

2016 Spokes of Hope, Indy

Cancer Charity Ride

Sunday August 21nd, Lions Park, Zionsville

Welcome to the 2016 Spokes of Hope cancer ride!

After the success of last year's event, we will once again be stationed out of the Zionsville Lions Park. After finishing your ride, wander over to downtown Zionsville and enjoy some treats, unique shops, and local artisans.

Early Packet Pickup

Thursday, August 18th, 5:30 – 8:00 pm. [Nebo Ridge Bicycles, 4335 W 106th St Carmel, IN 46032](http://www.neboridgebicycles.com)

Ride - Day Schedule

6:45 am	Registration opens, at Gazebo in Lions Park.
7:45 am	Staging for the start
7:55 am	Cancer Veterans Parade
7:59 am	Remembrance of those not riding
8:00 am	Ride departs
8:15 am	Walk begins
9:30 am	Support ends on Leg 1 of route
10:30 am	Support ends on Leg 2 of route
12:00 am	Support ends on Leg 3 of route Snack stop 3 closes
2:00 pm	Support ends on Leg 4 of route Snack stop 2 closes
3:00 pm	Support ends on Leg 5 of route Snack stop 1 closes
4:00 pm	Route closed

Parking

Lions Park is on the east side of downtown Zionsville, three blocks east of Main Street. (See map below). Other events are sharing the park with us on on-ride day, so we have been asked to park near the entrance to the park. One lane in to, and out of, the park will be closed to auto traffic, as it is dedicated to our bike ride.

Lions Park, Zionsville

Parking is in pink area within Lions Park

Look for the yellow registration flag near the white gazebo

Restrooms are just west of Start / Finish line, adjacent to the ride staging area.



Registration

Event Registration will be in the white gazebo in Lions Park. Look for the yellow feather flag that says "REGISTRATION". There will be two lines at registration. One line for pre-registered riders and one for same day registrations. We strongly encourage you to pick up your registration on Thursday night to avoid lines and confusion on the morning of the event. Go to Nebo Ridge between 5:30 and 8pm.

For same day riders, registration fees can be paid by cash, check, or credit card (MC, Visa, and Discover) There is no guarantee for same-day registrations that we will have a shirt in your size.

At Registration you will receive a goody bag, rider #, and map with cue sheet, along with a t-shirt, and any additional clothing that you ordered online during registration.

After registration, feel free to shop, sign a dedication, or take pre ride photos.

Restrooms

Restrooms are located next to the ride staging area, adjacent to the parking lot and Start / Finish line in Lions Park. See attached map of Start / finish area.

The Start

Just before the start, we will have a short period of announcements

We will recognize and call forward our top fundraiser. Fundraising is not required for this event, but we do appreciate those that do fundraise.

The Cancer veterans in the group are called forward.

We will recognize those who could not ride with us today.

The cancer veterans then lead us out of town behind the police escort.

The Routes

Route maps will be in your goody bag, and are online at:

50 km (30 mile) loop:

<http://www.mapmyride.com/routes/view/807103977>

100 km (61 mile) loop:

<http://www.mapmyride.com/routes/view/496969270>

100 mile loop:

<http://www.mapmyride.com/routes/view/496969762>

Bike Riding

A reminder that these are open roads, and that there will be traffic on the route. Cyclists need to obey all traffic laws. In Indiana, riders may ride 2 abreast if they are not impeding traffic.

We have done multiple course inspections and believe the course to be clean, safe, and well-marked. It is still possible that dogs, potholes, gravel, and other hazards may develop at any time. If you feel any hazard is unsafe, contact the Sag wagon team at 317-840-7770 (This number is also on your route map) and every effort will be made to reduce the hazard.

Hazards on the 100 km and 100 mile loops include two a railroad crossings.

The first crossing is about 5 miles after the first snack stop. The second railroad crossing is on the return leg from the Pittsboro. This crossing is much more severe, with the track crossing the road at an angle harsh enough that it can cause tires to be caught and cause a fall. Look for the word "CAUTION" on the road before this crossing.

Consider moving left towards the center line of the road as you approach the tracks, and move from left to right as you cross the tracks, making your crossing of the tracks more perpendicular, and less angular.

On the 100 km and 100 mile route the county has recently done some chip-&-seal and road repair. We have re-routed and avoided a great deal of this. On the return from Pittsboro there are some gravel patches and a short bit of chip-&-seal. Please be diligent.

Route Arrows

Are yellow ribbons, pointing in the direction of the route

Turn Left	Straight	Turn Right
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Snack Stops

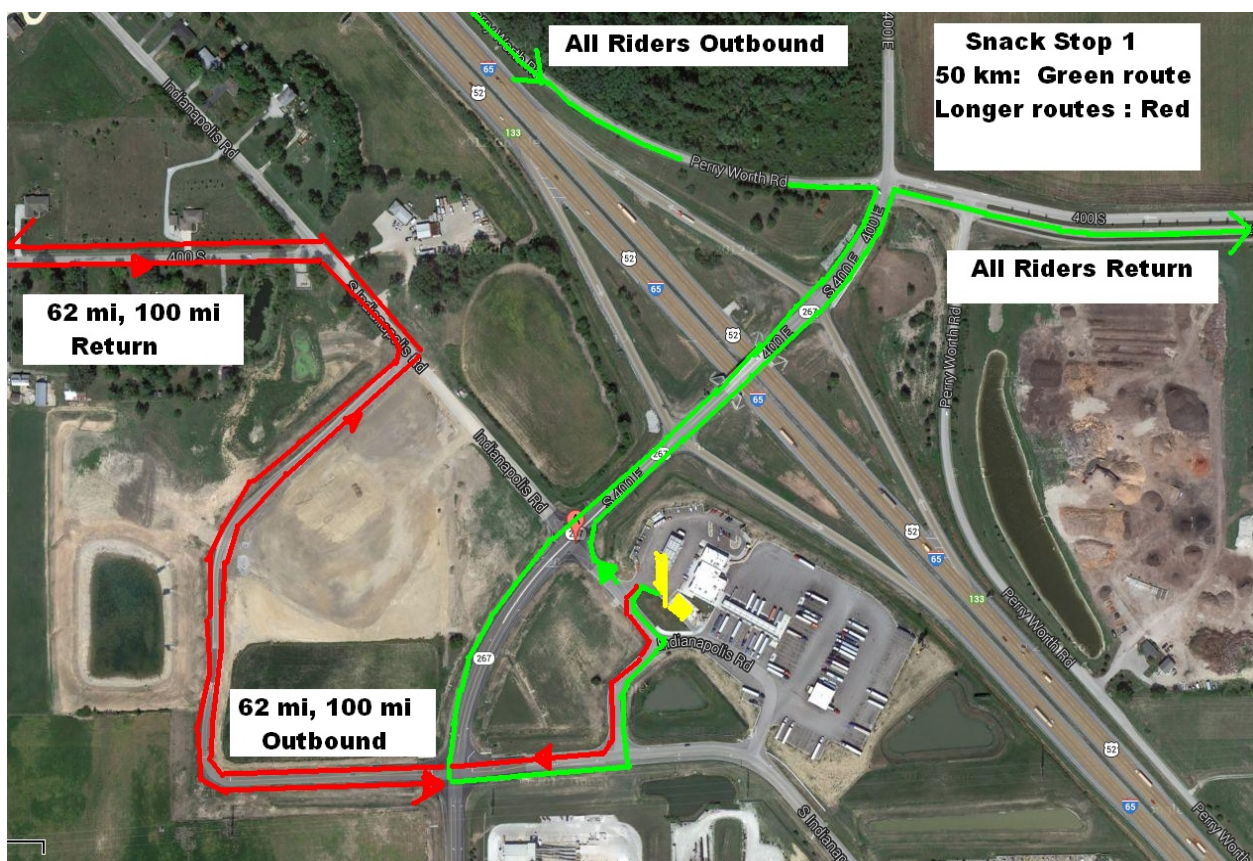
Look for the yellow feather flag, along with a brightly colored pup-up tent along the edge of the parking lot at each of the stops.

Snack Stop 1

Occurs 17 miles into the ride. It is also the turnaround point for the 50 km (31 mile) loop. It is located at the Loves travel center on Indianapolis rd. (called LaFayette Rd in Marion County), near Whitestown. Restrooms are available inside.

Riders returning from this stop go north out of the parking lot, and turn right, crossing over I-65

Riders continuing on the 100 km (62 mile) and 100 mile loops will leave the parking lot going west, and cross over route 267. These riders will return to this stop later on their return, where they will then go north to leave the parking lot, the same as the 50 km riders.



Valet / Coat Check Service

Did you wear arm warmers or a wind jacket at the start, and as the day warms up, you no longer need it? If so, you can "Check it" at one of the snack stops. Each snack stop has 1 gallon zip-lock bags just for this. Place your checked gear in the bag, along with the check form. One of the Sag wagons will return your gear to the registration tent at the finish. You can then pick up your gear at the finish of your ride.

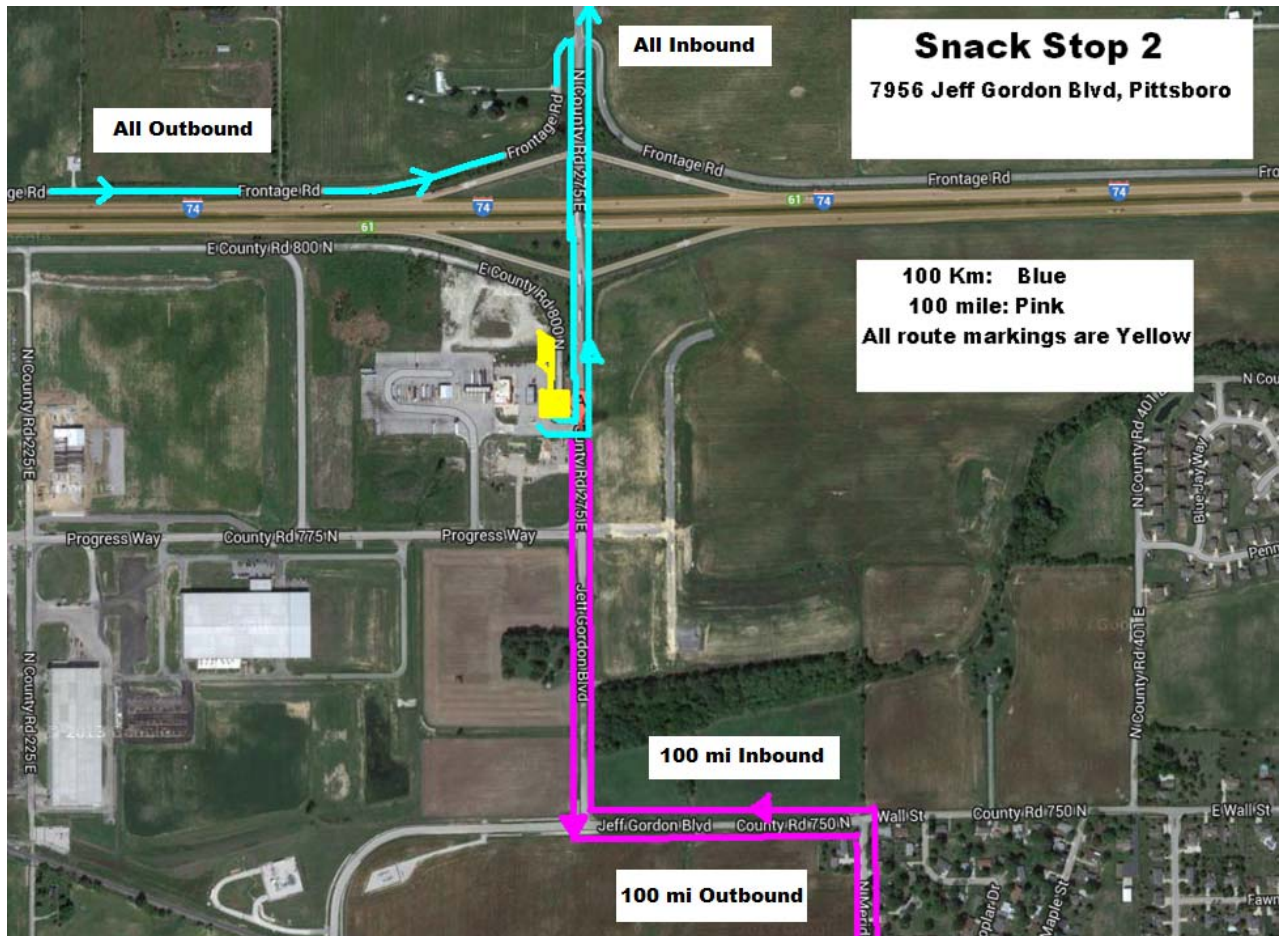
Be aware that the sag wagon's primary job is to assist riders on the course. There is a chance, especially if you are doing a shorter loop, you may beat the sag wagon back to the finish, and might have to wait for your gear.

Snack Stop 2

Occurs 37 miles into the ride. It is also the turnaround point for the 100 km (62 mile) loop. It is located at the Loves travel center on Jeff Gordon Blvd, in Pittsboro. Restrooms are available inside.

Riders returning from this stop turn left, and go north out of the parking lot, crossing over I-74

Riders continuing on the 100 mile loops will leave the parking lot and turn right on Jeff Gordon Blvd., continuing south towards Pittsboro. These riders will return to this stop later on their return, where they will then go north to leave the parking lot, the same as the 100 km riders.



Snack Stop 3

Occurs 57 miles into the ride. It is also the turnaround point for the 100 mile loop. It is located at the North Salem Food Plaza on Pearl Street in North Salem. Restrooms are available inside.

Riders returning from this stop continue east out of the parking lot.

Sag Wagons and Support

There will be several support vehicles travelling along the route. If you have a problem and need support, call the Sag Wagon phone number on your route map (317) 840-7770. They will have a small set of tools and air pump for simple repairs.

At the Finish

The ride finish is in Lions park. At the end of Main Street, the same cobbled road that we used to depart earlier in the day. We turn left onto Sycamore, go two blocks, and turn left into Lions Park. As you approach the finish, the road is closed to automobile traffic. There will be traffic marshals to direct you through the cones that are keeping the cars out of the finish area. As you approach the finish arch, you can look up and see your finish time.

Another photo opportunity located at the finish is the podium banner, near the registration area.

Ring the Bell!

For those that are cancer veterans, there is an end-of- treatment ceremony that all look forward to. In the waiting area of each treatment center stands a bell. This is rung by the patient as they leave after their final treatment. To celebrate our finish, we to have a bell, and ask you to ring it; to celebrate your finish, and to celebrate those that have finished their cancer treatments, to honor those currently in-treatment, and to remember those who ran out of time before a cure was found.

After the Ride

Head over to the White gazebo where we will have post ride snacks. A big thanks to Texas Road house for providing a potato bar to help replace those carbs burned up on the ride.

Walk / ride over to downtown Zionsville, and enjoy the food, artisans and more.

SPOKES OF HOPE

PHOTO CONTEST RULES

1. All registered riders and volunteers are eligible to submit photos.
2. Entries must be submitted by sending them as attachments to the e-mail address below:
SpokesOfHope@aol.com by September 30, 2016.

You must send up to six (6) photos to this address, indicating your name, and address in the body of the e-mail. You may enter a description of each photo if you like. This information, along with your e-mail address, will be used to verify that you were a ride participant or volunteer. We will use this e-mail address to notify you if your photo is selected as one of the top ten photographs. Spokes of Hope is not responsible if we are unable to notify you by the e-mail address used with your Spokes of Hope Indy Photo Contest photo submission.

3. Entries must be submitted by the original photographer. Do not submit a photo taken by someone other than yourself. You must be the sole owner of the copyright of any image submitted. Your submission of the photo and entry form is your guarantee that you are the author and copyright holder of the photo.

4. No identification may appear on the image.

5. All submissions must be made from images recorded during this year's Spokes of Hope Indy ride and must be associated with the ride and its surrounding events.

6. Each entrant may submit up to six (6) images. Submission of more than six (6) images will disqualify all entries. Please be aware that photos can be of varying size, and that some email systems have size limits. It may take you 3-6 emails to submit 6 large photos.

7. The deadline for submission is September 30, 2016.

8. Prizes: 1st - Entry into the 2017 Spokes of Hope Indy event;
2nd - \$25 credit voucher for Spokes of Hope Merchandise.
3rd - \$15 credit voucher for Spokes of Hope Merchandise.

9. Judging will be conducted by the Spokes of Hope Photo Contest Director. Ties will be broken by the Spokes of Hope Indy Event Director.

10. The winning photographs will be determined by October 31, and winners notified shortly thereafter. Their photos will be displayed at the next year's Spokes of Hope Indy and at other appropriate locations including the Spokes of Hope website www.SpokesofHope.org, and the Spokes of Hope Photo Contest winners' web page.

11. By entering the Contest, all entrants grant an irrevocable perpetual non-exclusive license to Spokes of Hope, to reproduce, distribute, display and create derivative works of the entries in connection with the Contest, and the Spokes of Hope Indy in any media now or hereafter known.

Any questions can be directed to: SpokesofHope@aol.com