

AMERICAN CANCER SOCIETY ELEVENTH ANNUAL PAN OHIO HOPE RIDE

328 MILES. CINCINNATI. COLUMBUS. CLEVELAND

JULY 27-30, 2017



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Current POHR Stats

- ⇒ 345 Riders (18 Virtual Riders)
- ⇒ \$379,085 Raised
- ⇒ 42 Teams
- ⇒ 2016 ARPR* = \$2,564
- ⇒ Current ARPR = \$1,098

Rider Breakdown

- ⇒ 260 Returning Riders
- ⇒ 85 New Riders

Top Team Fundraising

- ⇒ MBSC
- ⇒ Team MCPc
- ⇒ The RoadFish

Announcing the 2017 Finish Line

The 2017 Pan Ohio Hope Ride is excited to announce a new partnership with our sponsors, Sherwin Williams. The 2017 Finish Line will be held at the Sherwin Williams Breen Technology Center, which will spotlight the picturesque downtown Cleveland views while watching the boat traffic along the Cuyahoga River. There will be ample free parking and the location will be open only to riders and their guests.

More details about the Wednesday, July 26 pick-up location in Cleveland will be coming out shortly as well as the Four-Day parking in Cleveland.

Thank you to our sponsor, Sherwin Williams, and all sponsors for supporting the 2017 ride!



43
Days to
POHR

*

Get Your Bike Checked! (Before POHR)

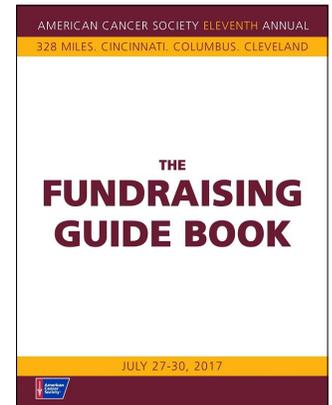
As mentioned the past few months, keeping your bike in good working condition is a vital measure to ensure you're safe on the road.

Remember, we're going to be asking that all POHR riders commit to have their bikes checked by a local bike shop between July 1 and July 20 to ensure that all bikes are in good working, safe order when they arrive on at the start on July 27th Please visit the [POHR Safety page](#) on the website to take the pledge to have your bike checked by a bike shop near you!



Here's a quick checklist from our Official Mechanical Partner, BikeSource, of things to consider on your bike:

- ◇ Inspect tires for dry-rotting, large cuts, and adequate tread.
- ◇ Ensure both derailleurs and shifters are shifting accurately and crisply.
- ◇ Inspect shift cables for fraying and corrosion.
- ◇ Inspect brake cables for fraying and corrosion.
- ◇ Check brake pad wear.
- ◇ Ensure cranks and pedals are tight.
- ◇ Check for play and excessive wear in the bearings in the bottom bracket, hubs, and headset.
- ◇ Ensure wheels are true, rims are not cracked, and there are no broken spokes.
- ◇ Check that all remaining fasteners are tight and secure.
- ◇ Check that cleats on shoes are in good condition and secure



How's Your Fundraising Going?

The current Average Raised Per Rider (ARPR) is right around \$830; are you above or below the average? Every dollar raised goes to fund the lifesaving work of the ACS; including the valuable patient resource Hope Lodge! Don't forget to utilize the Official [POHR Fundraising Guidebook](#) to help your efforts! This comprehensive guide is full of the tools, ideas, tips and examples to take your fundraising to the next level.

The POHR Webstore is Open!

We know you're ready to stock up on POHR merchandise and soon you can get your official [POHR apparel online](#)! That's right, you'll be able to visit the POHR Webstore to buy your riding merchandise before the ride in July! You'll be able to purchase riding gloves, socks, compression arm sleeves, shorts and bib shorts in the store (items pictured to the right).



POHR Safety Corner: "Building Your 6 - Pack From The Inside Out"

-By Amy JH Pearse, MS, RD, LD, RN

All you need is enough. Enough fuel to train, recover, build muscle and make the whole process enjoyable! Figure out what is enough and soon you'll be setting new speed records, blasting up those hills while wearing your race cut jersey to show off your 6 - pack abs.

Determining what is enough though can be a challenge. Some days you train hard, some days you rest and recover. And, working out what your digestive system will tolerate can be a process of trial and error.

View the guidelines below as a starting point for your pre, during, post and daily fueling. Experiment. Keep it simple. As part of your training routine, figure out which fuel, how much fuel and how the timing helps you perform at your best.

Pre-Training

~ 60 min duration: 1 g carb/kg, 1-4 hours before exercise

Longer rides: 1-4g carbs/kg, 1-4 hours before exercise

Try cereal, granola bars, yogurt, fruit, smoothies, juice, bagels, low fat muffins, graham crackers.

(To determine your kg body weight divide pounds by 2.2)

During

< 45-60 minutes: pre-exercise snack

1-2.5 hours: 30 to 60 g carb/hour

> 2.5-3 hours: 60 to 90 g carb/hour

Choose high carb, low fat, low fiber, low protein sources to help avoid gastrointestinal upset. Fat, fiber and protein are absorbed more slowly, which can lead to feelings of the food just sitting in your stomach and heartburn. Slowed down digestion also means you aren't getting those carbs absorbed quickly to give you the energy you need to keep riding well. On long rides with snack/lunch stops look for fruit, pretzels, energy gels, cereal, bagels, fig newtons, and energy bars meeting the criteria above. To really maximize carb absorption, mix types of carbs such as fruit and pretzels, energy gels and bagels. That big sub may look good but it won't feel good still sitting in your stomach an hour later.

Post - within 1-2 hours after training

Carbs 1 g/kg

Protein 15-25g

Try: PB and J sandwich with chocolate milk, turkey sandwich and yogurt, Greek yogurt and fruit, a 3 egg omelet and 2 pieces of toast with jam and a large glass of juice

Daily carb needs for endurance athletes based on training intensity

Low: (less than 1hr/day) 3-5g/kg

Mod: (~1hr/day) 5-7 g/kg

High: (1-3hr/day) 6-10g/kg

Cont'd on page 4...

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Daily protein needs for endurance athletes

Endurance athletes need 1.2-1.8g/kg/d, vegetarian athletes need more 1.3-1.9g/kg/d

Best spread throughout day, 20-25g at a time. Determine your total protein needs and divide between meals and snacks.

References and Further Reading suggestions:

Nutrition And Athletic Performance. Medicine & Science in Sports and Exercise, March 2016 - Volume 48 - Issue 3 - p 543-568, doi: 10.1249/MSS.0000000000000852, Special Communication: Joint Position Statement

International Olympic Committee Nutrition for Athletes, A Practical Approach Guide to Eating for Health and Performance, Prepared by the Nutrition Working Group of the Medical and Scientific Commission of the International Olympic Committee, Based on the International Consensus Conference Held at the IOC in Lausanne, Revised and Updated June 2016

Nancy Clark's Sports Nutrition Guidebook, Fifth Edition

Sign Up to Volunteer; We Can Use Your Help!

Not able to ride POHR? You can support POHR in other ways! Whether it's prepping materials before the event, helping to organize events all year, work a water stop, or help clean up the madness after the event, POHR volunteers are crucial to the success of the ride and make each year better than the last. Know someone that would be a good volunteer for POHR? Pass along this link: [VOLUNTEER FOR POHR 2017 HERE!](#)

Have YOU Filled Out Your Lodging Reservation?

The official POHR Lodging & Transportation Reservation System went live back in February! *If you haven't already, make sure you login-in and fill out the Lodging & Transportation Survey* detailing your plans for accommodations and transportation for the ride as soon as possible. Riders have the option to stay at the dorms of the colleges (for a nominal fee per night), stay at hotels (at their own expense), or camp (free). You also can reserve your spot on a bus to the Start in Cincinnati and/or from the Finish in Cleveland if needed.

Important Dates

- ♦ **June 20, 2017: Re-commitment Deadline**– All participants that have not reached the \$1,000 minimum will be asked to re-commit to reach the minimum prior to the July 11th deadline, donate the balance personally, or forfeit your

WHO DO I CALL WITH QUESTIONS?

- ♦ You can always call 888.227.6446 Ext. 1222 or email Panohioinfo@cancer.org with questions.

CONNECT WITH US!

 American Cancer Society Pan Ohio Hope Ride

 Pan Ohio Hope Ride

 @panohiohoperide

DON'T FORGET TO USE OUR HASHTAG! #POHR2017