

# 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

- ⇒ 331 Riders (18 Virtual Riders)
- ⇒ \$274,372 Raised
- ⇒ 42 Teams
- ⇒ 2016 ARPR\* = \$2,564
- ⇒ Current ARPR = \$829

## Rider Breakdown

- ⇒ 251 Returning Riders
- ⇒ 78 New Riders

## Top Team Fundraising

- ⇒ MBSC
- ⇒ The Roadfish
- ⇒ Team MCPc

## The POHR Merchandise Webstore is Almost 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 below). We'll be adding new items for sale throughout the year, so make sure to check back often. Look for the link to the webstore via email and on Facebook very soon!



**76**  
Days to  
POHR

\*ARPR– Average Raised Per Rider

## Get Your Bike Checked! (Before POHR)

As talked about in last month's newsletter, keeping your bike in good working condition is a vital measure to ensure you're safe on the road. From your cleats, to tires, cables, rims and more, keeping up with maintenance on your bike can go a long way to keep you safe on the road and ready for the challenges of a 4-Day cycling tour like POHR!

\*Remember, we're going to be asking that all POHR riders commit to have their bikes checked by a local bike shop no later than the end of June to ensure that all bikes are in good working, safe order when they arrive on at the start on July 27th\*

*\*\*List of participating bike shops to follow soon\*\**



## 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.

## 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!](#)



## Show POHR Pride with a Yard Sign!

Stop into your local ACS office in Cleveland, Columbus or Cincinnati to pick up your official POHR yard sign! The signs are eye-catching and meant to show others in your community that you ride or support POHR. Drop by to get yours today or email [panohioinfo@cancer.org](mailto:panohioinfo@cancer.org) to see if they're still available near you!



# POHR Safety Corner: Nutrition & Hydration

## **“EAT, BIKE & EAT, EAT, SLEEP, REPEAT”** *Written by Amy JH Pearse MS, RD, LD, RN*

It's as simple as that, right? Long group rides with big breakfast stops, maybe a donut or two. YUM! Then beer for recovery - hey it's carbs! Whether this is your first Pan Ohio Hope Ride or you've ridden in every one, preparation is key to a successful event. You'll need to log some significant seat time to be able to ride 328 miles in 4 days. You'll need to rest, both your muscles on recovery days and your whole self each night with sufficient zzzzzz's. And you'll need the best fuel delivered at key times to perform well. While an occasional donut and beer are okay, planning your daily/ training nutrition will help you ride better and enjoy those rides more.

### **Break fast with breakfast**

Think of breakfast as helping you break away fast, away from the pack, into the lead. After waking, your body needs food to switch from a catabolic (muscle losing) to an anabolic state (muscle building). Athletes who eat breakfast exercise harder and longer, they eat less junk food and make better food choices later in the day. Get a good start with about 500-700 calories from a combination of carbohydrates and protein. Greek yogurt, fruit and cereal; or bagel with 2 tablespoons of peanut butter and sliced banana. Don't like breakfast foods? Have a sandwich and carrot sticks or leftovers from the night before. Mornings too hectic? Try a low sugar, low fat drinkable yogurt on the way to work. Take some fruit and nuts to munch on when you get a moment later in the morning.

Early morning exercisers may need a slightly different approach. When you're already getting up in the dark, it's hard to get up even earlier to eat a full breakfast. Try eating a snack of 100-300 calories 15-60 minutes before exercise. If you don't eat anything before exercise now, start off with a piece of fruit or a cup of juice or milk. Gradually increase the amount you eat and adjust the time to see what works best for you. You should be choosing something that's mostly carbohydrates; a little protein and fat is okay, but the focus should be on quickly digestible carbohydrates like fruit, bagels, cereal, or a baked sweet potato. After your workout, replenish your carbohydrate stores and get some protein to promote muscle growth. So finish your breakfast, aiming for another 200-500 calories from carbohydrates and 20 - 25 grams of protein. To promote recovery, eat within an hour after exercising.

### **Okay, but first coffee:**

Caffeine, at a dose of 1.5 mg per pound an hour before exercise, has been shown to enhance performance. More caffeine than this doesn't increase the effect, though it may give you a jittery feeling or necessitate an extra pit stop. A cup of coffee has about 150-200 mg of caffeine, a can of pop about 35-50 mg.

### **Lunch and dinner:**

Your body runs all day long so you should be fueling it all day long. You're either recovering from training or preparing for the next session. Aim for around 200-300 calories per meal from a variety of whole grains like brown rice, quinoa, and whole grain pasta. Get another 20-25 grams of protein and fill the rest of your plate with vegetables and fruit. Make sure to include 2-3 servings of low fat dairy during the day too.

### **Snacking:**

Think of snacks as pit stops during the Indy 500. Each stop provides exactly what is essential to keeping the race car running at peak performance. Snack time is an extra opportunity to make sure you're keeping yourself at peak performance level by getting enough carbs to reload after a hard ride and to enough protein to rebuild muscle. Make your snack choices as nutritious as your meals. Aim for a mix of carbs and protein from different food groups. Try hummus, pretzels and carrots. Mozzarella cheese sticks, red and green pepper slices and bread sticks - all ready for dunking in pizza sauce. Make your own energy bites by mixing all natural peanut butter, honey and oatmeal. Fruit and Greek yogurt or energy bars are also a quick, easy options.

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### Consider protein pacing:

Protein pacing is spreading your protein intake evenly throughout the day rather than having none to little at breakfast and lunch and a large portion at dinner. Protein pacing gives your body a constant supply of the nutrition it needs build muscle. This can also help you feeling less hungry throughout the day. Aim for about 20 - 25 grams at meals and snacks. Divide your daily protein needs evenly between three meals and at least an evening snack. A pre bedtime protein snack can be especially beneficial for promoting overnight muscle growth.

### Coming up next:

**June:** Building your 6-pack from the inside out. What to eat - before, during and after training.

**July:** Copious and clear. Yep, it's time to talk pee.

## Know Someone That Might Want to Ride?

Do you ride with a group regularly or do you have friends and family that want to help those facing cancer now? Ask them to join you in riding and fundraising for POHR, a full-service, premier cycling event. **YOU are our best recruiter!** As a returning rider share your POHR experience and let people know "why" you are riding!

## 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.

## WHO DO I CALL WITH QUESTIONS?

- ♦ You can always call 888.227.6446 Ext. 1222 or email [Panohioinfo@cancer.org](mailto:Panohioinfo@cancer.org) with questions.

## UPCOMING EVENTS:

- ⇒ **Columbus Committee Meeting:** Monday, May 15, 6:00-7:30 PM; Eddie George's Grill 27; 775 Yard St, Columbus, OH 43212. RSVP to [Sarah.Arp@cancer.org](mailto:Sarah.Arp@cancer.org).
- ⇒ **Columbus Friends & Family Info Night:** Thursday, May 18, 5:30-8:30 PM; Yogi's; 3880 Hard Rd, Dublin, OH 43016. RSVP to [Sarah.Arp@cancer.org](mailto:Sarah.Arp@cancer.org).
- ⇒ **Columbus Training Ride: Save The Date!** Saturday, June 10, Morning TBD, Location TBD; Details to Come!
- ⇒ **Cleveland Friends & Family Info Night:** Tuesday, June 13, 6-8:30 PM; Market Garden Brewery; 1947 W 25th St, Cleveland, Ohio 44113.

RSVP to [Panohioinfo@cancer.org](mailto:Panohioinfo@cancer.org) or on Facebook once events are scheduled.

## CONNECT WITH US!



American Cancer Society Pan Ohio Hope Ride



Pan Ohio Hope Ride



@panohiohopeide

**DON'T FORGET TO USE OUR  
HASHTAG! #POHR2017**