



THE OFFICIAL SPONSOR
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The American Cancer Society's Sixth Annual

Pan Ohio Hope Ride

328 miles • Cleveland • Columbus • Cincinnati

JULY 26 - 29, 2012



328 Miles 4 Days 2 Hope Lodges 1 goal

2012 Rider Information

Revised 07.10.12

***Information subject to change**

Welcome to the 2012 Pan Ohio Hope Ride! This bicycling tour enables you to not only take an incredible bicycle journey, but also to tremendously benefit the American Cancer Society Hope Lodges and other critical patient service programs in the fight against cancer. It is a tour both inspiring and life changing. With each passing mile, we hope you will discover the beauty of Ohio's scenery, experience areas you didn't know existed, challenge yourself to pedal, talk and laugh, make new and lasting friends, hear inspiring stories of hope and courage, and send a message to all those fighting cancer right now that you are doing something to help.

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.

Whether you're joining us for 4 days, 2 days or 1 day – this is what you need to know. If you have any questions, email Paul Purdy directly at paul.purdy@cancer.org or you can reach him at 888.227.6446 ext. 1208.

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 Cleveland to Cincinnati in 4 days, each day's mileage will be lengthy, averaging around 80 miles. 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.

Approximate Daily Mileage:

- Day 1 Cleveland to Wooster (77 miles)
- Day 2 Wooster to Columbus (100 miles -- the BIG day)
- Day 3 Columbus to Springfield (75 miles)
- Day 4 Springfield to Cincinnati (88 miles)

Route Cards:

We will provide all riders with laminated, turn-by-turn text description of the route with mileage. The route cards will be available at Check-In on **Wednesday, July 25** at Case Western Reserve University, at the **START**, and at the **Kick Off party** at the Hope Lodge. Currently the 2012 route is also mapped out on the website with Map My Ride turn by turns under the "Event Information" tab. In addition, when visiting this page you can download the route to your smartphone if you have the capability.

PLEASE TAKE YOUR RIDER CARDS WITH YOU AT THE BEGINNING OF EACH DAY. WE WILL NOT HAVE A LARGE SUPPLY OF REPLACEMENT CARDS!

Challenge Route:

We have added the option of a challenge route on Day 2, which is designed for the expert cyclist who thinks 328 miles is just not enough. It adds extra miles, hills, and takes riders off the trails in many different areas. The challenge route is clearly marked and will intersect with the same water stops/lunch stops as the Classic Route.

Day 2 Challenge Route adds some tough climbs through Amish Country and a few more miles.

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 (SUNBURY on Day 2) AND IN THE ROCKY RIVER METROPARK (Park/County Rangers & smaller towns that we travel through will and have ticketed riders for blowing through stop signs/lights and speeding!)

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! This is a ride – not a race! (the race is in the fundraising!)

Check-in Information

Riders who have earned their jersey by July 17th will receive it in the mail .The rest of the jerseys will be available at Check-In. All riders will still need to check in at one of our registration points to receive their rider numbers, luggage tags, and goodie bags.

* Only riders who have indicated that they will be arriving on the buses from Cincinnati or Columbus on the lodging reservation form are eligible for Pre-Event Check-In at the Columbus and Cincinnati locations. All other Pre-Event Check-In will occur at the Cleveland Check-In locations listed below. (If you cannot remember what you elected on the lodging reservation form or need to switch please contact panohioinfo@cancer.org)

****Important** – Riders traveling from Columbus and Cincinnati – *You must put your bike number on your bike before placing it in the trucks to Cleveland*

Pre-Event Check In - Monday, July 23 & Tuesday, July 24:

CLEVELAND: 8:30 a.m. to 6 p.m. American Cancer Society Cleveland Office (10501 Euclid Ave. Cleveland, OH 44106 – parking is available)

COLUMBUS: 8:30 a.m. to 5:30 p.m. American Cancer Society Dublin Office (5555 Frantz Rd. Dublin, OH 43017 – parking is available)

CINCINNATI: 8:30 a.m. to 5:30 p.m. American Cancer Society Hope Lodge (2808 Reading Rd. Cincinnati, OH 45206 – parking is available)

Event Check-In Wednesday, July 25

COLUMBUS: 12 p.m. to 2:15 p.m. - Otterbein University 100 W. Home St. Westerville, OH. Riders can check in before getting on the bus to Cleveland. Check-in is located in the parking lot to the right of the Student Center. **(Bus will depart at 2:30 PM)**

CINCINNATI: 10:00 a.m. to 11:45 p.m. – Pick Up location – Yeatman’s Cove (705 E. Pete Rose Way Cincinnati, OH). Riders can check in before getting on the bus to Cleveland. **(Bus will depart at Noon.)**

CLEVELAND: 4 p.m. to 9 p.m. - Case Western Reserve University – Village Dorms House 2 1697 E. 116th St. Cleveland, OH 44106 This is also the check in for Case Overnight Dorms and shuttle to the Kick Off party is located here.

Event Check-In Thursday, July 26 We urge pre-event check-in before The START on Thursday.

If you have not picked up your packet prior to Thursday morning you will pick it up at the Case Village Dorms House 2, where you will check-in, drop your luggage, and then can proceed to the Start Line.

Cleveland Day-Of (START-JULY 26) Check-In & Luggage Drop: 6 to 7 a.m. – Case Western Reserve University – Village Dorms, House #2 1697 E. 116th St. Cleveland, OH 44106

START LINE Drop Off location: Cleveland Institute of Music parking lot at 1669 Hazel Dr. Cleveland, OH 44106. This is the START LINE location where riders, bikes, and luggage can be dropped ONLY AFTER A RIDER HAS CHECKED IN, TAGGED THEIR LUGGAGE, AND NUMBERED THEIR BIKE.

Two Day/One Day Riders joining us after Day 1 check in at least 1 hour prior to our departure on that day.

Wooster – Lowry Student Center 1149 Beall Dr. Wooster, OH

Otterbein – Student Center 100 W. Home St. Westerville, OH

Wittenberg – HPERCenter 200 Bill Edwards Dr. Springfield, OH 45504

*If you need to check in the night before contact Paul Purdy at 412-720-4446

RIDER PACKET CONTENTS

Rider Numbers - All riders will be given a jersey bib with 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 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 for Cleveland, Blue for Columbus, and White if your luggage is staying in Cincinnati.**

Wristbands - You are provided 2 numbered wristbands. 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.** You are given two bands in case the first one falls off or gets dirty.

DAILY START TIMES

Day 1 – 7:30 AM entire group departure from University Circle

Day 2 – 6:30 to 8 AM rolling departure from the Lowry Student Center - Wooster

Day 3 – 7:45 AM group departure will leave the from the Public Works Driveway that is just a short distance from the Otterbein Student Center. Maps will be given out as to where to go upon arrival at Otterbein. Line up begins at 7:30 AM and the police will escort the group all the way down to the Ohio State House. If a rider chooses to leave prior to or after the group time they will be permitted to do so, but will have to obey all traffic laws.

Day 4 – 6:30 to 7:30 AM rolling departure from the Wittenberg HPERCenter Athletic Facility

Transportation

Wednesday, July 25 – BUS DEPARTURE TIMES

Pan Ohio Hope Ride provides transportation to Cleveland for The Start of the tour. The pick-up locations are on Wednesday, July 25th in Cincinnati and Columbus.

CINCINNATI – BUS DEPARTURE – 12 Noon. – Yeatman’s Cove Parking Lot – 7505 E. Pete Rose Way Cincinnati, OH 45202 Parking is not currently available for Cincinnati Area riders for the duration of the ride. Please arrange to be dropped off.

COLUMBUS – BUS DEPARTURE – 2:30 p.m. Otterbein University - 100 W. Home St. Westerville, OH 43081 – Follow signs for parking. Registration will be available at the bus pick up for those that did not pick up packets at the ACS Office on Monday or Tuesday. Free parking is available for the duration of the ride on Otterbein’s campus.

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.

Sunday, July 31- The Finish - BUS DEPARTURE TIME

Pan Ohio Hope Ride offers charter bus service (included in your registration fee) to Columbus and Cleveland for those needing a ride home after the tour finishes in Cincinnati.

All buses will leave at 5 p.m. 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 Columbus and Cleveland.

COLUMBUS– Bus Drop Off Point – Otterbein University – 100 W. Home St. Westerville, OH. Approximate arrival time – 7 p.m. Family members can wait in the University Parking lot for buses to arrive.

CLEVELAND – Bus Drop Off Point – Case Western Reserve Parking Garage *** – 1702 E. 118th St. Cleveland, OH 44106. Approximate arrival time – 9:45 p.m. (Family and Friends can wait for the riders in the Cleveland Center for Dialysis Care parking lot at 11717 Euclid Ave. Cleveland, OH 44106) There will be boxed lunches available for the ride home for the Cleveland Buses.

****Subject to change*

Other Transportation –

- There will be a shuttle to and from the Kick-off Celebration at the Hope Lodge and the dorms at Case running from **5:45 – 8:45 PM**. The Hope Lodge is also just a short walk from the dorms and maps will be provided.
- There will be a shuttle for One-Day riders **on Day 1 only** from Wooster back to the Case Western Reserve Parking Garage. This shuttle will depart at 6:15 pm.
- We **do not** provide other transportation for 1 or 2 day cyclists to or from the Start or Finish.

Overnights at Schools

Dorm Check-In, One/Two Day Check-In, daily start location, and morning Water/Gatorade stations :

Wooster – Lowry Student Center 1149 Beall Dr. Wooster, OH
Otterbein – Student Center 100 W. Home St. Westerville, OH
Wittenberg – HPERCenter 200 Bill Edwards Dr. Springfield, OH 45504

Bike Storage

At each site, there will be secure bike storage:

Case – Overnight on locked Penske Trucks, Case Bike Storage Rooms
Wooster – Campus Athletic Facility, Scheide Hall, and Luce Hall
Otterbein – Campus Field House
Wittenberg – Campus HPERCenter Athletic Facility

Linens/Towels/Pillows

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.***

Linen/Key Return Policies at Schools

Case Western – Please bring linens and return keys down to the lobby of your dorm
College of Wooster – Leave Linen Packets in room and you do not need to return keys
Otterbein – Bring Linens to the lobby of your dorm and return keys to the Student Center
Wittenberg – Bring linens and room keys to the lobby of your dorm and return keys to the HPERCenter

PLEASE NOTE: Otterbein College – Otterbein College is a dry campus and we ask that you respect their policy and do not bring alcohol on to their campus. There are plenty of options for evening activities at local establishments nearby!

Boxed Fans – If you are not in an air-conditioned room at College of Wooster or Otterbein University 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 each morning.

Massage Therapy

Massage therapy will be available at all of the college overnights. The process for signing up and payment will be in the daily news at each overnight when you check-in.

We ask that riders shower prior to visiting one of the POHR massage therapists.

Hotel Shuttles

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

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 Bissman Hall.

Thursday, July 26 - 1 p.m. to 10 p.m.

Friday, July 27 5:30 a.m. to 8 a.m.

Otterbein- Student Center 100 W. Home St. Westerville, OH shuttling to the **Wingate by Wyndham** (8505 Pulsar Pl. Columbus, OH 43240). Shuttle Location outside of Otterbein Student Center.

Friday, July 27 - 2 p.m. to 10 p.m.

Saturday, July 28 - 5:30 a.m. to 8 a.m.

Wittenberg: lower parking lot at corner of Bill Edwards Dr. and Woodlawn shuttling to the **Courtyard Marriott** (100 S. Fountain Ave. Springfield, OH). Shuttle Route on Saturday will include stops at Splash Zone Water Park and Walmart.

Saturday, July, 28 – 12 p.m to 12 a.m.

Sunday, July 29 – 5:00 a.m. to 8 a.m.

Campers – Please check in at the dorms daily as we will have a towel packet and key instructions to access the showers. There are pre-determined green space areas at each college for those wishing to camp. ***excluding Wed., July 27 at Case camping is not available, riders must choose dorm, if you are in need of a dorm room at Case please contact us at panohioinfo@cancer.org or 888.227.6446 ext 1208.

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)
- **Swimsuit for Splash Zone on Day 3– must not have metal or plastic on your suit in order to be admitted to water slides**
- Sunscreen – There will be some 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, Power Bars, and Myoplex Shakes, but if you have a personal preference for other supplements please bring them along)
- Extra tubes/lube/CO2/pumps (there will be mechanical support provided along the entire route, but for small repairs and flats have extra supplies available)
- 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!

Nutrition/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. One day cyclists are invited to join us for breakfast and dinner as well. Please see the "Daily Details" section below for more information.

*****IF YOU HAVE FOOD RESTRICTIONS/ALLERGIES YOU SHOULD HAVE DESIGNATED THIS ON YOUR REGISTRATION BUT YOU CAN DO SO NOW BY EMAILING [PANOHIOINFO@CANCER.ORG](mailto:panohioinfo@cancer.org) TO CONFIRM. ALSO, AT EACH SCHOOL/LUNCH STOP BE SURE TO ASK FOR SPECIAL DIET FOODS, THEY MAY NOT ALWAYS BE OUT FOR EVERYONE!

Cash

We encourage all riders to carry some cash for incidentals and other needs. One example is our rest stop in Amish country. That location will have delicious Amish baked goods for sale! Another example is if you would need to purchase a specific part for your bike and tips for massage therapists and the mechanics.

First-Aid & Medical Support

Mansfield Ambulance Service 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. At the end of each day, we will check in all riders based on jersey and bib numbers to ensure that all riders are in for the day.

At each 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.

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.

SAG (Support & Gear)

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 CONTACT PAUL PURDY at PAUL.PURDY@CANCER.ORG OR VISIT THE VOLUNTEER SECTION ON POHR.ORG**

Amish country and water stop

We do ride through Amish country. **Be respectful of buggies and please don't take any pictures of our Amish friends.** Beware of the buggy ruts in the pavement from the buggy wheels! These buggy ruts have been dangerous to our riders in the past and we ask that you help each other communicate these and other obstacles along the way. Also watch for road apples!

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!).

When on the Holmes County Trail on Day 2 please be cautious of the lip of the divided two-lane trail that it is shared with the Amish Buggies.

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!

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.

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.

Helmet Requirement

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

Age Restriction

We welcome anyone who is **18 years or older**. We are thrilled to have anyone who cares for our cause join us on this quality of life sustaining adventure.

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.

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. **Red is for Cleveland. Blue is for Columbus, and White is for Cincinnati.** 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.) We have many different people loading/unloading/moving your luggage and we want everyone to be safe.

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 **maroon 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.)

Rider to Pan Ohio Staff Communications

Riders will be able to communicate with Pan Ohio Hope Ride staff throughout the tour using text messaging and calling at **614-600-8461**. **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.**

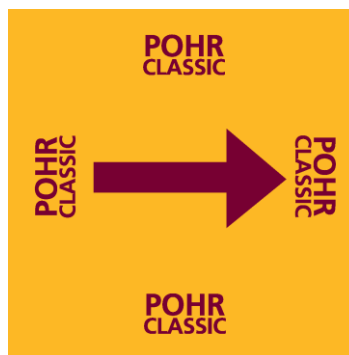
Please only use this option in case of an emergency or true critical need that requires immediate assistance from Society staff or our support resources. An injury, getting lost or off-route, and serious mechanical issues would be considered appropriate times to contact us. "What's for dinner tonight?" does not qualify as an appropriate texting need.

The Pan Ohio Hope Ride Communication Number is 614-600-8461.

Pan Ohio Hope Ride Twitter Account – If you are on Twitter – please make sure that you are following the Pan Ohio Hope Ride at www.twitter.com/panohiohoperide. Also, make sure that you turn on automatic device updates for the Hope Ride so that if we send out a blast during the ride to all the Twitter followers, you will receive a text with important information that may come up on the ride.

Route signage

The Pan Ohio Hope Ride route will be clearly marked with ODOT approved waterproof chalk 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 map! Volunteers will also have maps and instructions at each water/lunch stop. This year we will be adding route signs along the course at major intersections. An example of the arrow is below along with the signs that you will see along the course.



Pan Ohio Hope Ride – Daily Details

Wednesday, July 25 Check-in

Bicycle drop-off (for those riders who drove themselves to Cleveland)

Cyclists are to bring their bicycles to Case Western University's campus. The bikes will be stored underneath the football stadium. Please check in and put your rider number on your bike before you drop it off at the football stadium. (Cleveland Cyclists can check in early at Case and bring their bikes with them Thursday morning.) We will secure your bike on campus overnight and it will be at The Start Line next the next morning.

****If you are being transported by the bus from Cincinnati/Columbus your bike will be moved from the Penske Trucks to the storage area until morning. It is important that your rider number be on your bike before you put it on the truck.**

Check-in at Case Western Reserve University

All riders will take their overnight gear with them and check in with the conference staff at the Village Dorms House #2 at 1697 E. 116th St. (Check in will be on your right at the dorms. There is temporary parking on this street. Please park and check in. At check-in you will get your room keycard and temporary ID card (which you will need to access the dorms as well as the long-term parking facility). After checking-in, you will be pointed to the Village House (your lodging for the night). This is also the location of Case's parking facility (where you can park for the duration of the tour). Case secure parking is \$17 for all four days. (Riders must pay for this ahead of time online or by sending in the lodging payment form to American Cancer Society Attn: POHR Lodging 10501 Euclid Ave. Cleveland, OH 44106).

The Pan Ohio Hope Ride check-in will be open from 4 until 9 p.m. All riders will receive their rider numbers, goodie bag, complete turn-by-turn route map (laminated) and other instructions.

If you are riding just Day 1 and need a place to park until you get dropped off after riding, please park at the Case Parking Garage. This is also where the shuttle bus will drop off around 7 PM on Thursday for 1 day riders if enough interest is generated.

Wednesday, July 25 Kick-off Celebration Party

All riders are invited to meet up at the Cleveland Hope Lodge -- 11432 Mayfield Rd, Cleveland, OH 44106, (216) 844-4673 – for our Kick-off Celebration Party. From 6 to 8:30 p.m., riders can get to know one another, while feasting on a dinner including pasta, chicken, salad, and more! 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.

A shuttle will be available from the Case dorms to the Hope Lodge from 5:45 to 8:45 PM. For those riders who are not staying overnight, there is a University Hospital parking garage next door to the Hope Lodge on Mayfield Rd. and there will be an attendant there to grant you access.

Thursday, July 26 Day 1

- **6 am – 7 am** Breakfast on Case Campus at Leutner Commons
- **7:30 a.m.** Ride begins (All riders will begin the Pan Ohio Hope Ride at 7:30 a.m. The Start line is at Juniper Dr. in front of the Alumni House 11301 Juniper Dr. Cleveland, OH 44106 For volunteers and visitors who are attending The Start, temporary parking is available on the streets or at the Case Parking Garage 1702 E. 118th St. Cleveland, OH 44106
- **# of water stops = 4**
- **Lunch stop – Coppertop at Cherokee Hills Golf Course**

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

- There will be a reception for riders in Lowry Lobby at the College of Wooster before dinner.
- Party/Reception to follow dinner on the back patio of Lowry Student Center – Access to the on-campus bowling lanes will be available.
- All riders **must check in regardless of whether they are staying in dorms or not**, in order to make sure that everyone has arrived safely from that day.

Friday, July 27 Day 2

- 5:45 a.m. – 6:45 a.m. Check in at Wooster Lowry Hall - 1189 Beall Ave. Wooster, OH (for 1 day cyclists)
- 5:45 a.m. – 7:15 a.m. Breakfast
- 6:30 -8 a.m. - Daily Start Times
- # of water stops = 6
- Lunch location = Danville Town Square provided by Subway and other area restaurants

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

- Otterbein is a dry campus. Please respect the school's policy.
- There will be a reception with food and drinks at Old Bag of Nails party room (24 N. State St. Westerville, OH), from 7 to 11 PM, which is a short walking distance from campus. The Opening Ceremony of the 2012 Olympics will be broadcast at this event.
- All riders **must check in regardless of whether they are staying in the dorms or not** in order to make sure that everyone has arrived safely.

Saturday, July 28 Day 3

- 6:30 – 7:30 a.m. Rider check in at Otterbein University Dining Hall steps (for 2- and 1-day cyclists)
- 6 – 7:30 a.m. Breakfast in the Dining Hall
- 7:45 a.m. ***NEW** Group departure time from the Public Works Driveway on Park Meadow St. 0.7 miles in to the day's route from the Otterbein Student Center**
- # of water stops = 4
- Lunch location = Prairie Oaks Metropark (Hilliard, OH) Lunch provided by Corporate Caterers. For faster riders lunch will also be made available at Wittenberg's campus this year.

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

- Recognition Dinner - We will be having a sit-down casual banquet at 6 pm at Wittenberg University's HPERCenter Gym. Our awards presentation, special speakers, prize drawings, and group photos will take place here. We encourage everyone to attend this special evening.
- National Trail Parks and Recreation in Springfield has donated passes to **Splash Zone** this year for all Pan Ohio riders. Passes are valid for Saturday, July 28th. Hours of operation will be **noon-7pm**. Passes will be available for pick-up at check-in at Wittenberg on Day 3. Shuttle service will be running between Wittenberg and Splash Zone. If you wish to take advantage of this opportunity to cool off after riding, bring your swim suit and towel! Please note that if you wish to try out the 400+ feet of water slides or the bowl slide, **your suit must be metal and plastic-free**.
- All riders **must check in regardless of whether they are staying in the dorms or not**, in order to make sure that everyone has arrived safely.
- Turn dorm keys in to individual dorm lobbies

Sunday, July 29

Day 4 and The Celebration of Hope!

- 5:45 – 6:45 a.m. Check in at Wittenberg's Student Center (for 1 day cyclists)
- 5:45 – 7:00 a.m. Breakfast
- 6:30 – 7:30 a.m. Daily Start Time
- # of water stops = 6
- Lunch location = Morrow - Lunch provided by Corporate Caterers
- ****NEW**** The Day 4 Route has been updated- all riders will follow the same course in to Cincinnati's scenic, Eden Park. From there riders will gather at the park for Police Escorted finish Group Departures at 1:30, 2:30, & 3:30. If a rider arrives before 1:30 and wants to ride in before the group escorts, they may do so with the exception that NO riders will be permitted to leave Eden Park before 12:30 PM as the Finish Line will not be ready to accommodate riders.
****Flatter course – for those riders who may want to take a little bit of a flatter course, they may stick on the Little Miami Trail for the duration of Day 4. There will be POHR volunteers to greet you at the end of the trail and point you in the right direction to the Dogwood Park waterstop. Note: (Though this route does stay flat going in to Cincinnati, coming off the trail includes a significant set of climbs).**

The Finish! A Celebration of Hope!

The Finish will be at Yeatman's Cove (705 E. Pete Rose Way Cincinnati, OH 45202) in downtown Cincinnati on the River. This location will offer free parking, green space, restroom access, and a beautiful view of downtown Cincinnati. The party will spotlight local food from Cincinnati and will be a great time on the river.

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 charter bus transportation will begin for riders going home to Columbus and Cleveland will leave at **5 p.m.** Bikes will be transported by our donated Penske Trucks. COLUMBUS Bus drop off location is Otterbein University (100 W. Home Westerville, OH). CLEVELAND Bus drop off location is the Case Parking Garage on East 118th and Euclid Ave. Family and Friends that are picking up riders on Sunday night are to park at the Center for Dialysis Care directly in front of the Parking Garage at 11717 Euclid Ave. Cleveland, OH 44106. (corner of East. 118th and Euclid Ave.)