



# PAN OHIO HOPE RIDE 2024 RIDER GUIDEBOOK



THURSDAY, JULY 25 – SUNDAY, JULY 28, 2024 • CLEVELAND – CINCINNATI





# TABLE OF CONTENTS

## Contents

TABLE OF CONTENTS.....	1
Contents.....	1
INTRODUCTION.....	3
BEFORE THE RIDE.....	4
Bicycle and Personal Preparation.....	4
Bicycle Maintenance.....	4
Personal Preparation.....	4
Lodging Arrangements.....	4
Dorms.....	4
Camping.....	4
Hotels & Shuttle Service.....	5
Luggage and Packing.....	6
Bags and Electronic Devices.....	6
Packing for the Event.....	6
Lost & Found.....	7
Rider Packets.....	7
Packet Contents.....	7
Four-Day Rider Packet Pickup.....	8
One-Day and Two-Day Rider Check-In.....	8
Pre-Event Transportation.....	9
Bus Transportation to Event Start – Wednesday, July 24, 2024.....	9
Kickoff & Start Line Shuttle Service.....	9
Kickoff Dinner and Day One Prep.....	10
Kickoff Dinner.....	10
Parking, Bike Storage, and Luggage Drop-Off.....	10
Merchandise and More.....	10
DURING THE RIDE.....	12
The Official Start Line.....	12
A Fully Supported Ride.....	12
Staff and Volunteer Support.....	12
Nutrition and Hydration.....	14
Support And Gear (SAG) Vehicles.....	14
Mechanical Support.....	15
First Aid and Medical Support.....	15
Riding and Route Information.....	16
Overview and Safety Info.....	16
GPS and Cue Sheets.....	17
Route Signage.....	17
Daily Routes.....	18
Weather Conditions.....	18
Heat Guidelines.....	19
Course Closure.....	19
Pan Ohio Express.....	20

Daily Overnight Locations.....	20
Campus Information.....	21
Linen and Key Policies at Colleges.....	21
Wi-Fi on Campus.....	21
Happy Hours, Dinner, and Decompressing.....	21
Complete Daily Schedules.....	22
Daily Start Times.....	22
Day 1 – Thursday, July 25.....	22
Day 2 – Friday, July 26.....	22
Day 3 – Saturday, July 27.....	23
Day 4 – Sunday, July 28.....	23
AFTER THE RIDE.....	24
Finish Line Details.....	24
Luggage and Shower Trucks.....	24
Buses and Bike Transportation.....	24
APPENDIX.....	25
Health and Safety Information.....	25
Sun and Heat Safety Tips.....	25
Signs of Dehydration.....	25
Symptoms of Heat Exhaustion.....	25
Quick Reference: All Transportation Schedules.....	26
Buses and Bike Trucks to Start Line.....	26
Shuttle Service between Hotels and College Campuses.....	26
Buses and Bike Trucks from Finish Line.....	26

## INTRODUCTION

### Join for the Ride. *Stay For the Fight!*

Welcome to the 2024 Pan Ohio Hope Ride! This guidebook provides the information you need to have a safe, fun, and meaningful event. Even if you are a returning rider, many details change year to year. We ask that you review this material thoroughly and email [PanOhioInfo@cancer.org](mailto:PanOhioInfo@cancer.org) if you have any questions.

We require riders to:

- Wear an ANSI, SNELL, or ASTM/SEA-approved helmet while riding.
- Keep rider numbers visible on themselves and their bikes.
- Obey traffic laws and use appropriate hand signals.
- Listen to and follow the instructions of all staff and volunteers.
- Remember they represent the American Cancer Society Pan Ohio Hope Ride to the public.

For safety, we additionally recommend that riders:

- Use lights, especially when departing early in the morning or riding shaded trails.
- Call out obstacles and hazards, such as posts, holes, and loose gravel.
- Communicate when passing other riders or pedestrians.
- Keep an eye on fellow riders for signs of heat exhaustion, dehydration, or other health concerns.
- Keep a moderate pace and not form pace lines on trails.
- Educate themselves on safe riding practices for a variety of conditions (see page 16).

### The Pan Ohio Hope Ride Staff Team – We're Here for You!

- Urgent Needs: **SAG Request/Emergencies, calls only: 216-545-7373**
- General Inquiries: **Non-emergency questions or support, call or text: 216-925-0328**
- Email All Staff for first available response at: [PanOhioInfo@cancer.org](mailto:PanOhioInfo@cancer.org)
- Alyssa Hancock | [alyssa.hancock@cancer.org](mailto:alyssa.hancock@cancer.org) | Cell: 440-463-1227
- Bob Duncan | [bob.duncan@cancer.org](mailto:bob.duncan@cancer.org) | Cell: 513-260-3994
- Leigh-Anne Dennison | [leigh-anne.dennison@cancer.org](mailto:leigh-anne.dennison@cancer.org) | Cell: 216-659-3267
- Chris Bowles | [christopher.bowles@cancer.org](mailto:christopher.bowles@cancer.org) | Cell: 773-606-7680

## BEFORE THE RIDE

### Bicycle and Personal Preparation

#### Bicycle Maintenance

Prior to the ride, make sure your bike has had a thorough tuneup. This is a busy time for local bike shops, so the sooner you schedule basic maintenance, the better.

Plan to bring basic bike repair supplies for the event. This includes spare tubes, levers, a patch kit, CO2 or frame pump, and travel size chain lube. Even if you don't know how to fix your own flats, having these items will make it easier for others to lend a hand. Our volunteer mechanics will have tools and supplies, but it is helpful to carry your own as well.

It is also recommended that you pick up a spare rear derailleur hanger. This is not an expensive piece of gear, and our mechanical support team *may* have some on-hand, but their fit is not universal or interchangeable, so it is helpful if you purchase one specifically for your bicycle.

#### Personal Preparation

Hopefully you've been training for the event, but here are a few tips to help you further prepare yourself:

- Continue to increase the distance of your long rides, and ride some longer rides on back-to-back days.
- Focus on building your strength, stamina, and flexibility.
- Begin extra hydration starting about a week ahead of the ride.

For more detailed information on preparing for the event, watch our recorded [virtual enrichment series](#) on our YouTube Channel (@panohiohoperide) at [bit.ly/YTEnrichmentPlaylist](https://bit.ly/YTEnrichmentPlaylist).

### Lodging Arrangements

All in-person riders and four-day volunteers must complete the Lodging & Transportation Form, indicating their choice of dorms, camping, or hotels.

If you have not filled out your Lodging & Transportation Form ([givesignup.org/TicketEvent/POHRreservations24](https://givesignup.org/TicketEvent/POHRreservations24)), **please do so by June 24, 2024**. If you have questions or changes to an already submitted form, reach out to POHR staff at [PanOhioInfo@cancer.org](mailto:PanOhioInfo@cancer.org).

#### Dorms

If you chose to stay on campus, your dorm and room assignment will be on the luggage tags in your rider packet. For those who chose double occupancy but did not select a roommate when completing your Lodging & Transportation Form, staff will try to match you with a member of your team.

#### Camping

If you plan to camp, you must provide your own camping gear. Camping equipment will be loaded on the trucks with luggage for transport. When checking in at each college, you will receive a dorm key and/or swipe card for access to restrooms and showers. A towel packet can be provided by ACS staff, upon request.

## Hotels & Shuttle Service

Shuttle services will be available between the colleges and the partner hotels as indicated below:

### Cleveland: John Carroll University

Shuttle between the Dolan Science Center and  
Indigo Suites | 3581 Park E Drive in Beachwood, Ohio 44122  
Home2 Suites by Hilton | 3589 Park E Drive in Beachwood, Ohio 44122

- Wednesday, July 24, 2-11pm
- Thursday, July 25, 5-7:30am

### Wooster: College of Wooster

Shuttle between The Lowry Center and Comfort Suites  
965 Dover Road, Wooster, Ohio 44691

- Thursday, July 25, 11am-11pm
- Friday, July 26, 5-7:30am

### Columbus: Otterbein University

Shuttle between the Campus Center and the Fairfield Inn and Suites  
Columbus Polaris | 9000 Worthington Road, Columbus, Ohio 43082

- Friday, July 26, 11am-11pm
- Saturday, July 27, 5-7:30am

### Dayton: Wright State University

Shuttle between the Student Union and the Holiday Inn Dayton Fairborn  
2800 Presidential Drive, Fairborn, Ohio 45324

- Saturday, July 27, 11am-11pm
- Sunday, July 28, 5-7:30am

## Luggage and Packing

### Bags and Electronic Devices

You will receive luggage tags and stickers in your rider packet. It is helpful if you place stickers on both sides of each luggage tag before attaching it to your bag. Please limit luggage to two pieces. For the safety of staff and volunteers, limit bag weight to 50 lbs. Duffel bags are preferred over traditional suitcases.

When you check in each day, staff or volunteers will direct you to your luggage. Each morning, signs will indicate where your luggage should be dropped off. Always check to ensure your luggage tags are securely attached.

Limited space is available in the truck cab for fragile items such as laptops. There will be a plastic bin at check in each morning labeled "In-Cab Box." Be sure to attach one of your luggage tags before placing your item in the bin.

At the Finish Line on Day 4, luggage will be arranged in numerical order by bib number so that you can retrieve towels and personal items for the shower trucks. You are responsible for taking your luggage to your designated bus (or personal vehicle) for the ride home.

### Packing for the Event

Meals, snacks, and beverages will be available throughout the ride. This includes a full lunch each day, plus stops every 10-20 miles, offering a wide variety of snack items, fresh fruit, water, and Gatorade. If you have preferred nutrition or hydration products, you are welcome to bring them. Sunscreen, hand sanitizer, chamois cream, pain relievers, first aid supplies, and menstrual products will be available at most stops and on campus; however, you may wish to bring your own travel size products with you on the road.

Linens – including towels, sheets, pillow, and light blanket – are provided for all participants staying in dorms. We also maintain a small quantity of travel toiletries and hygiene items, such as razors, soap, and toothbrushes, that are available at check-in.

Here are suggestions on what to pack for the event:

- Personal Identification and a credit or debit card
- Insurance cards and a list of prescriptions and allergies
- Cash: Consider carrying a small quantity of cash for incidentals or personal needs  
(A Day 2 Water Stop gratefully accepts cash donations to the Holmes County Trail maintenance fund for Amish baked goods.)
- Preferred nutritional supplements
- Sunscreen and lip balm
- Extra tubes and levers, patch kit, lube, CO2 or frame-size tire pumps, spare rear derailleur hanger
- Wind and rain gear – we ride rain or shine, hot or cold
- Smartphone and GPS enabled device(s), plus chargers and extra batteries
- Bicycle and/or helmet lights with chargers and batteries
- Clorox/Lysol wipes to disinfect shared bathrooms
- Bottle brush or sanitizing tablets to clean your water bottle
- Prescription medication and backup prescription glasses or contacts

- Toiletries: soap, shampoo, conditioner, toothbrush and toothpaste, razor, etc.
- Personal health and comfort items: contact lens solution, eye drops, preferred chamois cream, etc.
- Shower shoes or flip-flops
- Clothes and shoes for end of day socials and Recognition Celebration
- Lightweight blanket
- Alarm clock and small flashlight
- Quarters and detergent for campus laundry facilities
- Towel for the Day 4 Finish Line shower truck

## Lost & Found

A clearly marked “Lost and Found” bin will be located at the check-in table at each college. If you find an item, please turn it in to a staff member or volunteer. Participants are encouraged to write their name on gear using a permanent marker whenever possible.

## Rider Packets

### Packet Contents

- **Rider Numbers:** All riders are assigned a number. It will be on your jersey bib, wristband, bike tag, luggage tags, and helmet sticker.
- **Rider Bibs:** Each bib includes the rider’s number, name, team, and hometown, along with the Pan Ohio Hope Ride emergency phone number. The back of the bib provides space for your emergency contact information, medical conditions, allergies, current prescriptions, etc. Fill out this information ahead of the event. Bibs must be securely attached to your back and visible each day.
- **Bike Tags:** Your bike number must be attached prior to loading your bike on the transport truck if you are taking the bus, or prior to placing it in overnight storage if you are arriving on your own. When you retrieve your bike from storage each morning, volunteers will be present to verify that the number on your bike matches the number on your bib.
- **Rider Wristbands:** This is your ticket to meals and must be worn at all times.
- **Luggage Tags:** You must use the provided luggage tags on your bags so that the loading crews can organize and distribute all luggage to their proper locations. Place one of the provided stickers on each side of your luggage tags, and securely attach the tags to each piece of luggage.
- **Helmet Sticker:** Use of the helmet sticker is optional but provides an additional way for SAG drivers to quickly identify riders on the route.



**Four-Day Rider Packet Pickup**

**CLEVELAND**

**Tuesday, July 23**

8:30am-5pm  
 American Cancer Society  
 10501 Euclid Avenue  
 Cleveland, Ohio 44106

**Wednesday, July 24**

3-9pm  
 Kickoff Dinner  
 John Carroll University  
 Dolan Science Center  
 1 John Carroll Boulevard  
 University Hts, Ohio 44118

**Thursday, July 25**

6-7:30am  
 Event Start Line  
 John Carroll University  
 Dolan Science Center  
 1 John Carroll Boulevard  
 University Hts, Ohio 44118

**COLUMBUS**

**Tuesday, July 23**

8:30am-8pm  
 McGrath Residence  
 79 West Weber Road  
 Columbus, Ohio 43202

**Wednesday, July 24**

1:30-2:30pm  
 Bus Loading Area  
 Otterbein University  
 Campus Center  
 100 West Home Street  
 Westerville, Ohio 43081

**DAYTON**

**Wednesday, July 24**

Noon-1pm  
 Bus Loading Area  
 Wright State University  
 Student Union  
 3640 Colonel Glenn Hwy  
 Dayton, Ohio 45324

**CINCINNATI**

**Tuesday, July 23**

8:30am-5pm  
 American Cancer Society  
 4540 Cooper Road, #100  
 Blue Ash, Ohio 45242

**Wednesday, July 24**

11:30am-12:30pm  
 Bus Loading Area  
 Yeatman's Cove  
 705 East Pete Rose Way  
 Cincinnati, Ohio 45202

**One-Day and Two-Day Rider Check-In**

If not picked up ahead of the event, riders participating for one or two days can pick up packets at the daily starting lines as follows:

**CLEVELAND**

**Thursday, July 25**

6-7:30am  
 Event Start Line  
 John Carroll University  
 Dolan Science Center  
 1 John Carroll Boulevard  
 University Hts, Ohio 44118

**WOOSTER**

**Friday, July 26**

6-7:30am  
 College of Wooster  
 Lowry Student Center  
 1189 Beall Avenue  
 Wooster, Ohio 44691

**COLUMBUS**

**Saturday, July 27**

6-7:30am  
 Otterbein University  
 Clements Hall  
 85 W. Home Street  
 Westerville, Ohio 43081

**DAYTON**

**Sunday, July 28**

6-7:30am  
 Wright State University  
 Student Union  
 3640 Colonel Glenn Hwy  
 Dayton, Ohio 45324

## Pre-Event Transportation

### Bus Transportation to Event Start – Wednesday, July 24, 2024

POHR provides transportation to Cleveland prior to the Kickoff Dinner. Buses depart from the following locations at the times indicated below.

If your transportation needs have changed since you completed the Lodging & Transportation Form, please let us know as soon as possible by emailing [PanOhioInfo@cancer.org](mailto:PanOhioInfo@cancer.org).

**NOTE: This is when buses are LEAVING.** Plan to arrive at least one hour prior to departure time to get your luggage and bike loaded. All luggage and bicycles must have your assigned rider number attached before being loaded.

CINCINNATI	DAYTON	COLUMBUS
Departure time - 12:30pm Yeatman's Cove 705 East Pete Rose Way Cincinnati, Ohio 45202	Departure time - 1pm Wright State University Student Union 3640 Colonel Glenn Hwy Dayton, Ohio 45324	Departure time - 2:30pm Otterbein University Campus Center 100 West Home Street Westerville, Ohio 43081

### Kickoff & Start Line Shuttle Service

For those staying at the Indigo Suites or Home2 Suites in Beachwood, shuttle service to the Kickoff Dinner and Start Line will be available.

Cleveland: Shuttle between the Dolan Science Center and  
 Indigo Suites | 3581 Park E Drive in Beachwood, Ohio 44122  
 Home2 Suites by Hilton | 3589 Park E Drive in Beachwood, Ohio 44122

- Wednesday, July 24, 2-11pm
- Thursday, July 25, 5-7:30am

## Kickoff Dinner and Day One Prep

### Kickoff Dinner

All participants are invited to enjoy a catered dinner in the Dolan Science Center at John Carroll University (One John Carroll Boulevard, University Heights) from 6-9pm. Family and other guests are welcome to join us.

A presentation, including a guest speaker, will begin at 7:30pm, and a volunteer meeting will immediately follow.

Riders and volunteers who are not staying on campus Wednesday night should park in designated parking spaces in the Carroll Expansion Lot outside the Dolan Science Center for the evening.

### Parking, Bike Storage, and Luggage Drop-Off

Four-day parking at John Carroll University is free in designated areas.

#### Bike Storage

If you arrive in Cleveland by bus, your bike will be placed in Bike Storage where it will remain overnight.

If you are not staying at John Carroll Wednesday night, you may place your bikes in Bike Storage prior to the Kickoff Dinner for ease of arrival at the Start Line on Thursday morning.

Bike Storage is locked overnight and reopens on Thursday morning at 6am. Volunteers will ask you to show your wristband or bib number when retrieving your bicycle.

#### Luggage Drop-Off – Thursday Morning

Signage will direct you to the designated luggage drop-off, which is arranged by dorm assignments. Check luggage tags to confirm your bags are placed by the sign for the correct dorm. All bags must have luggage tags attached before you drop them off.

### Merchandise and More

Select merchandise and *Garden of Hope* pinwheels will be available to purchase at the Kickoff Dinner, at the Recognition Celebration, and at the Finish Line Party in Cincinnati.

#### Event Apparel and Swag

All participants receive a complimentary water bottle, courtesy of our sponsor Zerust, and an exclusive event t-shirt at event check-in.

#### Official Event Jerseys

Participants raising at least \$1,328 will receive an event jersey with their rider packets. Riders are encouraged to wear the event jersey on Day 4. Any rider who qualifies during the event should reach out to a staff member to obtain a jersey in time to wear it on Day 4 (depending on size availability).

### Dynamo Jerseys

Participants who raise at least \$5,000 earn a special Dynamo Club jersey, which also will be available with their rider packet. Dynamo Club members are encouraged to wear their jerseys on Day 1 as *leaders of the pack* at the Start Line. Any rider who joins the Dynamo Club during the event should reach out to a staff member to obtain their jersey either at or after the ride (depending on size availability).

### Create Your Own 328 Riders

Unless CYO328 participants ask to pick them up in person, CYO328 bibs, water bottles, event t-shirt, commemorative medal, and any jerseys participants qualify for will be mailed in early August.

Participants who earn an event jersey or qualify for a Dynamo jersey post-ride will receive them via USPS.

## DURING THE RIDE

### The Official Start Line

The official Pan Ohio Hope Ride Start Line will be in front of Dolan Science Center at John Carroll University. A full breakfast will be available inside the Dolan Science Center from 6-8am.

Riders should assemble at the Start Line at 8am for an 8:30am escorted departure. This is the only day that all riders will leave in a single group. Our 2024 Dynamo Club Members are invited to line up at the front of the group.

### A Fully Supported Ride

#### Staff and Volunteer Support

POHR literally could not happen without the support of generous volunteers and American Cancer Society staff. Both will be easily identified by their orange event shirts.

#### Staff and Volunteer Leadership

- **POHR Staff:** Alyssa Hancock, Bob Duncan, Chris Bowles, and Leigh-Anne Dennison
- **Event Chairs:** Stacy and Darrell McGrath
- **Water Stop Lead:** Laurie Wolohan
- **College Campus Volunteer Lead:** Korin Evans
- **SAG Leads:** Susie Laurence, Mat Nickoson, and Bill Ohlrich
- **Event Photographers:** Carol and Drew Cromer, Darrell McGrath, Leigh-Anne Dennison, Robert Wetzler

#### Staff Communications to Participants

##### POHR SMS

SlickText, an outbound POHR SMS Text Message system, will be used for important updates, such as route or schedule changes, and emergency notifications. All registered in-person participants are automatically opted in to SlickText.

You are not required to stay subscribed, but it is in your best interest to receive these alerts.

- To unsubscribe: message "STOP" to 877-695-0095
- To subscribe or resubscribe: message the code "ACS OHIO" to 877-695-0095  
(Non-riders are also welcome to subscribe if they wish to receive these updates.)

##### panohio.info

A mobile-friendly website, [panohio.info](https://panohio.info), will provide route and event details to help you navigate Pan Ohio straight from your mobile device. Bookmark the site or add it to your home screen for easy access.

##### what3words App

We will be using [what3words](#) this year to assist with navigation and emergency response. We recommend you download the app ([Apple](#) | [Android](#)) ahead of the event. No registration is required to use it, and you do not need to leave it open. If you need it, simply open the app and it will pinpoint where you are and provide three words for your location. These can be shared with volunteers for help or to your friends, family, and teammates to meet up.



## Participant Communications to Staff

We have TWO support numbers available. One is for SAG requests and emergencies, and the other is for general information. These are ONLY active during the 2024 event. Save them to your phone and label them correctly.

### POHR SAG Hotline – CALLS ONLY: 216-545-7373

To report an incident or request immediate assistance due to an urgent need or emergency along the route, call: **216-545-7373**. NOTE: The SAG Hotline CANNOT receive or respond to text messages.

- **When calling the hotline**, begin by providing:
  1. Rider bib number(s),
  2. Type of incident, and
  3. Location, preferably using what3words.
- **Urgent Needs:** Rider is lost, unable to continue riding due to minor physical issues (tired or overheated) or mechanical malfunction that necessitates a SAG pickup to move the rider and bike forward on the route for assistance.
- **Emergency Needs:** A medical issue such as heat exhaustion, dehydration, or injury from a collision or fall. SAG and ambulance will be dispatched.
- **When to call 9-1-1:** Use your best judgment – if the severity of the medical emergency justifies calling 9-1-1, please do so first, and then call our SAG number to keep them informed of the rider's condition and location. If our ambulance and medical team are closer, they may be able to respond faster than local officials.

### POHR Non-Emergency Support – Call or text: 216-925-0328

For general information and non-emergency questions or needs, call or text **216-925-0328** to contact staff. They can help you with things such as missing luggage, a non-working key, dorm room assignment issues, or other questions.

### Photo and Video Releases

Throughout this event (Wednesday, July 24, 2024, through Sunday, July 28, 2024) photographs and videos will be taken. By attending this event, you acknowledge that you know you may be photographed or recorded. Your attendance grants your permission to be in these photos and videos, authorizes the American Cancer Society Pan Ohio Hope Ride the right to use photos and/or recordings of you, and grants the perpetual right for ACS and POHR to use your likeness without compensation for educational, editorial, promotional, and archival use. Questions regarding this release can be directed to [PanOhioInfo@cancer.org](mailto:PanOhioInfo@cancer.org).

## Nutrition and Hydration

### Daily Meals and Dietary Restrictions

Breakfast, lunch, and dinner are available daily. If you have dietary restrictions or allergies, alternatives will be available; you may need to ask caterers about the special options as they may not be out with the rest of the food.

If your needs have changed or you did not note your dietary restrictions on your Lodging & Transportation Form, please do so as soon as possible by emailing [PanOhioInfo@cancer.org](mailto:PanOhioInfo@cancer.org).

### Water and Lunch Stops

Stops are set up every 10-20 miles to provide an opportunity for riders to rest, refuel, and socialize. These stops offer a wide variety of individually wrapped snack items, fresh fruit, water, and Gatorade. Daily lunch stops include entrees, side dishes, and dessert. For sanitary reasons, volunteers will assist in serving water, Gatorade, and fruit. Riders are welcome to grab individually packaged snacks but **must remove their riding gloves first**.

In addition to nutrition and hydration support, stops provide sunscreen, hand sanitizer, chamois cream, pain relievers, first aid, and menstrual supplies will also be available. Stops often have mechanical and medical support and SAG vehicle access.

At stops with no permanent restroom facilities, port-a-lets will be provided. Lysol wipes, hand sanitizer, and wet wipes will be available as well. At the daily lunch stops, hand washing stations will be provided if no other running water is available.

### Support And Gear (SAG) Vehicles

SAG vehicles circulate throughout the route every day, ensuring that help is never far away. Staffed by volunteers, these vehicles carry limited nutrition, hydration, first aid, and bike supplies. Drivers can transport riders and their bikes to the next stop or to the daily overnight location.

### Requesting SAG support

- **Between designated stops:** Flag down a passing SAG or call the Emergency Hotline **216-545-7373**. (The Emergency Hotline CANNOT receive or respond to text messages.)
- **At water stops:** SAG drivers will be stationed at each water stop. Call the Hotline above if you are unable to find them.
- **At lunch stops:** There will be a designated Transportation Captain at lunch each day, identifiable by their orange safety vest. Try to locate the captain to request SAG support. Call the Hotline above only if you are unable to find them.

A “sweep” vehicle will follow the last rider on the route to ensure no riders are left behind. Riders will be required to check in when they arrive at the overnight location to ensure that all riders are in for the day.

Riders should remain on the route at all times, but if you need to make an emergency stop – such as stopping at a gas station for air, a convenience store for extra water or food, or diverting to take cover during a weather event – please let the sweep vehicle know or notify SAG through the hotline number.

SAG vehicles work in “assignment zones.” They will try to accommodate rider destination requests during SAG trips, but riders who need assistance may not be able to select their drop-off location or timing. For example, a rider who wishes to be taken directly to the overnight location may need to first be moved forward by a stop or two, and then wait to transfer to another SAG vehicle. Similarly, SAG drivers may need to skip a stop on the route depending on event needs. We ask riders for patience and understanding.

No personal or team SAG vehicles are permitted.

### **Mechanical Support**

Mechanical support will be available from start to finish and at each overnight location. Services may be limited, so prepare yourself to deal with basic mechanical issues during the event.

Mechanics are not able to travel to you if you are having trouble, but SAG vehicles can pick you up and take you to the nearest mechanical support. If you have a mechanical issue that prevents you from continuing, please contact SAG support.

### **First Aid and Medical Support**

Community Care Ambulance will provide medical support throughout the event. Bring an insurance card with you. Fill in the information on the back of your bib, indicating medications and allergies, and share that information when seeking aid from the medical team.

## Riding and Route Information

### Overview and Safety Info

We've worked to provide a Pan Ohio route that is scenic, enjoyable, and varied – meaning there is plenty of flat terrain, but also rolling hills and a few challenging climbs. Scenery will range from bigger cities and small towns to rural farms and natural landscapes. Daily mileage will range from about 80 to 95 miles.

Familiarize yourself with the laws of cycling in Ohio, best practices for riding safely in a variety of traffic conditions, and group riding etiquette. Here are some great resources:

- [Ohio Department of Transportation Law Guide](#)
- [Pan Ohio Enrichment Session on Cycling Safety](#)
- [Ohio Bicycling Federation – Bicycling Street Smarts](#)

When traveling through metro areas, small downtown areas, and parks, be mindful of motor vehicle and pedestrian traffic, and adjust your riding style as is appropriate for the situation. Obey speed limits, road signs, and traffic lights.

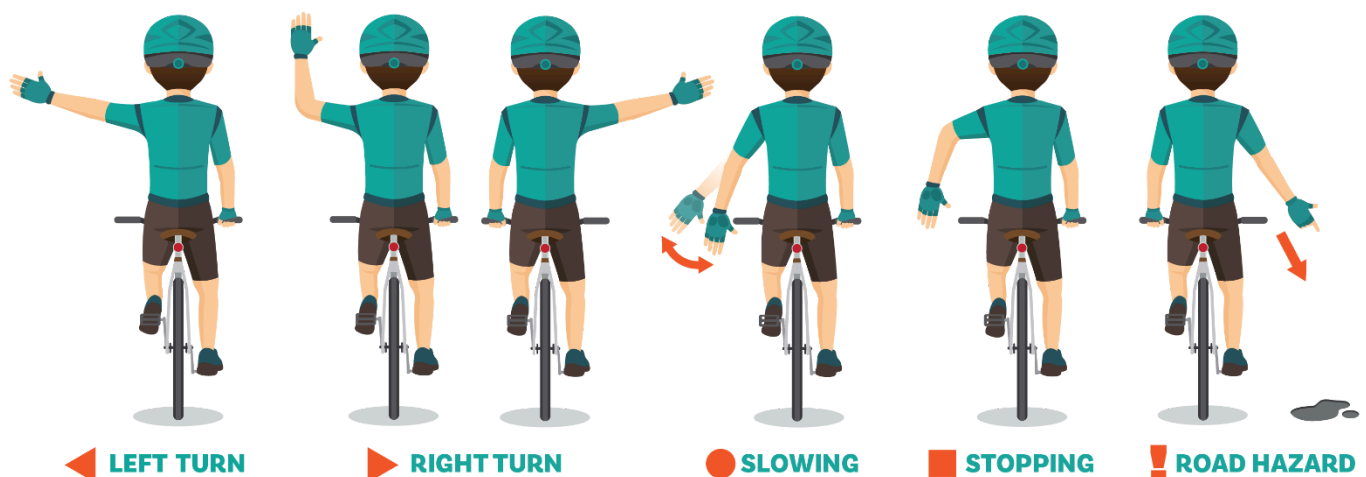
### Riders will be ticketed by law enforcement officials for breaking laws!

Portions of the route include paved multi-use trails that are sometimes heavily used by other riders and pedestrians. Please be courteous to other trail users, travel at a moderate speed, and follow established rules. **Pacelines are prohibited on trails.**

Use caution when approaching trail users, stops, obstacles, and bridges. Use verbal and hand signals to cyclists behind you when riding single file, when approaching pedestrians or other riders, and to identify obstacles on the trail.



**Remember, Pan Ohio is a tour, *not a race*.** We discourage forming pacelines or engaging in any cycling styles that may pose a risk to you or those around you.



## GPS and Cue Sheets

The 2024 preliminary route will be posted on the website ([pohr.org](http://pohr.org)) with **RideWithGPS** turn-by-turn directions.

We will announce when final versions of the route are available for download to your smartphone or GPS devices (be sure to watch the Announcements section of the [website homepage](#), your email, and POHR social media for notification).

These routes are subject to change due to unexpected road closures. We recommend you wait until Wednesday, July 24 to download the files to your personal devices to be sure you have the most up-to-date versions.

We also will make every effort to communicate any last-minute changes with as much advance notice as possible through daily text announcements, daily emails, and with our SAG drivers on the course.

Laminated turn-by-turn text cue sheets of the daily routes will be available at check-in. Due to the increased use of apps, printed versions will be in limited supply, and we will ask riders to only take what you will use. **NOTE:** Challenge routes will not be marked. You'll need either cue sheets or GPS if you plan to ride them.

## Route Signage

The POHR route will be marked with red, ACS-branded weatherproof signs.

Turns will be marked by a series of at least three signs whenever possible. The first sign will alert you to an upcoming turn, the second sign will give you the direction, and the third sign will confirm that you made the correct turn. In long stretches with no turns, you also may see signs to continue straight to confirm you are still on route. In areas that may be confusing or challenging, additional signage may be placed with specific directions.

In some areas, we also may use bright orange route arrow stickers. Last-minute route changes may be marked with orange spray chalk and will include an arrow with the letters "PO." When in doubt, consult GPS or route cue cards. If you feel you may be off course, call the SAG hotline.





**Daily Routes**

**Day 1 – Approximately 87 miles**

Starting from John Carroll University, ride through local neighborhoods, along the Lake Erie Coast, and across downtown Cleveland. Enjoy the Rocky River Reservation and the beautiful rural scenery of Ohio’s Amish Country leading to the College of Wooster.

**Day 2 – Approximately 95 miles**

Continue through rolling hills out of Wooster to Holmesville, then enjoy the scenic Holmes Country, Kokosing Gap, and Heart of Ohio trails before ending at Otterbein University in Westerville. A short challenge route will be available for those who wish to tackle the extra hills of Holmes County Road 6.

**Day 3 – Approximately 84 miles**

From Westerville, roll through Columbus-area neighborhoods and the Ohio State University campus before joining the Camp Chase and Prairie Grass trails en route to lunch in South Charleston. Then, pedal along the headwaters of the Little Miami River through gently rolling farmland to Wright State University. NOTE: To allow all riders and volunteers to attend the Recognition Celebration, we will implement a course cut-off time. Riders who are not through the last water stop in Yellow Springs by 4pm will be driven to Wright State.

**Day 4 – Approximately 82 miles**

Leave Wright State through local neighborhoods and connect to the Creekside Trail to Xenia. From there, join the historic Little Miami Scenic Trail to Cincinnati. There will be a challenge route between Spring Valley and Corwin for those who wish to add a few road miles to the day. NOTE: To allow all riders and volunteers to enjoy the Finish Line Party, we will implement a course cut-off time. Riders who are not through the last water stop in Milford by 2pm will be driven to LeBlond Recreation Center so they can ride the final two miles to the Finish Line.

**Weather Conditions**

The ride will continue rain or shine. Bring appropriate gear to continue riding in inclement weather.

In the event of severe, safety-threatening weather, you should seek immediate shelter wherever possible (under an overpass, in a convenience store, in a garage or barn of a willing homeowner, etc.). Watch your texts for notifications regarding weather conditions and recommended safety precautions. If transportation is needed and you can’t wait out the storm before continuing, SAG support will assist riders as quickly as they can.

Below is the POHR Emergency Alert System. Flags will be posted at each stop to indicate the following conditions, and we will send text notifications if the alert level changes.

ALERT LEVEL	EVENT CONDITIONS	REQUIRED ACTIONS
<b>Green</b>	Good conditions	Enjoy the event.
<b>Yellow</b>	Less than ideal conditions	Proceed with caution. Watch for worsening or potentially dangerous conditions.
<b>Red</b>	Dangerous conditions	Wait at a stop or seek shelter and await further instructions. <b>Course is temporarily closed until the situation passes.</b>
<b>Black</b>	<b>EVENT CLOSED:</b> Extreme and dangerous conditions	<b>Stop riding.</b> Stay at a stop or seek shelter along the course, and wait for transport from a support vehicle. <b>Course is closed for the day.</b>

## Heat Guidelines

Restrictions due to high temperatures will follow the guidelines established by The United States Armed Forces, which uses a system to indicate heat-related stress on the human body based on the Wet Bulb Globe Temperature (WBGT).

WBGT is NOT the same as air temperature or heat index. WBGT takes into account several atmospheric variables, including temperature, humidity, wind speed, sun angle, and cloud cover. It's considered the most reliable measure of how difficult it is for people to perform in outdoor environments during high temperatures.

For WBGT values between 85 and 89.9°F, riders should proceed with caution based on their own level of training and heat acclimatization. Volunteers should stay in shade and take frequent breaks in a cool location when possible. Please listen to your body and keep an eye on other riders and volunteers for signs of heat-related health concerns.

The U.S. Armed Forces criteria state that at WBGT  $\geq 90^\circ\text{F}$ , "Physical training and strenuous exercise may be suspended for all personnel."

**If the WBGT reaches 90°F, the alert level will be elevated to black, the course will close, and all riders must stay at a stop and await transportation to the daily overnight location.**

## Course Closure

If the course closes, you will be notified by text, at water stops, and by SAG volunteers. In this instance, you must stay at the stop or another safe shelter and wait until you are either cleared to continue or picked up by SAG. While rare, there have been a couple instances in the past when the course was closed either temporarily or for the rest of the day due to severe thunderstorms or dangerously high temperatures.

There may also occasionally be a short-term closure of a part of the course due to other factors beyond our control, such as an accident or other situation. In these cases, we may be asked by local law enforcement to temporarily hold riders from passing through that section. If possible, we will reroute the course to get everyone rolling as quickly as possible, but if no safe reroute is readily available, we will have to wait for the situation to resolve.

For everyone's safety, it is *imperative* that riders respectfully follow directions given by volunteers, who are there to assist in creating a **safe**, fun, and meaningful ride experience. Any rider refusing to follow course closures will no longer be considered a part of the supported ride.

For questions or feedback regarding course closure decisions, contact ACS staff or the event chairs at the end of the day or event.

## Pan Ohio Express

The Pan Ohio Express half-day option allows participants to cycle to lunch, load their bikes onto a truck, and catch a bus to the overnight location. The bus will depart once the lunch stop has closed. On Day 4, riders and bikes will be taken to a staging area approximately two miles from Yeatman's Cove so that cyclists can ride into the final Finish Line. The Pan Ohio Express bus does not replace SAG, and riders can still request SAG support to move them ahead (to the next stop) at any point in the ride, as needed.

Participants can sign up for the Pan Ohio Express option at registration or, if already registered, they can request seats on the Pan Ohio Express Bus while filling out the Lodging & Transportation Form. It is preferred that riders reserve seats ahead of time, but any vacant seats on the bus will be filled on a first-come, first-served basis.

Conversely, a reservation does not require participants to use their seats. If they reach the lunch stop and wish to continue riding, they just need to check in with the Pan Ohio Express manager at the stop to let them know.

## Daily Overnight Locations

### Bike Storage and Dorm Check-In

Follow the signs to take your bicycle to Bike Storage. After all riders have checked in, Bike Storage will be locked for security purposes. We recommend that even those individuals staying at hotels consider storing their bicycles on campus both for security and ease of access and departure each morning.

We ask that you check-in as soon as you've finished riding, so we know when all riders have arrived. If you are staying in a dorm, your luggage will either be in the lobby or near your dorm room. If you are camping or staying at a hotel, luggage will be available near check-in.

**Riders are PROHIBITED from taking bicycles to any of the college dorm rooms.** POHR has been charged in the past for policy violations, which takes funds away from helping cancer patients.

### Recovery Support

One of our sponsors, Up and Running Dayton, will provide Therabody recovery boots and massage devices at each of our overnight college locations that will be available on a sign-up basis.

NovaCare, another sponsor, will offer physical therapists at the College of Wooster, Otterbein University, Wright State University, and at the Finish Line in Cincinnati to help riders AND volunteers.

## Campus Information

### Linen and Key Policies at Colleges

Linens – including sheets, towels, pillow and light blanket – will be provided for use in the dorms. Towels will be available upon request for campers who will receive access keys for dorm restrooms and showers. Before departing in the morning, **please follow these instructions for the handling of linens and keys**, checking daily newsletters for any changes or updates.

- John Carroll: Bring linens and return keys in the lobby of Murphy Hall.
- Wooster: Leave linens in your room; return key cards to Lowry Student Center.
- Otterbein: Bring linens to the dorm lobby; return keys to the Clements Hall lobby.
- Wright State University: Return linens and keys to the dorm lobby.

**NOTE:** POHR will be CHARGED for any keys or keycards not returned. If you discover after leaving campus that you have a dorm key or card with you, please give it to a staff member.

### Wi-Fi on Campus

Password-protected Wi-Fi access is available at each college campus. Check daily POHR emails or request the password when checking in.

### Happy Hours, Dinner, and Decompressing

Happy Hour get-togethers featuring beverages and snacks will be available from early afternoon until the scheduled dinner times (see Daily Schedule). Following dinner, participants are invited to attend evening social events, intended to help you relax your body and mind after a long hard day of riding and helping fight cancer.

## Complete Daily Schedules

### Daily Start Times

Day 1, July 25 – Line up at 8:00am at John Carroll University for an escorted group start at 8:30am

Day 2, July 26 – 5:30-8:00am: Rolling start from Lowry Student Center at the College of Wooster

Day 3, July 27 – 5:30-8:00am: Rolling start from the Campus Center at Otterbein

Day 4, July 28 – 6-8:00am: Rolling start from Wright State University

### Day 1 – Thursday, July 25

#### John Carroll University to College of Wooster | Number of rest stops: 5

6:00-8:00am – Breakfast available in the JCU Dolan Science Center

6:00-8:00am – Bike pick-up available at bike storage

8:00am – Line up for police escort departure

8:30am – Police escort starting on Miramar Boulevard for approximately 2 miles

Lunch Stop – Mill Stream Park in Valley City

#### College of Wooster

Noon-6:00pm – Bike drop off available at bike storage in Scot Rec Center

1:00-5:30pm – Happy Hour behind Lowry Student Center

5:30-7:30pm – Dinner at Lowry Student Center

7:00-8:00pm – Dynamo Beacon Dessert Reception in Lowry Student Center

7:30-10:00pm – Social behind Lowry Student Center

### Day 2 – Friday, July 26

#### Start Line College of Wooster | Number of rest stops: 6

5:30-8:00am – Breakfast available in Lowry Student Center

5:30-8:00am – Bike pick-up available at bike storage in Scot Rec Center

5:30-8:00am – Rolling start from Lowry Student Center

Lunch Stop – Memorial Park in Danville

#### Otterbein University

Noon-6:00pm – Bike drop off available at bike storage in the Otterbein Chapel

1:00-5:30pm – Happy Hour in the courtyard behind Clements Hall on Cochran Alley

5:30-7:30pm – Dinner available in the Cardinal's Nest in the Campus Center

7:30-10:00pm – Social in the courtyard behind Clements Hall



**Day 3 – Saturday, July 27****Otterbein University to Wright State University | Number of rest stops: 5**

5:30-8:00am – Breakfast available in the Cardinal's Nest in the Campus Center

5:30-8:00am – Bike pick-up available at bike storage in the Chapel

5:30-8:00am – Rolling start from Cochran Alley

Lunch Stop – First Presbyterian Church in South Charleston

**Wright State University**

Noon-5:00pm – Bike drop off available at the Student Union gymnasium

Noon-5:30pm – Happy Hour at the Student Union near Finish Line

5:30-6:00pm – Drinks and appetizers at the Student Union outside the Apollo Room

6:00-8:00pm – Recognition Celebration & Catered Dinner at the Student Union Apollo Room

7:00pm – Special Presentation

8:00pm – After party in the Student Union Lower Level

*To ensure all riders and volunteers have a chance to freshen up and attend the Recognition Celebration, we ask that riders finish Day 3 by 5pm. Cyclists not through the last daily water stop by 4pm will be driven to Wright State University.*

**Day 4 – Sunday, July 28****Wright State University to Yeatman's Cove | Number of rest stops: 5**

6:00-8:00am – Breakfast available in the Student Union

6:00-8:00am – Bike pick-up at bike storage at the Student Union gymnasium

6:00-8:00am – Rolling start from the Student Union

Lunch Stop – Morrow Park

11:30am-4:00pm – Finish Line Party at Yeatman's Cove in Cincinnati

4:00-4:30pm – Buses depart for Dayton, Columbus (Westerville), and Cleveland

*To ensure all riders and volunteers have an opportunity to freshen up, eat, and board the buses on time, we ask that riders finish Day 4 by 3:30pm. Cyclists not through the last daily water stop by 2pm will be driven to the staging area a couple miles from Yeatman's Cove, so they can ride into the finish prior to the 3:30pm cut-off.*

## AFTER THE RIDE

### Finish Line Details

The Finish Line Party will be at Yeatman's Cove in Cincinnati (705 E. Pete Rose Way, Cincinnati, Ohio 45202) along the Ohio River.

Riders will have the option to gather at LeBlond Recreation Center, approximately two miles from Yeatman's Cove, to ride to the Finish Line with an escorted group. If riders do not wish to participate, they may continue directly to the Finish Line on their own.

### Commemorative Medals

All riders will receive commemorative medals at the Finish Line in Cincinnati. Any in-person or Create Your Own 328 rider who is not at the Finish Line will receive their medal in the mail.

### Finish Line Party

Family and friends are encouraged to come to the Finish Line Party to cheer on riders and may join us for a catered meal, which will be served at the Yeatman's Cove. Snacks and beverages will be available as well, and additional boxed meals will be provided to all participants taking buses back to their own cities.

We are planting our *Garden of Hope* in the grassy area of Yeatman's Cove along the Ohio River. The flower pinwheels represent donations that have been made in honor or in memory of cancer fighters.

Additional pinwheels will be available at the Finish Line Party, enabling guests and participants to make donations to dedicate a pinwheel to loved ones.

### Luggage and Shower Trucks

Luggage will be arranged in numerical order by rider bib numbers so you can access your bags to retrieve clothing, towels, and toiletries for use in the shower trucks. Bring your own towel(s) for the shower trucks. Plastic bags will be available for wet towels and clothes.

### Buses and Bike Transportation

POHR provides bus transportation from the Finish Line to Dayton, Columbus, and Cleveland. Load your bicycle on the appropriate Penske truck for your destination. Riders are responsible for taking their luggage to their designated bus (or personal vehicle) for the ride home.

Estimated departure time is between 4:00 and 4:30pm. Listen to announcements to ensure you don't miss your bus.

#### DAYTON

Estimated arrival ~5:30pm  
Wright State University  
Student Union  
3640 Colonel Glenn Hwy  
Dayton, Ohio 45324

#### COLUMBUS

Estimated arrival ~6:30pm  
Otterbein University  
Campus Center  
100 West Home Street  
Westerville, Ohio 43081

#### CLEVELAND

Estimated arrival ~8:30pm  
John Carroll University  
Dolan Science Center  
1 John Carroll Boulevard  
University Hts, Ohio 44118

## APPENDIX

### Health and Safety Information

#### Sun and Heat Safety Tips

- Hydrate before the ride. Begin drinking extra water in the days leading up to the event.
- Hydrate during the ride. Amounts vary by person, but two water bottles per hour is a good start.
- Hydrate at the end of each day. Continue hydrating to replenish lost fluids.  
(Coffee, tea, and alcoholic beverages are diuretics, so increase water intake accordingly.)
- Supplement water with sports drinks containing electrolytes.
- Consume salty snacks to help with water retention.
- Apply cold towels to the back of the neck or place ice inside clothing to help cool the body.
- Take adequate breaks out of the sun to avoid overheating.
- Wear sunscreen and breathable clothing.
- Know the signs of overheating and dehydration.
- Stop activities and seek medical attention immediately if you experience any symptoms.

Encourage participants to hydrate and cool off appropriately; watch for signs of heat exhaustion or dehydration in yourself and other riders or volunteers.

#### Signs of Dehydration

- Thirst (by the time thirst is felt, the body is already dehydrated)
- Dry/sticky mouth and dry skin
- Tiredness or sleepiness
- Decreased urine output, constipation
- Lack of perspiration or tears
- Headache, dizziness, lightheadedness

#### Symptoms of Heat Exhaustion

- Elevated body temperature, heavy sweating, chills
- Irritability, mental fog, confusion
- Fatigue, weakness, lack of coordination
- Headache, dizziness, lightheadedness, nausea

Heat exhaustion can progress to heat stroke if it isn't addressed. Here are steps to take if the need arises:

- Stop activity and get to a shady, cool location.
- Call the emergency number so medical support can be dispatched.
- Hydrate with water or sports drinks.
- Apply a cold towel to the neck, face, and chest, and place ice under the arms, if available.
- Loosen or remove clothing such as shoes and socks.

## Quick Reference: All Transportation Schedules

### Buses and Bike Trucks to Start Line

POHR provides transportation to Cleveland for the Kickoff Celebration. Buses depart on Wednesday, July 24.

#### CINCINNATI

Departure time - 12:30pm  
Yeatman's Cove  
705 East Pete Rose Way  
Cincinnati, Ohio 45202

#### DAYTON

Departure time - 1pm  
Wright State University  
Student Union  
3640 Colonel Glenn Hwy  
Dayton, Ohio 45324

#### COLUMBUS

Departure time - 2:30pm  
Otterbein University  
Campus Center  
100 West Home Street  
Westerville, Ohio 43081

### Shuttle Service between Hotels and College Campuses

#### Cleveland: John Carroll University

Shuttle between the Dolan Science Center  
Indigo Suites | 3581 Park E Drive, Beachwood, Ohio 44122  
Home2 Suites | 3589 Park E Drive, Beachwood, Ohio 44122

- Wednesday, July 24, 2-11pm
- Thursday, July 25, 5am-7:30am

#### Wooster: College of Wooster

Shuttle between The Lowry Center  
and Comfort Suites Wooster  
965 Dover Road, Wooster, Ohio 44691

- Thursday, July 25, 11am-11pm
- Friday, July 26, 5am-7:30am

#### Columbus (Westerville): Otterbein University

Shuttle between the Campus Center and the  
Fairfield Inn and Suites | Columbus Polaris  
9000 Worthington Road, Columbus, Ohio 43082

- Friday, July 26, 11am-11pm
- Saturday, July 27 5-7:30am

#### Dayton: Wright State University

Shuttle between the Student Union and  
the Holiday Inn Dayton Fairborn  
2800 Presidential Drive, Fairborn

- Saturday, July 27, 11am-11pm
- Sunday, July 28, 5-7:30am

### Buses and Bike Trucks from Finish Line

Estimated departure time is between 4:00-4:30pm. Listen to announcements to ensure you don't miss your bus.

#### DAYTON

Estimated arrival ~5:30pm  
Wright State University  
Student Union  
3640 Colonel Glenn Hwy  
Dayton, Ohio 45324

#### COLUMBUS

Estimated arrival ~6:30pm  
Otterbein University  
Campus Center  
100 West Home Street  
Westerville, Ohio 43081

#### CLEVELAND

Estimated arrival ~8:30pm  
John Carroll University  
Dolan Science Center  
1 John Carroll Boulevard  
University Hts, Ohio 44118

# We are Grateful to our 2024 Donors & Sponsors

## Gold Sponsors



## Silver Sponsors



## Supporting Sponsors



## Budget-Reducing In-Kind Sponsors

