARTING LINE MAP | THUR. JULY 27
 1624 Herald Ave., Cincinnati, OH 45207



START LINE

- Riders to line up by 8:30AM
- Escorted group start at 9AM

CINTAS PLAZA

- Continental Breakfast 7:30-8:30 AM

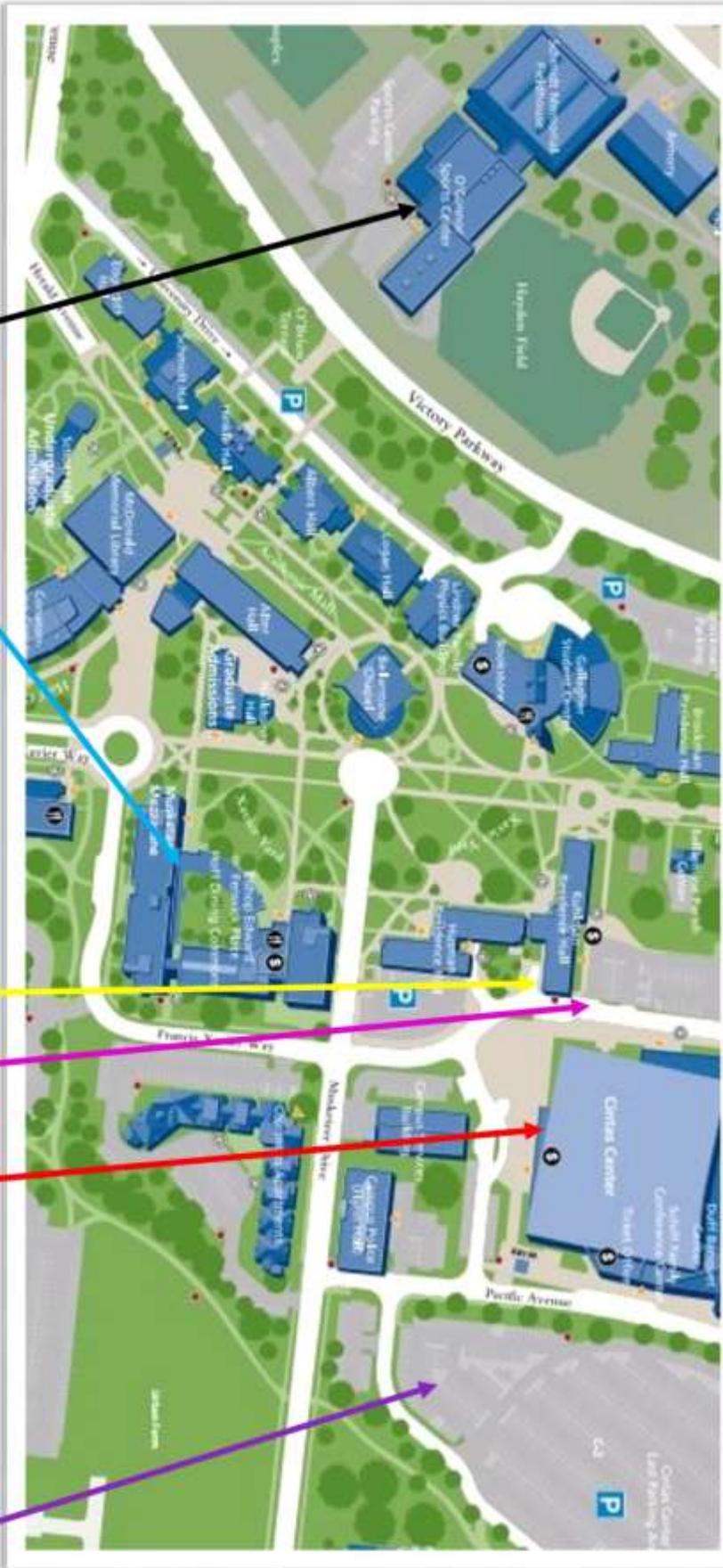
CINTAS CENTER

- Restrooms located inside the concourse

PARKING

- 4-Day Parking
- Parking for volunteers and spectators for the start line

**2017 PAN OHIO HOPE RIDE
XAVIER UNIVERSITY CAMPUS MAP | WED. JULY 26- THUR. JULY 27**
3800 Victory Pkwy, Cincinnati, OH 45207



O'CONNOR SPORTS CENTER

- Bike Storage
- Check In: 7/26; 3PM-7PM
- Check Out: 7/27; 7-8:30 AM

3800 Victory Parkway,
Cincinnati, OH 45207

HOFF DINING COMMONS

- Kick-Off Reception 6- 8:30 PM Wed.
- Breakfast 6:30-8AM Thurs.

KUHLMAN HALL

- Dorm Check In
- Luggage Drop in the AM
- Return key & linens to lobby in AM

SHUTTLE STOP

- Running from 4-10PM ON 7/26
- Running from 6-8AM ON 7/27
- Between Xavier and the Courtyard by Marriott Rookwood

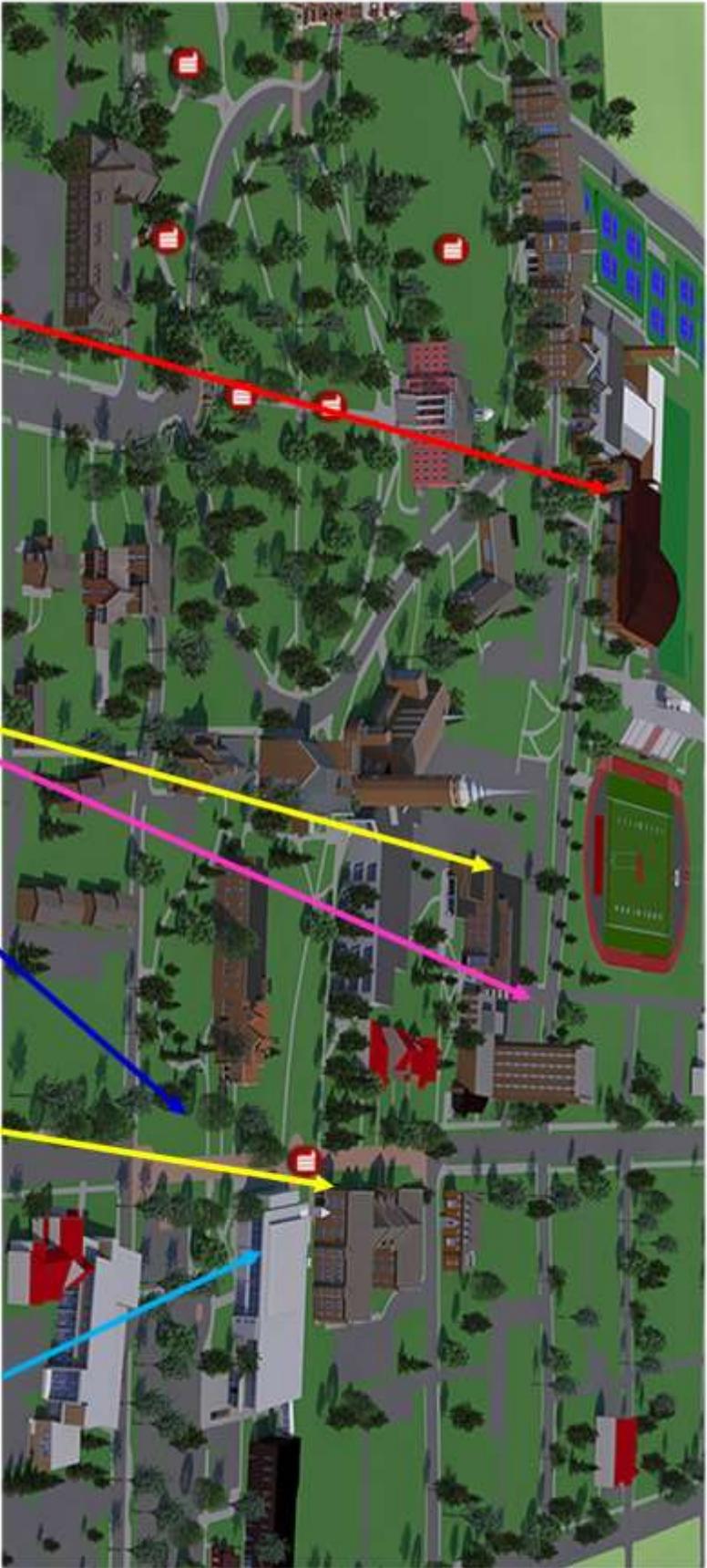
CINTAS PLAZA- 7/27

- Starting Line
- Restrooms inside Cintas Center
- Continental Breakfast 7:30-8:30 AM

PARKING

- 4-Day Riders
- Parking for Starting Line Spectators and Volunteers

2017 PAN OHIO HOPE RIDE
WITTENBERG UNIVERSITY CAMPUS MAP | THUR. JULY 27- FRI. JULY 28
 200 Bill Edwards Dr. Springfield, OH 45501



- HPER CENTER**
- Finish line and final water stop
 - Dorm Check-In
 - Information
 - Bike storage
 - Campers/Hotel luggage
 - Dinner- Thursday 6:00 to 8:00 PM
 - Rolling departure Friday 7:00-8:00AM

- RESTINE HALL**
- Luggage drop off in Friday AM
 - Return Keys and Linens to lobby
- SHUTTLE STOP**
- Runs 2PM-12AM Thursday and 5:30 AM-8AM Friday to Courtyard Marriott and Hampton Inn.

- ALUMNI LAWN**
- Camping area
 - Return luggage, linens & key to HPER Center Friday AM
- NEW HALL**
- Luggage drop off in Friday AM
 - Return Keys and Linens to lobby

- STUDENT CENTER**
- Dining Room is on the second floor
 - Breakfast 6:00-7:30 AM
 - Post 95 is on the first floor
 - Happy Hour 3-6PM
 - Massage Therapists 1-5PM (*Shavlin Center*)
 - Founders/gameroom on the lower level
 - Founders open 3PM-12AM
 - Gameroom open 3-6PM
 - Computers available on lower level

2017 PAN OHIO HOPE RIDE

OTTERBEIN UNIVERSITY CAMPUS MAP | FRI. JULY 28- SAT. JULY 29

100 W. Home St. Westerville, OH 43081



BIKE STORAGE
Clements Recreation Center

CAMPING AREA
**Davis Hall

SHUTTLE STOP (to hotel & back)
Friday: 12:00 pm to 12:00 AM &
Saturday: 5:30 - 8am
PARKING & Check in for those riding down to Cincinnati on 7/26

Friday Evening Activities— 4th Friday World Bazaar in Uptown Westerville! 6p.m. – 9 p.m. Only 1/4 mile walk from campus center – art, craft and food vendors set up along State Street. Stop in to one of these local establishments for a post-dinner beverage or late night snack .

- **Old Bag of Nails** 24 N. State St.
- **Jimmy V's** 1 S. State St.
- **Uptown Deli & Brew** 41 N. State St.:

LODGING
**DeVore Hall

LODGING
25 W. Home Street

Campus Center

- Finish Line will be next to Campus Center on Friday (7/27)
- Room Check-in/Registration
- Massage Therapists (cash donation) from 2 p.m. – 7 p.m.
- Depart 6:30-8:00 a.m. in front of Campus Center on Saturday 07/29
- Dining Room is on the Second Floor:
- Snacks from 12 p.m. – 4 p.m.
- Dinner from 5:30 p.m. – 8 p.m.
- Breakfast from 5:45 am-7:30 am
- Return Key & Linens on Saturday AM

Please Note: Luggage will be available for pick up at your dorm for those staying on campus or in front of the student center for hotel/camping/not staying on campus. Please drop luggage where you picked it up before departing Saturday morning!!



2017 PAN OHIO HOPE RIDE
WOOSTER UNIVERSITY CAMPUS MAP | SAT. JULY 29 – SUN. JULY 30
 1189 Beall Ave. Wooster, OH 44691



GAULT MANOR HALL

- Lodging

SHUTTLE PICK UP
 Hilton Garden Inn & Best Western

- Lowry Front Circle
- Saturday 1-11 PM
- Sunday 5-9 AM

HOLDEN HALL

- Camping area in front of building
- Bike Storage

LOWRY STUDENT CENTER

- Dorm Check in
- Key Return
- Rider Happy Hour 4-7PM
- Recognition Dinner 7-8:30 PM
- Recognition After Party 8:30-10:00 PM
- Breakfast 6:00 to 7:30 AM

LUCE HALL

- Lodging

SCHEIDE MUSIC CENTER
 (for Luce Hall Riders)

- Bike Storage

BRUSH HALL

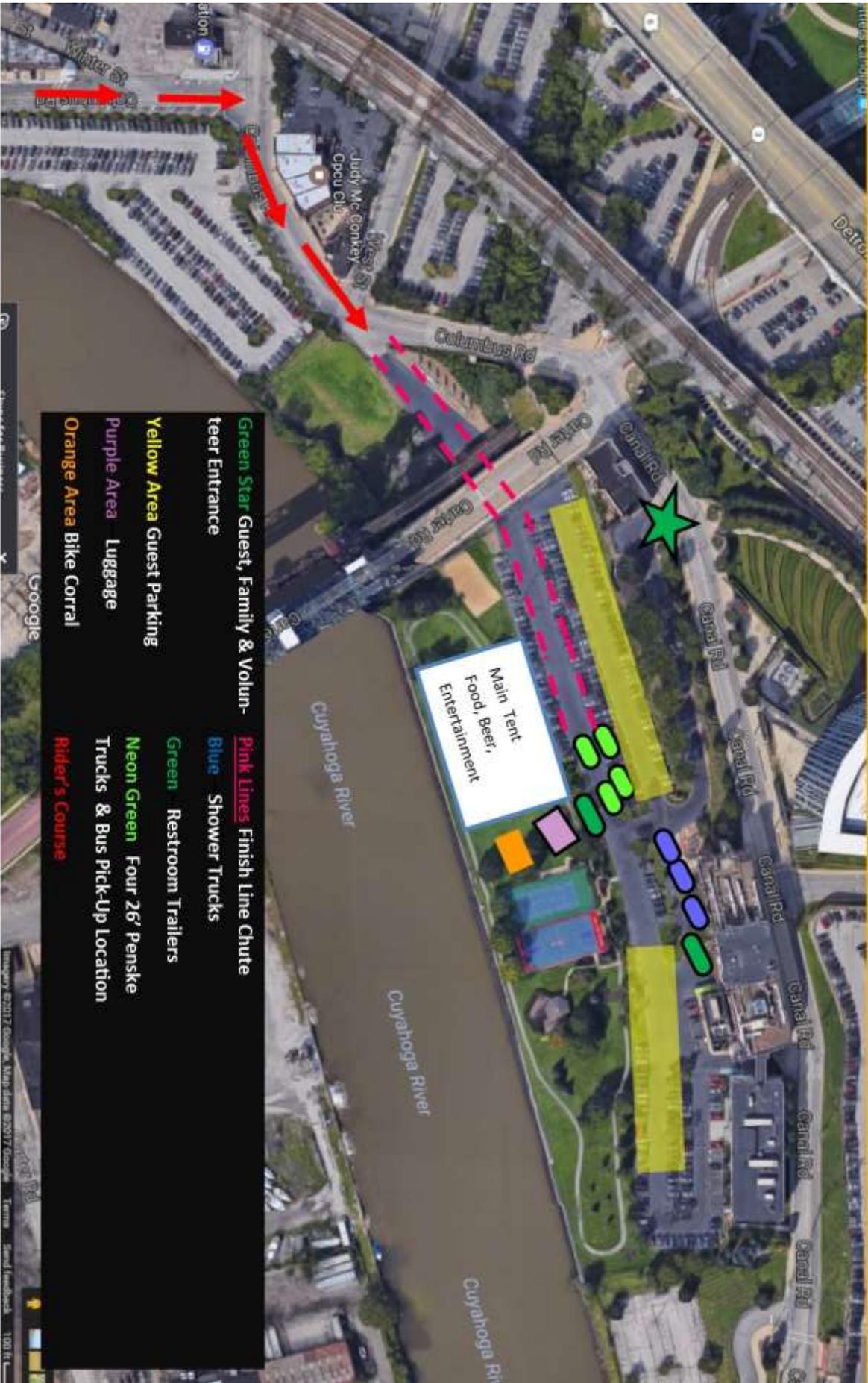
- Lodging

TIMKEN GYMNASIUM

- Bike Storage (for Campers & Gault Manor Hall)

2017 PAN OHIO HOPE RIDE FINISH LINE - SUN. JULY 30

Sherwin Williams Breen Technology Center—601 Canal Rd. Cleveland, OH 44113



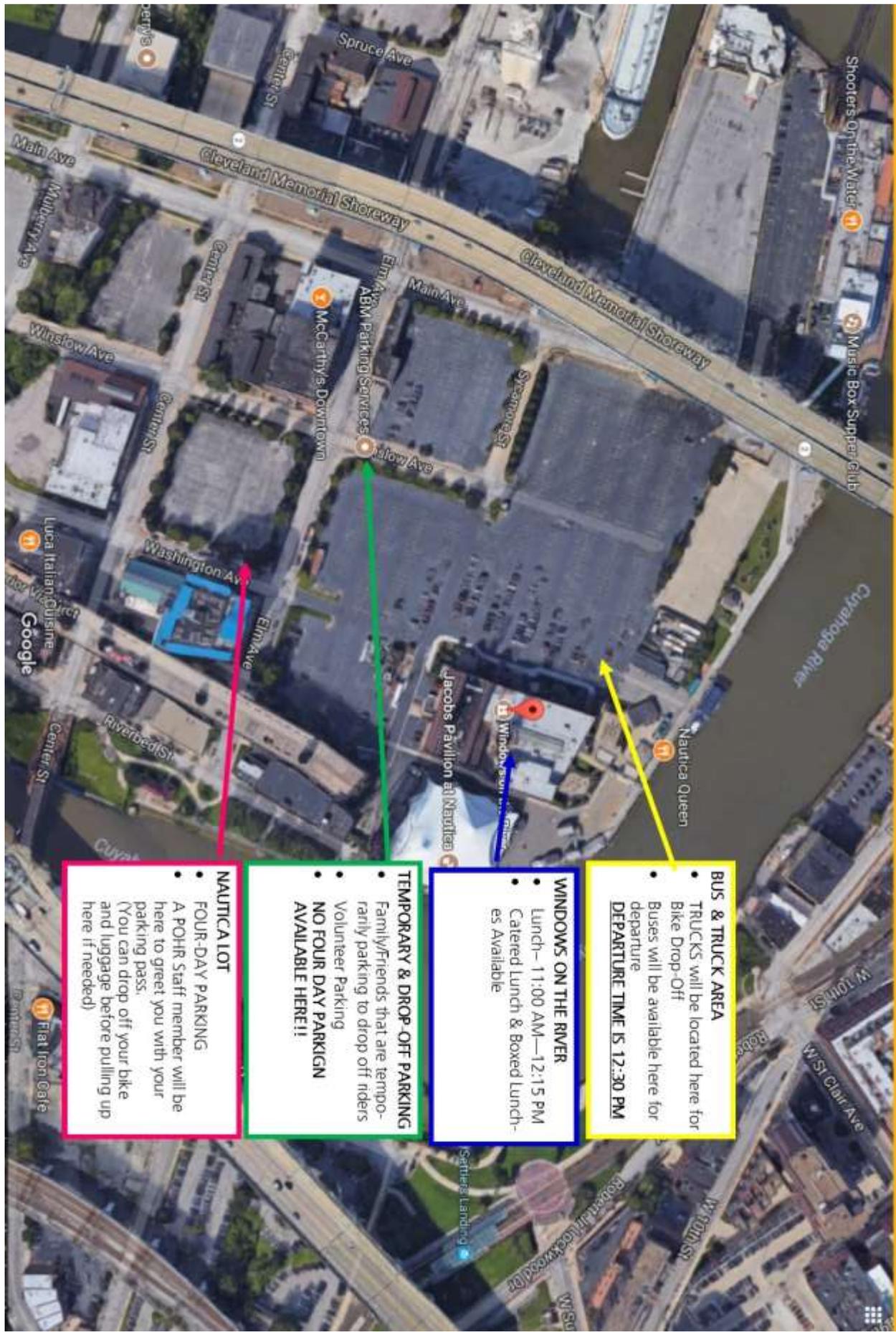
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**2017 PAN OHIO HOPE RIDE
CLEVELAND CHECK-IN, RIDER DROP-OFF & FOUR DAY PARKING- WED. JULY 26**
Windows on the River & Nautica Parking—2000 Sycamore St. Cleveland, OH 44113



- BUS & TRUCK AREA**
 - TRUCKS will be located here for Bike Drop-Off
 - Buses will be available here for departure
 - DEPARTURE TIME IS 12:30 PM**
- WINDOWS ON THE RIVER**
 - Lunch— 11:00 AM—12:15 PM
 - Catered Lunch & Boxed Lunches Available
- TEMPORARY & DROP-OFF PARKING**
 - Family/Friends that are temporarily parking to drop off riders
 - Volunteer Parking
 - NO FOUR DAY PARKING AVAILABLE HERE!!**
- NAUTICA LOT**
 - FOUR-DAY PARKING
 - A POHR Staff member will be here to greet you with your parking pass. (You can drop off your bike and luggage before pulling up here if needed)



APPAREL AND MERCHANDISE

Pan Ohio Hope Ride Merchandise is available to buy every day during the event– Wednesday, July 26 through Sunday, July 30. Ask your POHR Staff for more details on where to buy!

Cycling Gloves- \$25

(Unisex) Sizes: S– XXL



Cycling Socks- \$10

Sizes: S/M or L/XL



Thermal Shoe Cover- \$30

(Unisex) Sizes: S/M or L/XL



Thermal Arm Warmers- \$30



Cycling Shorts- \$60

Men's & Women's



2017 PAN OHIO HOPE RIDE ONLINE APPAREL & MERCHANDISE

Available ONLINE NOW:

<http://www.vomax.com/panohiohoperide>

Pan Ohio Hope Ride Cycling Shorts- \$60



Pan Ohio Hope Ride Cycling Bibs- \$70



Pan Ohio Hope Ride Arm Warmers- \$29



Pan Ohio Hope Ride Cycling Socks- \$15



328 MILES. CINCINNATI. COLUMBUS. CLEVELAND

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2017

