

12TH ANNUAL AMERICAN CANCER SOCIETY PAN OHIO HOPE RIDE

328 MILES. CINCINNATI. COLUMBUS. CLEVELAND.

JULY 26-29, 2018



June 2018



INSIDE THIS ISSUE

- 1 Current POHR Progress
- 1 Get Your Bike Checked
- 2 All About Fundraising!
- 3-4 Safety Corner
- 4 Lodging & Transportation
- 5 Volunteers Still Needed
- 5 Upcoming Events, Rides & Fundraisers
- 6 POHR Podcast
- 6 Upcoming Meetings & Important Dates

Current POHR Stats

- ⇒ 348 Total Participants
- ⇒ \$410,304 Raised
- ⇒ 30 Teams
- ⇒ 2017 ARPR = \$2,864
- ⇒ Current ARPR = \$1,291

Rider Breakdown

- ⇒ 314 Riders
- ⇒ 34 Virtual Participants

Top Team Fundraising

- ⇒ Team MCPc
- ⇒ Bond EY
- ⇒ Road Fish

*ARPR– Average Raised Per Rider

Get Your Bike Checked! (*Before POHR*)

Keeping your bike in good working condition is a vital measure to ensure you're safe on the road. ***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 at the start line at Xavier University on July 26th***

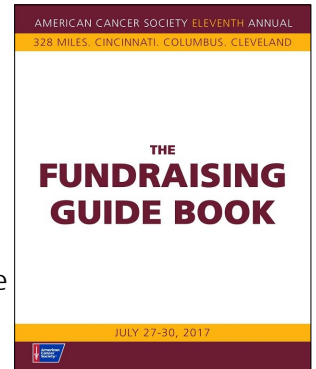
Here's a quick checklist from our Official Mechanical Partner, BikeSource, of things to consider on your bike:

- ◇ 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 **\$1,291**—are you above or below the average? Every dollar raised goes to fund the lifesaving work of the ACS; including the valuable patient resource, home away from home for cancer patients and their caregivers at our Hope Lodges! Don't forget to utilize the Official [POHR Fundraising Guidebook](#) help your efforts! This comprehensive guide is full of the tools, ideas, tips and examples to take your fundraising to the next level.



Fundraising Incentives

- ⇒ The minimum to ride is **\$1,100**. All riders receive a Sport-Tek shirt and water bottle at packet pick up!
- ⇒ Raise **\$1,328** and receive the 2018 Pan Ohio Hope Ride jersey.
- ⇒ Raise **\$2,500** and receive a Pan Ohio Hope Ride cooling towel.
- ⇒ Raise **\$3,500** and receive a 328 power charging bank.
- ⇒ Raise **\$5,000** and become a member of the **Dynamo Club**! As our top fundraisers, each Dynamo Club member receives a special jersey. To learn more about joining the Dynamo Club [view this flyer](#).
- ⇒ Raise **\$7,500** and receive free automatic registration for the 2019 Pan Ohio Hope Ride.



- ⇒ **NEW for 2018** **Become a member of the **Pacesetter Club** by raising \$7,500 through one or more of our American Cancer Society cycling events, receiving a custom jacket and National-level recognition! To learn more about the Pacesetter Club [view this flyer](#).



Dynamo Club Shout Outs!

- | | |
|--|--|
| ◇ James Bond Sr.—Bond EY | ◇ Jack Varney—Team MCPc |
| ◇ Rick Benning—Road Fish | ◇ Tony Kellerman—Team MCPc |
| ◇ Mark Taft—Kick'n The Asphalt Out Of Cancer | ◇ Amanda Wolf—MBSC: Mind Brain Social Club |
| ◇ Ben Blanquera—Team VACO | ◇ Paul Musso—The Turtle Herd |
| ◇ Paula Hendryx—MBSC: Mind Brain Social Club | |

VBT Grand Prize Drawing

For every \$500 raised beyond the rider required minimum (\$1,100), riders will be entered to win the grand prize of a VBT Vacations trip! This special drawing will be for a 2018 or 2019 Tuscany by the Sea bike tour, including round trip air from Cleveland for one traveler (the certificate will expire October 30, 2019)!

Trip departure dates run from March through October and include unique accommodations, most meals, VBT bicycle rental and helmet, the services of two experience VBT bilingual local trip leaders, unique activities, service of a fully-equipped support van, all included sightseeing events, detailed daily route directions and maps, packing and travel tips and much more!

Safety Corner—Tips for Safe Cycling

- Always wear a **helmet**.
- **Alert** disabled bikers to pull off of road for repairs.
- **Keep right**, ride with traffic.
- **Watch** for drain grates, loose stones, rocks, sand and soft shoulders.
- Maintain a **straight path**, three feet minimum out from parked cars.
- Stop and **look** for vehicles before entering the road.
- Use **hand signals** before turning.
- Keep your bike **mechanically sound**.
- **Stay alert** for vehicles and pedestrians
- **Be predictable**- let the other riders around you know what you are doing
- **Communicate** with all riders around you

Motor Vehicle Traffic Patterns

Whenever you move into traffic, you must watch out for yourself and for the motorist. Most car drivers scan the road for large vehicles, not for small objects. Assume that drivers will not see you. Don't move into traffic until you make eye contact with the other driver(s).

Entering the Roadway

Look before entering a street. Motorists may not have time to react if you simply pop into view from the side of the road. If entering from the sidewalk, walk your bicycle onto the street and then get on to ride. Look both ways and slow your speed before entering traffic from a bicycle lane.

Intersections

At intersections, stay clear of motor vehicles and pedestrians. Slow down and look both ways before moving forward. Remember that you must have a full green light to enter an intersection controlled by a traffic light. Whether you are turning right or going straight through an intersection, wait for the vehicle ahead of you. Never pass a vehicle on the right-hand side because it's hard for the driver to see you. If you are behind a big car or truck, don't follow too closely. There are two methods for making a left turn at an intersection. In heavy traffic, or if you are a new bicyclist, walk your bicycle through the crosswalks as a pedestrian. But in light traffic where your bicycle can be seen easily, make a normal vehicle turn from the right side of the centerline or left-turn lane.

Safety Corner Continued

Direction of Traffic

Always ride with the traffic, not against it. When you ride along with the traffic, motorists can see you far enough ahead to steer out of your way. It is hard for motorists to avoid bicyclists who suddenly appear in front of them going the wrong way.

Riding on the Right

When riding on a street, at less than the normal speed of traffic, ride as closely as you can to the right-hand side of the road, or on the highway shoulder.

Making Turns

Signal at least 100 feet before you turn, using correct hand and arm signals. Before turning, check traffic in all directions and keep to the rear. As you signal, be sure to make eye contact with the driver(s) nearby; don't turn until you are sure that they see you. As you make the turn, keep both hands on the handlebars.

Following Distance

Use the "Two-Second Adjust" to follow a safe distance behind another vehicle. When the vehicle in front of you passes a fixed object (tree, sign, house), begin counting, "one-thousand-one, one-thousand-two." If you pass that object before you finish counting, then you are following too closely.

Parked and Double-parked Cars

Plan your route so that you ride on streets where there is room for parked cars and bicycles. Ride at least three feet away from parked cars so that you don't have to dodge opening car doors. If it looks like the driver is going to get out of the car, slow down and make yourself visible by sounding a horn or bell, or by yelling. If you must move to your left to avoid an accident, don't swerve out into traffic. To predict when a car will pull out from the curb, or when a car door will open, watch for these signs: cars stopped with running motors, back-up lights on, brake lights on, and turn signals flashing. Select streets with bike lanes where you don't **have to** worry about parked cars.

Railroad Crossings

At railroad crossings slow down and stop a safe distance from the tracks if a train is coming. To cross railroad tracks, point your front wheel at a right angle to the tracks and cross each track, one at a time.

POHR Lodging and Transportation System is Still Open!

The official POHR Lodging & Transportation Reservation System went live on Wednesday, February 28th! If you haven't already, make sure you login to your Society Account dashboard and fill out the [Lodging & Transportation](#) survey detailing your plans for accommodations and transportation.

LODGING OPTIONS INCLUDE:

Dorms - \$40 per night

Camping - Free (Camping is not available at Xavier due to area safety)

Hotels - Rider's Expense

All partner hotels have a deadline for reserving by June 25th in order to receive our POHR group rate. A list of these hotels can be found on the [Lodging and Transportation Reservation System page](#).

Volunteers Needed!

Did you know it takes over 600 volunteers to support the Pan Ohio Hope Ride? 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 2018 HERE!](#)



Upcoming Events and Practice Rides—

- **Cleveland Hope Lodge BBQ**—Wednesday, June 13th 5:30-7:30pm at the Cleveland Hope Lodge (11432 Mayfield Road Cleveland, OH 44106). Riders, volunteers, family, and friends are welcome as we join our Hope Lodge friends for a night of food and fun!
- **Columbus/Central Ohio Practice Riders**—[View this detailed list of all local upcoming hosted and non-hosted rides!](#)
- **Cincinnati/Miami Valley participants** are invited to attend locally hosted practice rides every Tuesday with Fifty West Cycling Company. Rides are from 6-8pm every Tuesday—[view their website](#) for more information!

Upcoming Fundraisers—

- **MBSC at the Gorilla**

Stop by The Gorilla Lakewood (12102 Madison Ave. Lakewood, OH 44107) on Saturday, June 16th any time between 11:30am-9pm, [present this picture flyer](#) and 30% of the bill will be donated to Pan Ohio! The team will be there to entertain you!

- **Chipotle —EVERY location in Ohio!**

Join us on Tuesday, June 26th any time between 10:45am-10pm statewide at all 180 Ohio Chipotle locations! Bring in [this flyer](#), show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to Pan Ohio!

- **Craft For a Cause**

During the entire month of June, Pub Frato will donate \$1 of every Brew Kettle's White Rajah sold to Pan Ohio's Kick'n the Asphalt Out of Cancer team! Check it out! 7548 Fredle Drive Concord, Ohio 44077

- **Win a Trans Canada Rail Package!**

Canada Rail Vacations is proud to donate a Trans Canada train tour package aboard VIA Rail Canada's legendary transcontinental journey *The Canadian* for two (valued at over \$9000) to the Pan Ohio Hope Ride. This package is open for everyone to win. Every donation of \$50 to TEAM CANADA RAIL VACATIONS or any of their team members will earn you one entry in the prize drawing. The draw for the winner will be held at the finish line of the Pan Ohio Hope Ride and the winner will be notified by email. Visit <http://canadarail.ca/specials/charity/panohio> for more information!

If you have an upcoming fundraiser to spotlight, email details to PanOhioInfo@cancer.org

Important Dates—

Fundraising Dates:

- **June 12, 2018:** Recommitment Date; all that have not raised the \$1,100 Minimum will be asked to recommit their intent to do so prior to the July 10th deadline, donate the balance personally, or forfeit your registration. *We will not charge your credit card to reach the minimum.*
- **July 10, 2018:** \$1,100 Minimum Fundraising Deadline

Upcoming Local Area Meetings:

- ⇒ **Central Ohio Area Committee Meeting:** No July Meeting—contact Maggie.Walters@cancer.org with questions
- ⇒ **Cleveland Area Committee Meeting:** No July Meeting—contact Suzanne.Conway@cancer.org with questions
- ⇒ **Cincinnati Area Committee Meeting:** Monday, July 9th 6pm—ACS Cincinnati Office (2808 Reading Rd. Cincinnati, OH 45206)
- ⇒ **Miami Valley Area Committee Meeting:** Tuesday, July 17th 6:30pm—Ye Olde Trail Tavern (228 Xenia Ave. Yellow Springs, OH 45387)

POHR Podcast

Check it out!

Shout out to Greg Mack, Sean McClain and Brian Travalik for this innovative way to talk about the Pan Ohio Hope Ride and the life saving mission of the American Cancer Society!

[Episode 1](#)

[Episode 2](#)



American Cancer Society Pan Ohio Hope Ride



Pan Ohio Hope Ride



@panohiohoperide

43
Days to
POHR

DON'T FORGET TO
USE OUR HASHTAG!
#POHR2018