



PELTONIA[®]

EVENT
HANDBOOK

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Frequently Asked Questions

BEFORE THE RIDE

SAFETY GUIDELINES

RULES OF THE ROAD

When you registered to participate in Pelotonia, you agreed to abide by all of the following rules of the road at all times during Pelotonia weekend.

- Pelotonia is not a race.
- The ride is conducted on open roads. Motor vehicle traffic will be present. Be aware of what's going on around you at all times.
- Obey all traffic signs and signals.
- Ride as far to the right of the road as is safely possible, except to pass.
- Pass on the left side only.
- Helmets must be worn at all times while riding.
- Headphones, iPods and radios are not permitted while riding.
- Endangering the safety of your fellow riders is strictly prohibited.
- Ride defensively in consideration of your fellow riders and ride in control of your bike at all times (*i.e. be able to stop within a reasonable distance*).
- Communicate with your fellow riders using proper cycling terms such as "On your left," "Car back," etc.
- Use proper hand signals when turning.
- Make left turns from center of road or left turn lane.
- Cross railroad tracks at right angles to avoid dropping wheels into space between the rails and road.
- Do not cross the yellow centerline regardless of passing zone.
- Obey instructions from the Pelotonia road crew and pay attention to information posted on Pelotonia road signs.
- Each rider is expected to speak out when observing a violation. When spoken to, the response should be in appreciation of the concern expressed.

SAFETY VIDEO

The Safety Video demonstrates basic rules of the road and also provides some tips for safe group riding. An understanding of these concepts will make any cyclist more adept at riding and will enhance your ability to anticipate potentially dangerous situations and react to them accordingly. Check out the video on the Pelotonia

website. It can be found on the Safety page under The Ride tab or log in to your rider Profile and look under » Manage My Profile » My Resources » Safety Video.

RIDE SAFE INITIATIVE (RSI)

The RSI is a structured safety program for riders and Pelotons intended to enhance the culture of safety during the ride. RSI details can be found on the Safety page of the Pelotonia website under The Ride tab. Take the RSI Challenge to prove you know the basics and please speak to your Peloton Captain about being an RSI Ground or Road Lead.

TIPS FOR SAFE GROUP RIDING

BE PREDICTABLE

Group riding requires even more attention to predictability than riding alone. Other riders expect you to continue straight ahead at a constant speed unless you indicate differently.

USE SIGNALS

Use hand and verbal signals to communicate with fellow cyclists and with other traffic. Hand signals for turning and stopping are as follows: left arm straight out to signal a left turn; left arm out and down with your palm to the rear to signal slowing or stopping; and for a right turn, put your right arm straight out or put your left arm out and up.

GIVE WARNINGS

Warn cyclists behind you well in advance of changes in your direction or speed. To notify the group of a change in path, the lead rider should call out "left turn" or "right turn" in addition to giving a hand signal.

CHANGE POSITIONS CORRECTLY

Generally, slower traffic stays right so you should pass others on their left. Say "on your left" to warn the cyclist(s) ahead of you that you are passing. If you need to pass someone on the right, say "on your right" clearly since this is an unusual maneuver.

BEFORE THE RIDE

ANNOUNCE HAZARDS

When riding in a group, most of the cyclists do not have a good view of the road surface ahead, so it is important to announce holes, glass, sand, grates, and other hazards. The leader should indicate hazards by pointing down to the left or right, and by shouting “hole,” “bump,” etc. where required for safety.

WATCH FOR TRAFFIC COMING FROM THE REAR

Because those in front cannot see traffic approaching from the rear, it is the responsibility of the riders in back to inform the others by saying “car back” when rounding curves, on narrow roads, or when riding double. It is also helpful to warn of traffic approaching from the front with “car up.”

WATCH OUT AT INTERSECTIONS

When approaching intersections that require vehicles to yield or stop, the lead rider will say “slowing” or “stopping” to alert those behind to the change in speed. When passing through an intersection, some cyclists say “clear” if there is no cross traffic. Note that each cyclist is responsible for verifying that the way is indeed clear.

LEAVE A GAP FOR CARS

When riding up hills or on narrow roads where you are impeding faster traffic, leave a gap for cars between every three or four bikes. That way a motorist can take advantage of shorter passing intervals and eventually move around the entire group.

MOVE OFF THE ROAD WHEN YOU STOP

Whether you are stopping because of mechanical problems or to regroup with your companions, move well off the road so you do not interfere with traffic. When you start up again, each cyclist should look for, and yield to, traffic.

RIDE ONE OR TWO ACROSS

Ride single file or two abreast as appropriate to the roadway, traffic conditions and where allowed by law. Most state vehicle codes permit narrow vehicles such as bikes and motorcycles to ride two abreast within the lane. Even where riding double is legal, courtesy dictates that you single up when cars are trying to pass you.

HYDRATION AND NUTRITIONAL INFORMATION

Please remember to keep yourself well hydrated before, during, and after the ride (regardless of the weather). It is critically important to avoid dehydration by drinking water and sports drinks on a schedule throughout the ride (roughly one liter per hour, starting with water and switching to sports drinks after the first hour or two). Do not rely on thirst—thirst only kicks in when you are already becoming dehydrated. It is also important, however, not to over-consume water. Over-hydration with straight water lacking the sodium found in sports drinks may result in hyponatremia, sometimes referred to as water toxicity. This is a dangerous and potentially deadly condition that can be avoided by switching to primarily drinking sports drinks that contain at least 100 mg of sodium after the first 1–2 hours of riding. Be sure to read your fluid labels as many “sports beverages” contain far less than this minimum recommended amount of sodium.

Carbohydrate loading helps athletes participating in endurance events such as Pelotonia maximize energy storage to improve endurance and delay the onset of fatigue. Snacking on fruits that are potassium rich and pretzels that contain sodium will also help replenish nutrients the body loses during the ride.

PELTONIA MEDICAL COVERAGE ON THE WEEKEND

First Aid tents will be set up at each Rest Stop and support vehicles will patrol the route to provide immediate first aid assistance. These volunteers will offer basic first aid only. Any situation requiring greater attention will be treated at the nearest medical facility via ambulance. While riding, please carry all of your prescription medications and your health insurance card in your jersey or bike bag. The first aid staff will have no I.V. solutions or prescription medications. If you are in need of medical assistance while on the route, please call the Pelotonia Command Center at 1-855-889-RIDE (7433). In the case of an emergency, please call 911 first, then the Pelotonia Command Center so Pelotonia officials can track the incident and assist as necessary.

BEFORE THE RIDE

GEARING UP FOR PELTONIA WEEKEND

If you are using a Pelotonia shuttle and you are concerned with the possibility of your bike being scratched in transport, we suggest you pack and apply bubble wrap to your bike before it is loaded.

Please remember to have your bike tuned up PRIOR to Pelotonia weekend and, please, no tubular tires (sew-ups), if at all possible.

The following is a suggested packing list for Pelotonia weekend. Each rider is permitted one duffel bag, which cannot exceed 20 pounds. Please bring only those items essential to the weekend. Please do not hang items from your luggage at anytime during the weekend as they could easily be misplaced. Please remember to attach the tag you receive at rider Check-In before turning in your bag.

- HELMET
- TUNED-UP BIKE WITH HAND PUMP AND AT LEAST TWO CO2 CARTRIDGES + NOZZLE
- SADDLE BAG WITH TIRE LEVERS, PATCH KIT, TWO SPARE INNER TUBES AND A CYCLING MULTI-TOOL
- CYCLING SHOES, CYCLING SHORTS AND/OR TIGHTS, CYCLING SHIRT OR JERSEY, SOCKS, GLOVES
- EXTRA WATER BOTTLE
- SUNGLASSES
- SUNSCREEN
- LIP BALM
- CELL PHONE FOR EMERGENCY USE ONLY (IN A ZIP LOCK BAG, CARRY WITH YOU)
- IDENTIFICATION, MONEY/CREDIT CARD (CARRY WITH YOU)
- PRESCRIPTION MEDICATIONS AND CAR/HOME KEY (CARRY WITH YOU—DO NOT PACK THEM IN YOUR LUGGAGE)
- CASUAL CLOTHES
- SLEEPING CLOTHES
- RAIN GEAR
- SWEATSHIRT OR FLEECE
- PLASTIC TRASH BAG(S)—TO PROTECT DRY CLOTHING IN CASE OF RAIN AND TO PACK WET ITEMS
- PILLOW AND PILLOWCASE
- SLEEPING BAG OR BED LINENS
- TOILETRY KIT
- TOWELS

OPENING CEREMONY

→ FRIDAY, AUGUST 3, 2018

All Opening Ceremony activities occur on the grounds of McFerson Commons and North Bank Park in the Arena District.

→ **3pm–9pm**

- Rider Check-in
- Expo
- First Aid Services
- Bike Storage and Maintenance
- Bag Drop-Off
- Beverages

→ **4pm–8pm**

- Dinner Buffet

→ **7pm**

- Opening Ceremony Program

RIDER INSTRUCTIONS FOR OPENING CEREMONY

The Opening Ceremony festivities occur from 3:00pm until approximately 9:00pm. Even if certain riders cannot stay for the entire evening's program, all riders should plan to come to the Opening Ceremony to check in and pick up their rider Credentials Packets. Riders may also choose to drop off their bikes at the secure Bike Corral and their duffle bags at the Bag Drop-off area at McFerson Commons on Friday evening in order to alleviate logistical pressures early on Saturday morning before the ride starts. Bikes and bags must be appropriately tagged by the riders using the tags provided in the rider credentials packets.

Please note: Overnight bike storage on Friday will NOT be available to the 55, 75, 135, 155 or 35-mile riders. Those riders must bring their bikes with them to the Saturday morning starting location at Bob Evans Headquarters, Pickerington High School North or Sunday at Denison University.

TICKETS AND PARKING PASSES FOR OPENING CEREMONY

Pelotonia has partnered with Ticketbud, an online event ticketing service. During the week before the ride, Ticketbud will email two tickets for the Opening Ceremony and a parking pass to all registered riders. **To help ensure you receive your tickets in a timely manner, please add @ticketbud.com as a Safe Sender in your email application. If you do not receive a ticket email from @ticketbud.com, please check your spam folder prior to contacting Pelotonia or Ticketbud.** All riders are invited to bring one free guest to Pelotonia's Opening Ceremony festivities on Friday, August 3, 2018. Additional guest tickets will be available at the gate (\$25 for adults, \$15 for children 6–12, and children 5 and under will be admitted free).

PARKING FOR THE OPENING CEREMONY

Using the link provided, every rider and his or her guest should claim the parking pass emailed by Ticketbud with the Opening Ceremony tickets. Free parking will be available for riders and guests in the chosen Arena District parking deck or surface lot. Parking attendants and/or automated machines will be checking for the parking passes in order to give riders and their guests free access to parking.

Riders with parking passes will be provided access to the Arena District parking decks or surface lots at no cost. If at all possible, each rider should plan to carpool with his or her guest and possibly other riders and their guests in order to ensure that the cars of all riders and their guests can be accommodated in the various parking areas. If you prefer, you may also park in alternate downtown garages and surface lots or at street meters at your own expense. If you choose to park in an alternative surface lot, parking deck or metered spot, please make sure you understand the parking restrictions enforced by that lot.

Please note: Most parking garage entrances do not have the vertical clearance to accommodate bicycles mounted on roof racks, so please plan accordingly.

OPENING CEREMONY

RIDER CHECK-IN

After parking, riders should proceed to the rider check-in area. Each rider must display a driver's license or other photo ID to receive his or her rider credentials packet, which includes a rider ID bracelet. The rider ID bracelet is the rider's passport to Pelotonia weekend. Volunteers will fasten the rider ID bracelet to the rider's wrist so that the rider can enjoy amenities at the Opening Ceremony and throughout the weekend. Please DO NOT take off your rider ID bracelet until you leave Pelotonia weekend for the last time. NO ONE will be permitted to ride on Saturday without a rider ID bracelet. The rider credentials packet will also include a nametag and ID tags for bikes and duffle bags.

ENTRY GATES

Multiple entry points to the Opening Ceremony will be available. Riders and their guests must present the tickets that were emailed to each rider by Ticketbud before they will be allowed to enter the Opening Ceremony festivities. Each emailed ticket can be used only once. If a rider or his or her guest is unable to present a ticket, or the ticket has already been scanned, he or she will be delayed and will have to provide proof that he or she is a rider or a rider's guest, or purchase an additional guest ticket, in order to enter.

LATE RIDER CHECK-IN

For any rider who is unable to attend the Opening Ceremony on Friday evening, the rider check-in area will be open for late check-in on Saturday morning. If you must take advantage of late check-in at McFerson Commons, PLEASE ARRIVE AT LEAST AN HOUR PRIOR TO YOUR SCHEDULED START TIME.

A late rider check-in area will also be set up at Bob Evans Headquarters between 7:00am and 8:00am and Pickerington High School North between 6:15am and 7:15am. If you must take advantage of either of those late check-ins, PLEASE ARRIVE NO LATER THAN 7:30am at Bob Evans Headquarters and NO LATER THAN 6:45am at Pickerington High School North.

A late rider check-in area will also be set up at Denison University on Sunday between 7:30am and 8:30am. PLEASE ARRIVE NO LATER THAN 8:00am.

NAMETAGS

Riders should wear their nametags at the Opening Ceremony on Friday evening. Riders should also plan to affix their nametags to the back of their bike seats during the rides on Saturday and Sunday so that they can identify each other along the route. Riders should take their nametags off of their bikes and wear them at finish line celebrations.

BIKE AND BAG TAGS

Riders should securely fasten the ID tags that Pelotonia provides to their bikes and duffle bags before handing them over to Pelotonia volunteers. Please note that it will not be possible for Pelotonia to deliver any bags that are not properly tagged to the appropriate finish line areas. Any unidentified or unclaimed bags will be taken to the Pelotonia office to be claimed after the event.

BIKE STORAGE FOR 25/45/100/180/200-MILE RIDERS

On Friday evening, riders may choose to turn in their properly tagged bikes at the area designated as the Bike Corral. Pelotonia volunteers will help park the bikes. Located at the south end of McFerson Commons, the Bike Corral is well-lit, fenced, and will be monitored by security personnel throughout the night.

Please note: Overnight bike storage on Friday will NOT be available to the 55, 75, 135, 155 or 35-mile riders. Those riders must bring their bikes with them to the Saturday morning starting location at Bob Evans Headquarters, Pickerington High School North or Sunday at Denison University.

BIKE MAINTENANCE

Please plan to tune up your bike prior to bringing your bike to Pelotonia weekend. However, if you need emergency assistance on Friday evening, bike mechanics will be located near the Bike Corral and throughout the expo to assist you with minor adjustments and repairs. Bike mechanics will also be available at the Saturday and Sunday morning start locations.

OPENING CEREMONY

BAGS

Every rider is entitled to check in one bag for Pelotonia weekend. We ask that riders bring only those items that are essential. Please note that there will not be showers at the 25-mile or the 45-mile finishes so there is no need to bring shower supplies if you are stopping at one of those finish areas. For those riders who are staying overnight, please see the Packing List that can be found on page 5.

BAG STORAGE

On Friday evening, riders may choose to turn in their properly tagged bags at the Bag Drop-off area. Pelotonia volunteers will sort the bags to be delivered to the appropriate finish area that is noted on the bag tag. In the event you decide to finish at a location other than the location noted on your bag tag, please notify a Pelotonia volunteer as soon as possible for assistance in retrieving your bag from the location noted on your tag.

BEVERAGES

A variety of beverages will be available at the Opening Ceremony festivities. For those who wish to enjoy alcoholic beverages at the Opening Ceremony, they will need to display a valid driver's license or other photo ID to designated Pelotonia volunteers in order to verify that they are of legal drinking age. When proper identification is produced, the Pelotonia volunteers will provide a bracelet that must be worn for the rest of the evening in order to obtain alcoholic beverages. Alcoholic beverages will not be provided to anyone who is not wearing the proper bracelet.

DINNER BUFFET

An ample dinner buffet will be provided for riders and their guests. Pelotonia expects to accommodate thousands of riders and guests, so please plan accordingly as the buffet area will become very busy during the peak arrival time.

FIRST AID ASSISTANCE

If you need assistance with a medical question or issue, First Aid volunteers will be available at the Opening Ceremony on Friday evening. Please note that the First Aid volunteers will not be dispensing supplies or medications prior to the ride, unless there is an emergency at which time appropriate EMT support will be contacted to assist.

RIDER SCHEDULES

→ DAY ONE

Saturday, August 4, 2018

Please note: The location of the 25/45/100/180/200 starts will be McFerson Commons. The location of the 55-mile (New Albany to Gambier) and 135-mile start will be Bob Evans Headquarters. The location of the 75-mile and 155-mile starts will be Pickerington High School North.

McFerson Commons / Arena District Start 240 W. Nationwide Blvd. Columbus, OH 43215	McFerson Commons / Arena District Start 240 W. Nationwide Blvd. Columbus, OH 43215	Bob Evans Headquarters 8111 Smith's Mill Rd. New Albany, OH 43054	Pickerington High School North 7800 Refugee Rd, Pickerington, OH 43147
100-mile 180-mile 200-mile	25-mile 45-mile	55-mile 135-mile	75-mile 155-mile
→ 5:30am–6:30am Late rider Check-In First Aid Services Emergency Maintenance Bag Drop-Off	→ 7:30am–8:30am Late rider Check-In First Aid Services Emergency Maintenance Bag Drop-Off	→ 7am–8am Late rider Check-In First Aid Services Emergency Maintenance Bag Drop-Off	→ 6:15am–7:15am Late rider Check-In First Aid Services Emergency Maintenance Bag Drop-Off
→ 5:30am–7am Light Breakfast provided by Bob Evans	→ 7:30am–9am Light Breakfast provided by Bob Evans	→ 7am–8:30am Light Breakfast provided by Bob Evans	→ 6:15am–7:45am Light Breakfast provided by Bob Evans
→ 6:30am Riders begin to stage	→ 8:30am Riders begin to stage	→ 8am Riders begin to stage	→ 7:15am Riders begin to stage
→ 7am Riders begin to depart	→ 9am Riders begin to depart	→ 8:30am Riders begin to depart	→ 7:45am Riders begin to depart

Day One Common Schedule continued →

RIDER SCHEDULES

→ DAY ONE

Saturday, August 4, 2018 Common Schedule

→ **7am–12pm**
Cruiser Park Rest Stop

→ **7:30am–1pm**
Abbott Nutrition 25-mile Finish at Pickerington High School North
25-mile Finish Celebration
45-mile, 100-mile, 180-mile and 200-mile Rest Stop
Shuttles and Bike Trucks for 25-mile riders depart as they fill up

→ **8am–2pm**
Licking Heights High School Rest Stop

→ **9am–4pm**
JPMorgan Chase 45-mile Finish at Bevelhymer Park
45-mile Finish Celebration
Shuttles and Bike Trucks for 45-mile riders depart as they fill up

→ **8:30am–2pm**
Bob Evans Rest Stop
75-mile, 100-mile, 180-mile and 200-mile
Lunch/Rest Stop

→ **9:00am–4pm**
Granville High School Rest Stop

→ **9:30am–6pm**
Homer Public Library Rest Stop
(Bennington Chapel Route Only)

→ **9:30am–6pm**
South End Park Rest Stop
(Reynolds Road Route Only)

→ **11am–9pm**
55-mile, 75-mile and 100-mile Finish at Kenyon Athletic Center
Dormitory Check-In
Bag Pick-Up
Showers
Bike Maintenance
First Aid Services
Shuttles and Bike Trucks for 55-mile, 75-mile and 100-mile riders depart as they fill up

→ **1pm–8pm**
55-mile, 75-mile and 100-mile Celebration at Kenyon Athletic Center
Early Snack
Dinner Buffet
Beverages
Live Music

RIDER SCHEDULES

→ DAY TWO

Sunday, August 5, 2018 Common Schedule

Please note: The location of the 35-mile start will be at Denison University. The location of the 135/155/180/200 starts will be Kenyon College.

Denison University

Denison University
100 W College St.
Granville, OH 43023

35-mile→ **7:30am–8:30am**

Light breakfast provided
Late rider Check-In
First Aid Services
Emergency Maintenance
Bag Drop-Off

→ **8:30am**

Riders begin to stage

→ **9am**

Riders begin to depart

Kenyon College Start

221 Duff St.
Gambier, OH 43022

135-mile**155-mile****180-mile****200-mile**→ **5am**

Rider Wake-up

→ **5:30am–6:30am****Kenyon Athletic Center**

Breakfast provided by
Bob Evans
First Aid Services
Bike Pick-up and Maintenance
Bag Drop-off

→ **6:30am**

Riders Begin to Stage

→ **7am**

Riders Depart

→ **7:30am–10:30am**

Kokosing Gap Trail (200 only)

→ **7:30am–10:30am**

Five Points Drive-In Rest Stop

→ **8am–12pm**

Farmers Citizens Bank
Rest Stop

→ **8:30am–2pm**

Highland High School
Rest Stop

→ **9am–3pm**

Hartford Village Square
Rest Stop

→ **10:30am–5pm**

**35-mile, 135-mile, 155-mile,
180-mile, 200-mile Finish
at New Albany Market
Square**

Beverages
Bag Pick-Up
Shower Truck
First Aid Services
Bike Transportation
Shuttles for riders

→ **11am–4pm**

Buffet

DURING THE RIDE

All 100-mile, 180-mile and 200-mile riders will depart from McFerson Commons in the Arena District. Riders begin to depart at 7:00am. All riders should arrive at McFerson Commons in the Arena District no later than 6:00am.

All 25-mile and 45-mile riders will depart from McFerson Commons in the Arena District. Riders begin to depart at 9:00am. All riders should arrive at McFerson Commons in the Arena District no later than 8:00am.

All 55-mile and 135-mile riders will depart from Bob Evans Headquarters. Riders begin to depart at 8:30am. All riders should arrive at Bob Evans Headquarters no later than 7:30am.

All 75-mile and 155-mile riders will depart from Pickerington High School North. Riders will begin to depart at 7:45am. All riders should arrive at Pickerington High School North no later than 6:45am.

All 35-mile riders will depart from Denison University. Riders will begin to depart at 9:00am. All riders should arrive at Denison University no later than 8:00am.

RIDER PARKING

Riders may park in the Arena District and at Bob Evans Headquarters and Pickerington High School North for the duration of their participation in Pelotonia weekend, including overnight for the 135, 155, 180 and 200-mile riders. At McFerson Commons, free parking will be available for riders and guests in designated Arena District garages and surface lots. Free surface lot parking will be available at Bob Evans Headquarters and Pickerington High School North.

Riders starting at McFerson Commons in the Arena District should claim the parking pass, emailed by Ticketbud with the Opening Ceremony tickets. Parking attendants and/or automated machines will be checking for the parking passes in order to give riders free access to the parking garages.

If you prefer, you may also park in alternate downtown garages and surface lots or at street meters at your own expense. If you choose to park in an alternate surface lot, parking deck or metered spot, please make sure you understand the parking restrictions enforced by that lot.

Please note: Most parking garage entrances do not have the vertical clearance to accommodate bicycles mounted on roof racks, so please plan accordingly.

GUESTS AT THE COMMENCEMENT OF THE RIDE

We encourage guests to join us to send off the riders on Saturday morning. Guests should plan to park and walk to a location on Long St. to watch riders depart from McFerson Commons in the Arena District.

DURING THE RIDE

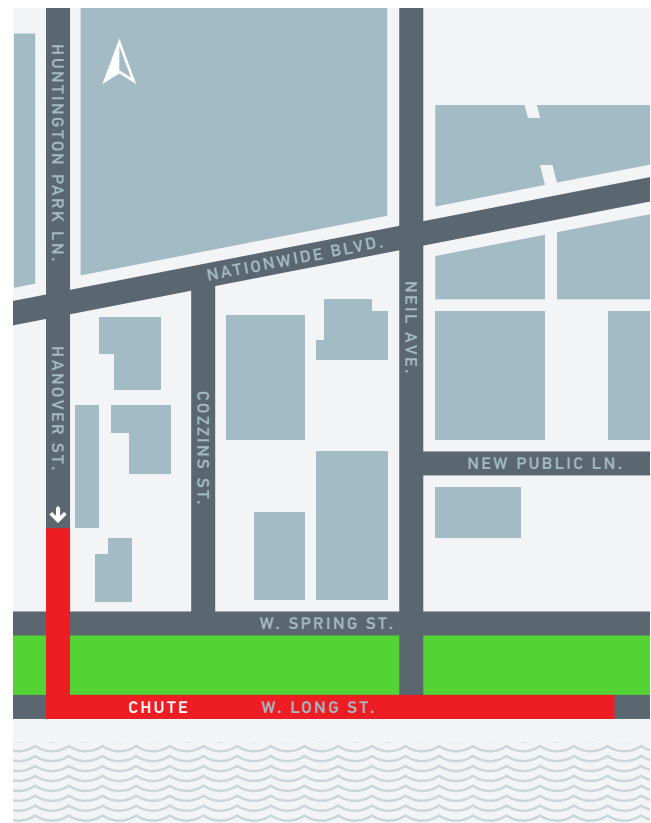
STAGING

All riders will be staged in designated starting groups for the commencement of the ride. Specifically, rider ID bracelets and bike tags will have a letter printed on them (A, B, C, etc.) which corresponds to each rider's pre-assigned staging group. Staging groups are determined by ride distance and Peloton affiliation, with the riders going the farthest being released first. Riders will not be allowed to enter the chute until their staging group has been called and there will be one designated entry point at the back of the chute that all riders must use. In the meantime, please enjoy the complimentary breakfast and coffee provided by Bob Evans. We appreciate your patience and cooperation as we ensure a safe start for all Pelotonia riders.

Arrows in the above maps indicate chute entry points. No riders are allowed to stage, congregate or start the ride in areas not designated by Pelotonia. If you stage, congregate or start the ride in areas not designated by Pelotonia, you do so at your own risk.

BIKE PICK-UP ON SATURDAY MORNING FOR START

25-mile, 45-mile, 100-mile, 180-mile, and 200-mile riders who choose to leave their bikes overnight should report to the Bike Corral to pick up their bikes upon arrival at McFerson Commons on Saturday morning. Once you have retrieved your bike, please identify any emergency maintenance issues as soon as possible and take any bikes in need of assistance to the Bike Maintenance area immediately.

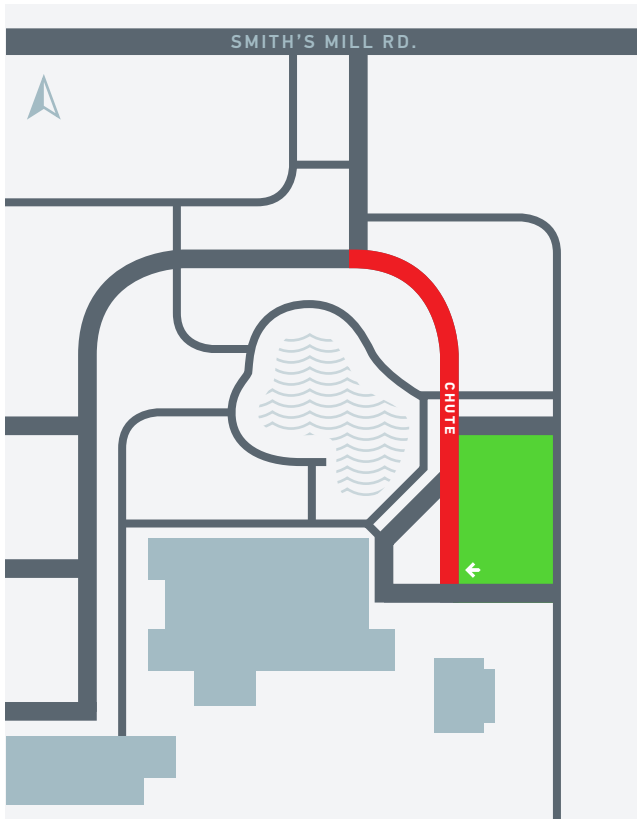


↑ **McFerson Commons in the Arena District Staging**

RIDE START AT MCFERSON COMMONS IN THE ARENA DISTRICT

Due to the large number of participants, the route is very crowded at the start of the ride. At this point especially, it is extremely important for all riders to adhere to the rules of the road previously mentioned. However, the mass start at McFerson Commons in the Arena District makes it necessary to ride more than two abreast for this stretch of the route **ONLY**. Once you turn off High Street, resume strict adherence to Ohio law which dictates riding no more than two abreast in a lane. Remember, Pelotonia is not a race. Please be patient, careful and courteous to those around you. After this initial phase, the group will slowly spread out and riders can settle into a comfortable pace for the remainder of their ride.

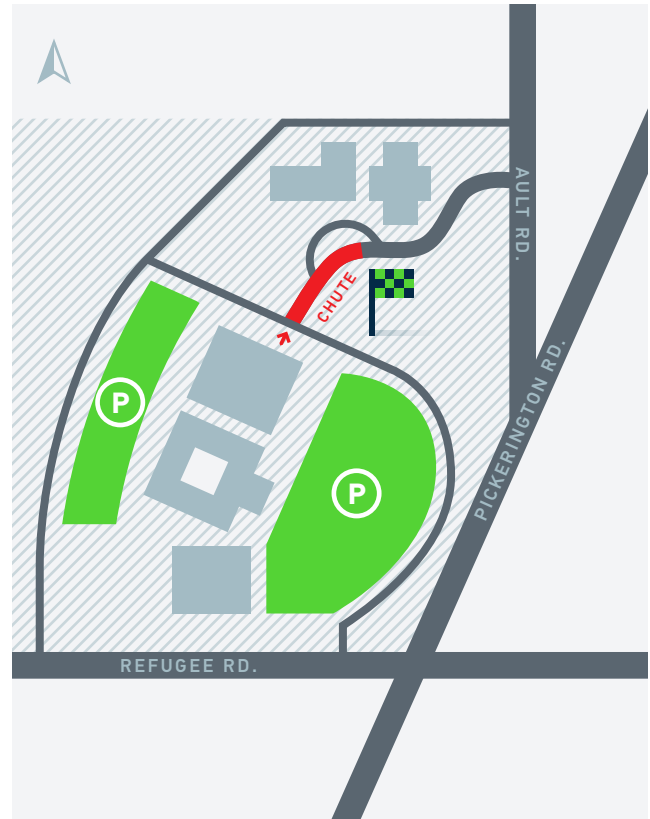
DURING THE RIDE



↑ **Bob Evans Headquarters Staging**

RIDE START AT BOB EVANS HEADQUARTERS

Due to the large number of participants, the route is very crowded at the start of the ride. At this point especially, it is extremely important for all riders to adhere to the rules of the road previously mentioned. Please maintain strict adherence to Ohio law which dictates riding no more than two abreast in a lane. Remember, Pelotonia is not a race. Please be patient, careful and courteous to those around you. After this initial phase, the group will slowly spread out and riders can settle into a comfortable pace for the remainder of their ride.

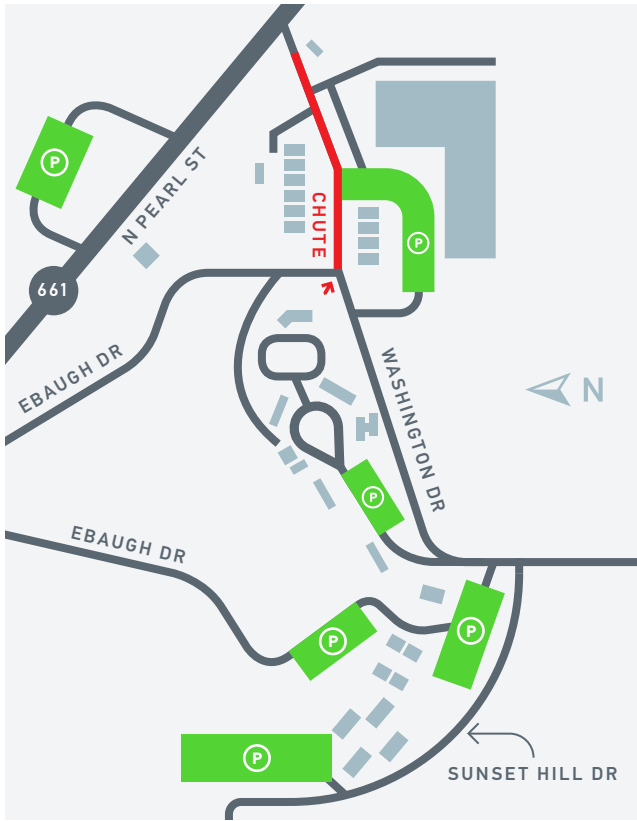


↑ **Pickerington High School North Staging**

RIDE START AT PICKERINGTON HIGH SCHOOL NORTH

Due to the large number of participants, the route is very crowded at the start of the ride. At this point especially, it is extremely important for all riders to adhere to the rules of the road previously mentioned. Please maintain strict adherence to Ohio law which dictates riding no more than two abreast in a lane. Remember, Pelotonia is not a race. Please be patient, careful and courteous to those around you. After this initial phase, the group will slowly spread out and riders can settle into a comfortable pace for the remainder of their ride.

DURING THE RIDE



↑ Denison University Staging

RIDE START AT DENISON UNIVERSITY

Due to the large number of participants, the route is very crowded at the start of the ride. At this point especially, it is extremely important for all riders to adhere to the rules of the road previously mentioned. Please maintain strict adherence to Ohio law which dictates riding no more than two abreast in a lane. Remember, Pelotonia is not a race. Please be patient, careful and courteous to those around you. After this initial phase, the group will slowly spread out and riders can settle into a comfortable pace for the remainder of their ride.

FIRST AID ASSISTANCE

First aid assistance will be available at every stop along the route, including the commencement of the rides at Bob Evans Headquarters and McFerson Commons in the Arena District. First Aid volunteers will also be riding in support vehicles that will patrol the route throughout the day. Please remember that volunteers will provide only basic first aid services and will not dispense any prescription medications or treatments. EMT and hospital services will be on call throughout the day at appropriate locations along the route.

SIGNAGE

Pelotonia is a rules of the road ride. Please pay careful attention to the Pelotonia signage along the route. In addition to directing riders along the route, it will warn riders of any specific areas where riders should remain particularly cautious of oncoming traffic or road conditions. Please also pay attention to any signage at the rest stops, which will warn of dangerous heat indexes or other weather conditions.

RSI ROAD LEADS

Ride Safe Initiative (RSI) Road Leads are registered riders that have volunteered to provide extra safety and security during Pelotonia weekend. These cyclists offer assistance along the route and monitor cycling safety. RSI Road Leads will be given custom, Pelotonia branded helmet covers so they are easily identifiable on the route.

RSI Road Leads observing unsafe actions or behaviors will first express safety concerns directly to their fellow rider(s). If spoken to, the response should be in appreciation of the concern expressed. If disregard for the safety of others continues, RSI Road Leads will then report the offending rider(s) to Pelotonia officials.

Riders exhibiting unsafe behavior will be warned by Pelotonia Officials. Riders who do not comply with these requests may be required to surrender their rider numbers. All riders exhibiting unsafe behavior will be contacted by Pelotonia after the event and may be required to take and pass a Group Riding Skills Course prior to participating in future rides.

DURING THE RIDE

SUPPORT VEHICLES/VOLUNTEERS

There will be support vehicles patrolling the route with First Aid volunteers inside. There will also be mechanical support vehicles separately patrolling the route to help with any bike maintenance issues that may arise. HAM radio operators and motorcycle support will also be stationed along the route to assist riders as needed.

PERSONAL SUPPORT VEHICLES

Given that Pelotonia has arranged for a significant number of support vehicles and support volunteers to monitor the entire route, we respectfully request that riders DO NOT have personal support vehicles follow them along the route. Though this is a rule of the road ride and riders will be proceeding along public roads, the route is obviously safer when there are fewer vehicles travelling on it.

50-MILE LUNCH REST STOP

100-mile riders who are going to Kenyon College on Saturday should not invite family and friends to meet them at the 50-mile lunch rest stop. This rest stop is not intended to be a public gathering place and the food and drink are not available to the public. Family and friends are more than welcome to meet riders at the finish line celebrations where accommodations have been made for guest parking and public meal tickets.

HELP LINE

If you need assistance for any reason during the ride and you cannot locate a Pelotonia volunteer, please call **1-855-889-RIDE (7433)**.

STOPPING BEFORE YOUR CHOSEN FINISH

If a rider needs to stop before reaching his or her chosen finish area, the rider should contact the nearest Pelotonia volunteer, support vehicle, or call 1-855-889-RIDE (7433). Pelotonia will determine how and where to transport the rider at that time. If a rider needs to stop before reaching his or her chosen finish area, please be patient as we make arrangements to transport the rider's bag to the new chosen location.

RIDING FARTHER THAN YOUR CHOSEN FINISH

If a rider wishes to ride farther than his or her chosen finish area, the rider should contact the nearest Pelotonia volunteer to indicate his or her intentions. Please remember that the fundraising commitment irrevocably increases if riding farther than the finish area for which a rider initially registered. If a rider makes a decision mid-ride to do the two-day ride to Gambier and back, please remember that Pelotonia volunteers and staff should be notified as soon as possible so they can attempt to secure accommodations in the Kenyon College dormitories and transport the rider's bag to the new chosen location.

FINISH LINE CELEBRATIONS

There will be a celebration at each location where riders are finishing their chosen rides. Specifically, there is a celebration at:

- (1) **Pickerington High School North for the 25-mile riders**
Sponsored by Abbott Nutrition
- (2) **Bevelhymer Park for the 45-mile riders (Columbus to New Albany)**
Sponsored by JPMorgan Chase
- (3) **Kenyon College for the 55-mile, 75-mile, 100-mile, 135-mile, 155-mile, 180-mile and 200-mile riders**
- (4) **New Albany Market Square for 35-mile, 135-mile, 155-mile, 180-mile and 200-mile riders**

Finish line parties are meant to celebrate not only the riders' physical accomplishments, but more importantly, their fundraising commitments. Riders finishing as 100-mile riders have made a higher fundraising commitment than those finishing at the 25-mile or 45-mile locations. If you are a rider who raised more than the minimum required for your chosen route, you may attend any finish line celebration for which you have reached the minimum fundraising commitment. For example, if you are a 25-mile rider who has raised \$2,000, you may attend the finish line celebration at Kenyon College because you have met the same fundraising commitment made by the 100-mile riders.

DURING THE RIDE

GUESTS AT FINISH LINE CELEBRATIONS

We encourage guests to come and cheer on riders as they arrive at a particular finish line. Guests should look for designated guest parking areas at all of the finish line celebrations. Guests who wish to eat the catered food at a finish line celebration must buy a meal ticket at the Guest Check-In area and receive a guest bracelet (\$20 for adults, \$10 for children 6-12, and children 5 and under eat for free). For those guests who do not wish to buy a meal ticket, please have a meal before attending a finish line celebration or bring a picnic or snack to enjoy while you are cheering on the riders. Please note that, unlike the finish line celebrations, the 50-mile lunch rest stop is not open to the public and, thus, guests must not attempt to enter this location.

BIKE TRANSPORTATION FROM FINISH AREAS

If you are taking a shuttle back to Bob Evans Headquarters, Pickerington High School North, Denison University or McFerson Commons in the Arena District, you should immediately take your bike to the designated bike trucks upon arrival at your finish area. Volunteers will help load the bikes onto the trucks safely and securely. If you are concerned about transporting your bike, you may want to apply bubble wrap to your bike before it is loaded. Pelotonia will do its best to orchestrate the return of the bikes to Bob Evans Headquarters, Pickerington High School North, Denison University and McFerson Commons in the Arena District before or at the same time that the shuttles return with the riders. However, in order to ensure your bike returns in a timely manner, please take your bike to the bike truck as soon as you finish.

RIDER SHUTTLES AT FINISH AREAS

Buses will return riders from their chosen finish areas to their cars at Bob Evans Headquarters, McFerson Commons in the Arena District, Denison University, or Pickerington High School North. Pelotonia has done its best to anticipate the flow of riders during the event and has planned the shuttle schedule from each finish area accordingly. Please understand that, in order to run the shuttles efficiently, Pelotonia must fill a shuttle bus before it will leave the finish area. Thus, if you are a rider who finishes your ride well in advance of the other riders in your group, you may have to wait a bit longer than the others in order for your shuttle to leave. Please be patient with this process. We will provide ample food and beverages while riders are waiting for a shuttle to fill.

If you know that you must leave your finish area by a specific time, please consider having someone meet you at your finish line to transport you and your bike back.

BIKE CORRAL AT KENYON COLLEGE

When the 135-mile, 155-mile, 180-mile and 200-mile riders finish their first day's ride at Kenyon College, they should proceed to the Kenyon Athletic Center next to the finish line. The Bike Corral, where the 135-mile, 155-mile, 180-mile and 200-mile riders will store their bikes overnight, will be located in a secure area inside the Kenyon Athletic Center. Volunteers will help park the bikes. Security personnel will monitor the bikes while they are in storage. 135-mile, 155-mile, 180-mile and 200-mile riders will then pick up their bikes at the Bike Corral on Sunday morning.

STAYING AT KENYON COLLEGE DORMITORIES

If you are a 135-mile, 155-mile, 180-mile and 200-mile rider who chose to stay in the Kenyon College dormitories, please proceed to the rider Check-In area to receive your dormitory room assignment. If you have a roommate request, you must log into your rider profile page and designate that roommate request. However, we cannot promise to accommodate roommate requests made after July 20th.

DURING THE RIDE

SHOWERS

On Saturday, 55-mile, 75-mile and 100-mile riders will be able to take showers in locker rooms located inside the Kenyon Athletic Center. Locker rooms will be separated by gender. 135-mile, 155-mile, 180-mile and 200-mile riders should use the restrooms and showers in the dormitory rooms to which they are assigned to ease the potential for lines in the locker rooms.

On Sunday, 135-mile, 155-mile, 180-mile and 200-mile riders will be able to take showers in a shower truck located at New Albany Market Square.

There will not be showers available at the finish areas for 25-mile or 45-mile riders; however, those riders may still bring a bag with a change of shoes and other essentials.

BAGS

On Saturday, 55-mile, 75-mile, 100-mile, 135-mile, 155-mile, 180-mile and 200-mile riders will pick up their bags inside the Kenyon Athletic Center.

On Sunday morning, 135-mile, 155-mile, 180-mile and 200-mile riders will drop off their bags at designated areas and will be able to pick up their bags at the New Albany Market Square Finish.

WEATHER CONDITIONS

Weather is unpredictable and rain is a very real possibility. Barring severe weather emergencies, Pelotonia continues despite poor weather conditions. Riders should be prepared for high winds, temperatures ranging from 50-100 degrees Fahrenheit, heavy rainfall, and/or a combination of these conditions.

Given that weather can change during the event, weather related announcements may need to be issued after the start of the ride. Color-coded flags will be used to communicate the status of forecasted weather conditions. These flags will be displayed on SAG vehicles and at rest stop/finish areas as follows:

GREEN FLAG—SAFE TO PROCEED

Fair weather through light/moderate rain.

YELLOW FLAG—PROCEED WITH CAUTION

Excessive heat, moderate to strong winds, heavy rain or other precipitation is creating potentially hazardous situations on the route.

RED FLAG—DO NOT PROCEED

Severe weather warnings have been issued by the National Weather Service or severe precipitation is creating hazardous conditions or flooding on the route. Proceeding along the route is considered unsafe at this time. Riders who proceed do so at their own risk.

Pelotonia reserves the right to postpone the ride start, reduce the ride length, restrict ride options, or cancel the ride to ensure the safety of its participants. We will do everything within our capabilities to communicate cancellation, postponement, or alteration of the event to riders as quickly as possible. In all cases, riders are responsible for their own safety and should use their best judgment in deciding whether or not to continue if severe weather conditions exist.

FREQUENTLY ASKED QUESTIONS

RIDERS

RIDER CHECK-IN

Where/When is rider Check-In?

For any rider who is unable to attend the Opening Ceremony on Friday evening, the rider check-in area will be open for late check-in on Saturday morning. If you must take advantage of late check-in at McFerson Commons, PLEASE ARRIVE AT LEAST AN HOUR PRIOR TO YOUR SCHEDULED START TIME.

A late rider check-in area will also be set up at Bob Evans Headquarters between 7:00am and 8:00am and Pickerington High School North between 6:15am and 7:15am. If you must take advantage of either of those late check-ins, PLEASE ARRIVE NO LATER THAN 7:30am at Bob Evans Headquarters and NO LATER THAN 6:45am at Pickerington High School North.

A late rider check-in area will also be set up at Denison University on Sunday between 7:30am and 8:30am. PLEASE ARRIVE NO LATER THAN 8:00am.

What should I bring with me to rider Check-In?

Please bring a driver's license or photo ID to receive your credentials. No one will be allowed to ride without a rider ID bracelet. You may also choose to bring your duffle bag and bike so that Pelotonia can securely store them overnight.

Please note: Overnight bike storage on Friday will ONLY be available to 25-mile, 45-mile, 100-mile, 180-mile and 200-mile riders. All 35-mile, 55-mile, 75-mile, 135-mile and 155-mile riders must bring their bikes with them to the Saturday morning starting location at Bob Evans Headquarters, Pickerington High School, or Sunday at Denison University.

Do I have to wear my ID bracelet all weekend?

Yes, your ID bracelet is your passport to Pelotonia so it must be worn in order to participate in the weekend. The bracelet also contains all of your vital information for your safety. If you are not wearing your bracelet, you may be prohibited from participating in some or all of Pelotonia weekend activities.

OPENING CEREMONY

When/Where does the Opening Ceremony start?

Please see Schedule of Events on page 6.

Can I bring a guest to the Opening Ceremony?

Yes, each rider may bring one free guest to the Opening Ceremony. Additional guest tickets may also be purchased at the entry gates (\$25 for adults, \$15 for children 6-12, and children 5 and under will be admitted free). Please see Opening Ceremony on page 6 for more information.

THE RIDE

How far do we have to ride at once?

Saturday ride lengths are 25 miles, 45 miles, 55 miles, 75 miles and 100 miles. For those selecting a two-day option of 135 miles, 155 miles, 180 miles or 200 miles, the Sunday ride will be 35, 80 or 100-miles. There will be Rest Stops along the route approximately every 12–20 miles. Drinks, food, mechanical support and first aid assistance will be available at every stop. Support vehicles will also patrol the route to provide immediate assistance if needed.

What if I want to ride farther and increase my fundraising commitment on the day of the ride?

For safety and logistical reasons, we must know which riders are on the route at all times. If you decide to ride farther than the route you originally chose, please notify a Pelotonia staff member or volunteer ASAP. Please note: If you increase the distance you are riding, your fundraising commitment will also increase.

What if I can't finish my route?

Pelotonia is a fully supported route. Support vehicles will be patrolling the entire route to assist riders and help them reach the nearest finish, if necessary. If you do not see an accessible support vehicle, please call the Pelotonia Command Center at 1-855-889-RIDE (7433).

BIKE MAINTENANCE AND STORAGE

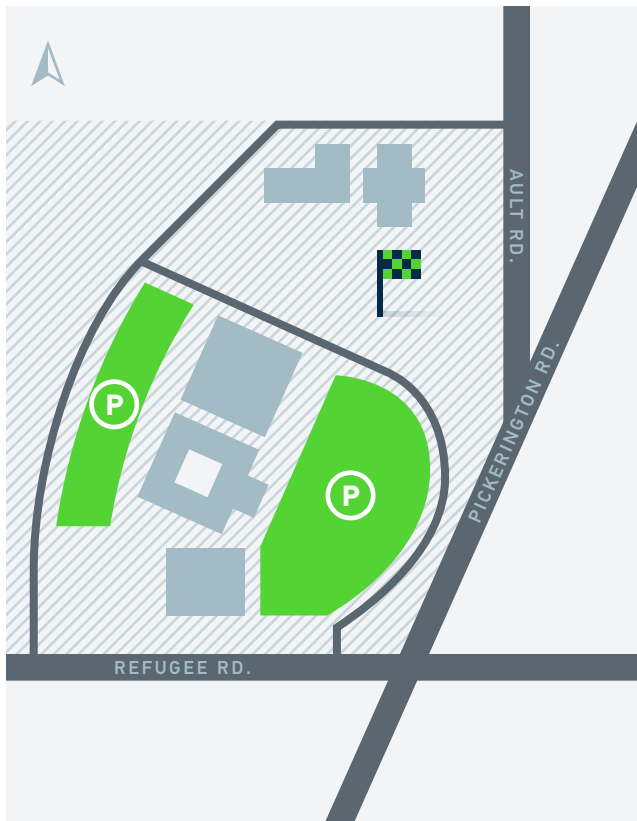
Where/When can I get my bike serviced?

Bike mechanics will be located at every stop on the route, including the start and finish sites. However, please tune up your bike before Pelotonia weekend to avoid lines.

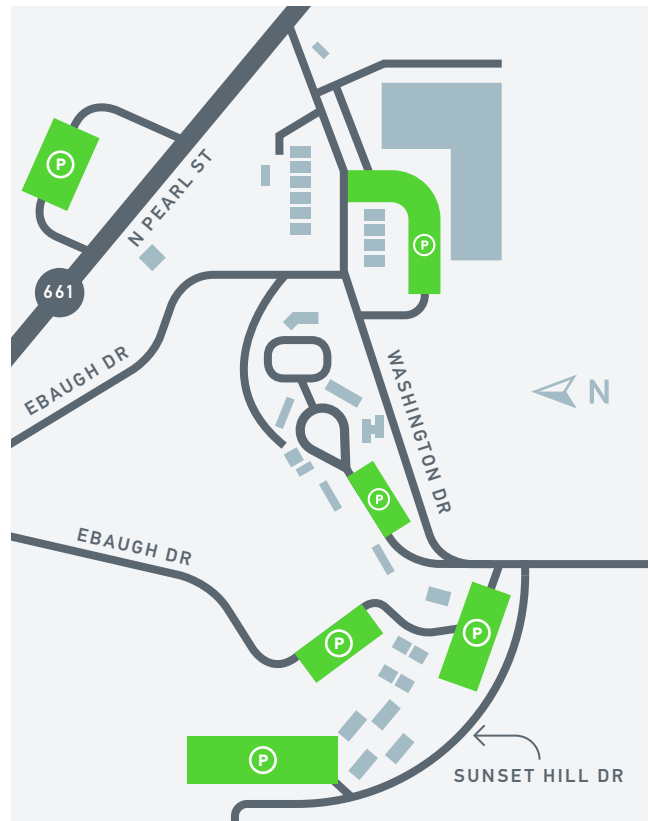
What if my bike breaks during the ride?

Support vehicles will patrol the entire route to assist riders with emergency repairs. If you have a mechanical issue on the route, please call 1-855-889-RIDE (7433).

FREQUENTLY ASKED QUESTIONS



↑ Pickerington High School North Parking



↑ Denison University Parking

TRANSPORTATION

Is it possible to change my transportation option?

Yes, you may change your transportation and lodging choices by logging into your Pelotonia profile page prior to the start of the event. If you decide to make a change during the event, please notify the volunteers in the Administrative area near rider Check-In.

How often will shuttles run?

We will do our best to run shuttles as often as possible, but please remember that the times between shuttle departures may vary. If you need to leave immediately after reaching your finish area, we recommend that you arrange to have someone meet you at your finish.

Can I bring my bike on the shuttle?

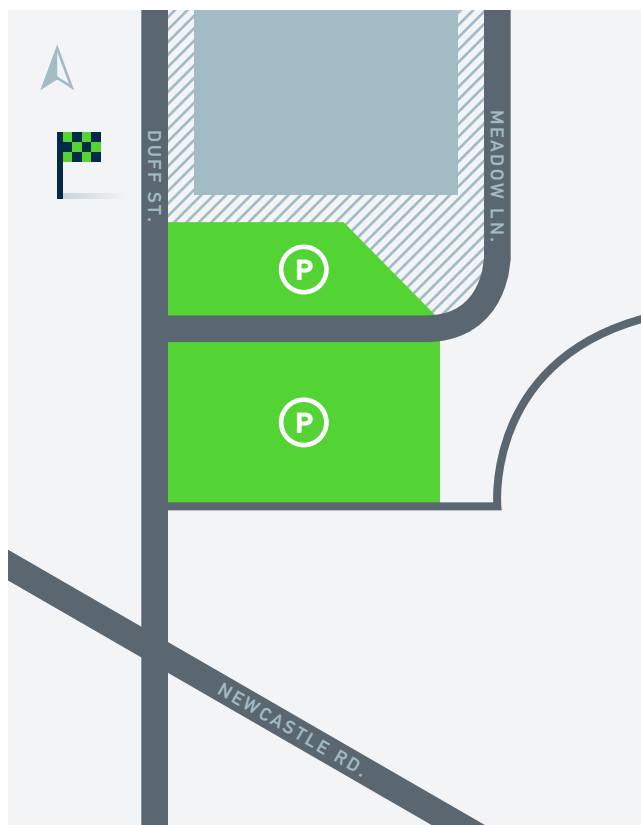
Bikes will be transported on bike trucks. Due to space considerations, bikes will not be permitted on the shuttles.

SHOWERS

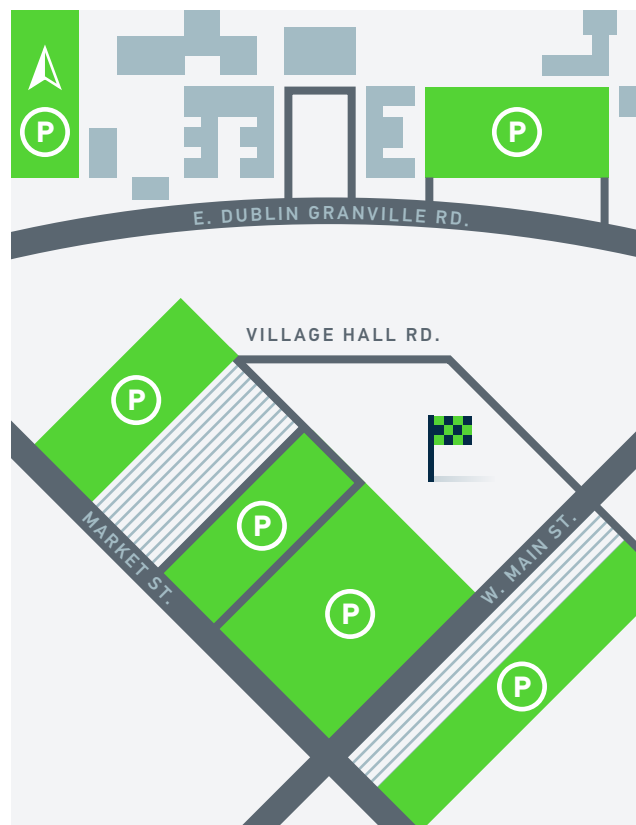
Where do I shower?

On Saturday, 55-mile, 75-mile and 100-mile riders will be able to shower in locker rooms at the Kenyon Athletic Center. For those staying overnight at Kenyon College on Saturday, showers will be available in the dormitories. On Sunday, there will be shower trucks at New Albany Market Square.

FREQUENTLY ASKED QUESTIONS



↑ Kenyon College Parking



↑ New Albany Market Square Parking

Will there be food and beverages at the finish line?

Guests who would like to eat the catered food at a finish line celebration will need to buy a meal ticket at a Guest Check-In area (\$20 for adults, \$10 for children 6–12, and children 5 and under will be admitted free). If you do not wish to buy a meal ticket, please eat before attending the finish line celebration or bring a picnic or snack to enjoy while you are cheering on riders.

RIDER TRANSPORTATION/GUEST PARKING

How do I pick-up my rider at Pickerington High School North?

Pickerington High School North is located at 7800 Refugee Road, Pickerington, Ohio 43147. If at all possible, please do not proceed along the route to reach this destination. We

anticipate that most 25-mile riders will reach Pickerington High School North between 10:30am and 12:00pm on Saturday. There will be ample parking at Pickerington High School North. Please look for areas designated as Guest Parking.

How do I pick-up my rider at Bevelhymer Park?

Bevelhymer Park is located at 7997 Peter Hoover Rd, New Albany, Ohio 43054. If at all possible, please do not proceed along the route to reach this destination. We anticipate that most 45-mile riders will reach Bevelhymer Park between 12:00pm and 2:30pm on Saturday. There will be ample parking at Bevelhymer Park. Please look for areas designated as Guest Parking.

FREQUENTLY ASKED QUESTIONS

How do I pick-up my rider at Kenyon College?

The riders will finish at the Kenyon Athletic Center, which is located at 221 Duff Street, Gambier, Ohio 43022. If at all possible, please do not proceed along the route to reach this destination. We anticipate that most 55-mile, 75-mile, 100-mile, 135-mile, 180-mile and 200-mile riders will reach Gambier between 11:00pm and 6:00pm. Guests should enter Kenyon College from Newcastle Road (Route 229) using Duff Street and park in the lots near the Kenyon Athletic Center. Please look for areas designated as Guest Parking.

How do I pick-up my rider in New Albany Market Square?

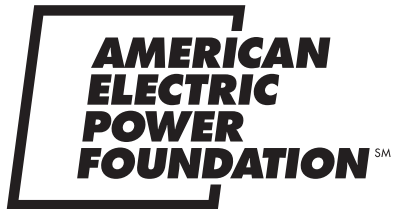
New Albany Market Square is located at 200 Market Street, New Albany, Ohio 43054. If at all possible, please do not proceed along the route to reach this destination. We anticipate that most 35-mile, 135-mile, 155-mile, 180-mile and 200-mile riders will reach New Albany Market Square between 11:00am and 4:30pm on Sunday. Please look for areas designated as Guest Parking.

If my rider took the shuttle back to Columbus, how do I pick them up?

Riders who take Pelotonia's shuttles back from their finish areas can be picked up at Bob Evans Headquarters, Pickerington High School North, Denison University or McFerson Commons in the Arena District. Guests may park in parking decks, surface lots or metered parking at McFerson Commons in the Arena District. Surface lot parking will be available at Bob Evans Headquarters, Pickerington High School North and Denison University.

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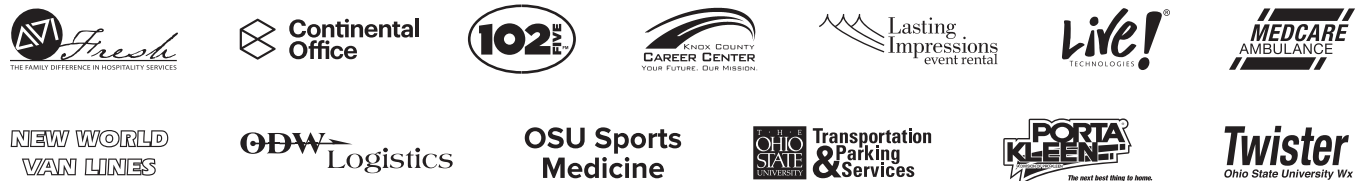
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