

2017 Spokes of Hope, Indy

Cancer Charity Ride

Saturday August 19th,
County Courthouse, Lebanon, IN



Welcome to the 2017 Spokes of Hope cancer ride!

After the success of last year's event, we have grown into a new location, the County Courthouse in Lebanon, IN. We are now part of Lebanon's AugToberfest. After finishing your ride, wander over to the beer garden, or live music stage, enjoy some treats, unique shops, and local artisans.

Early Packet Pickup

Thursday, August 17th, 5:30 – 8:00 pm. [Nebo Ridge Bicycles, 4335 W 106th St Carmel, IN 46032](http://www.neboridgebicycles.com)
5:30 - 7pm is inside the shop. After 7 pm, look for us behind the shop, where the CIBA Rides start and finish.

Ride - Day Schedule

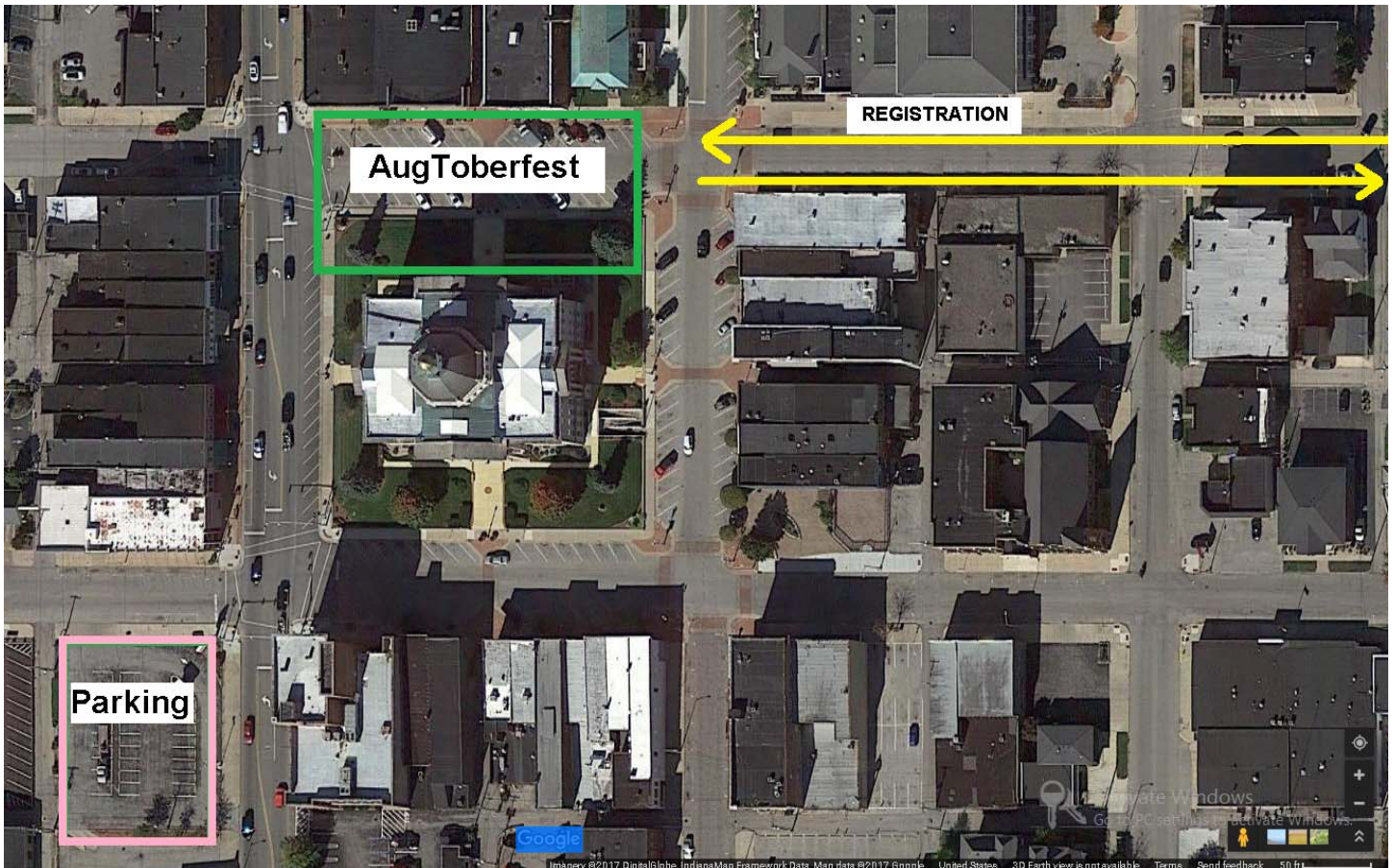
7:45 am	Registration opens, Northeast of Courthouse.
8:45 am	Staging for the start
8:55 am	Cancer Veterans Parade
8:59 am	Remembrance of those not riding
9:05 am	Ride departs, 30 mile, 60 mile, & 100 mile
9:10 am	Family ride starts, 18 miles
10:30 am	Support ends on Leg 1 of route
11:30 am	Support ends on Leg 2 of route
1:00 am	Support ends on Leg 3 of route Snack stop 3 closes
3:00 pm	Support ends on Leg 4 of route Snack stop 2 closes
4:00 pm	Support ends on Leg 5 of route Snack stop 1 closes
5:00 pm	Route closed

Parking

Parking is available on local streets, as well as the pink area southwest of the Courthouse
Look for the yellow registration flag, just east of the courthouse near the library.

One block of East Washington will be closed to auto traffic, as it is dedicated to our bike ride.

Courthouse, Lebanon



Registration

Event Registration will be at the “Spokes of Hope” tent, in front of the library, just east of the courthouse. Look for the yellow feather flag that says "REGISTRATION". There will be two lines at registration. One line is for pre-registered riders and one is for same day registrations. We strongly encourage you to pick up your registration on Thursday night at Nebo Ridge bike shop, to avoid lines and confusion on the morning of the event. Go to Nebo Ridge between 6:30 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 in the basement of the library, near registration. There are also port-o-lets next to the ride staging area, adjacent to the Augtoberfest area, north of the courthouse, and the Start / Finish line near the Courthouse. 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:

18 mile Family Loop:

<https://ridewithgps.com/routes/18784381>

50 km (30 mile) loop:

<https://ridewithgps.com/routes/18784282>

100 km (61 mile) loop:

<https://ridewithgps.com/routes/18793922>

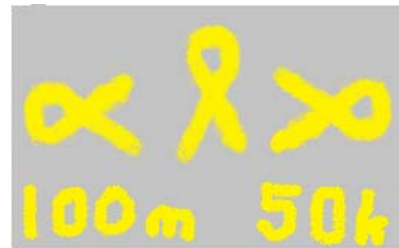
100 mile loop:

<https://ridewithgps.com/routes/18794123>

Route Arrows

Are yellow ribbons, pointing in the direction of the route

Turn Left	Straight	Turn Right
--------------	----------	---------------



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 will be crossing several state highways, and travelling near several Interstate exchanges, so please be vigilant.

Road Hazards

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.

We have had a lot of rain lately, which can bring up oil and gravel out of the crevices in the road. Wet roads also make tar and painted lines more slippery.

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. On the 100 mile loop, other groups often erase route arrows. We have already seen that this week, especially near Pittsboro and North Salem. Please be diligent.

On the 100 km and 100 mile loops include two 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. Please be "CAUTIOUS" on the road crossings.



Use CAUTION when crossing the tracks on road S 400 E

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 19 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.

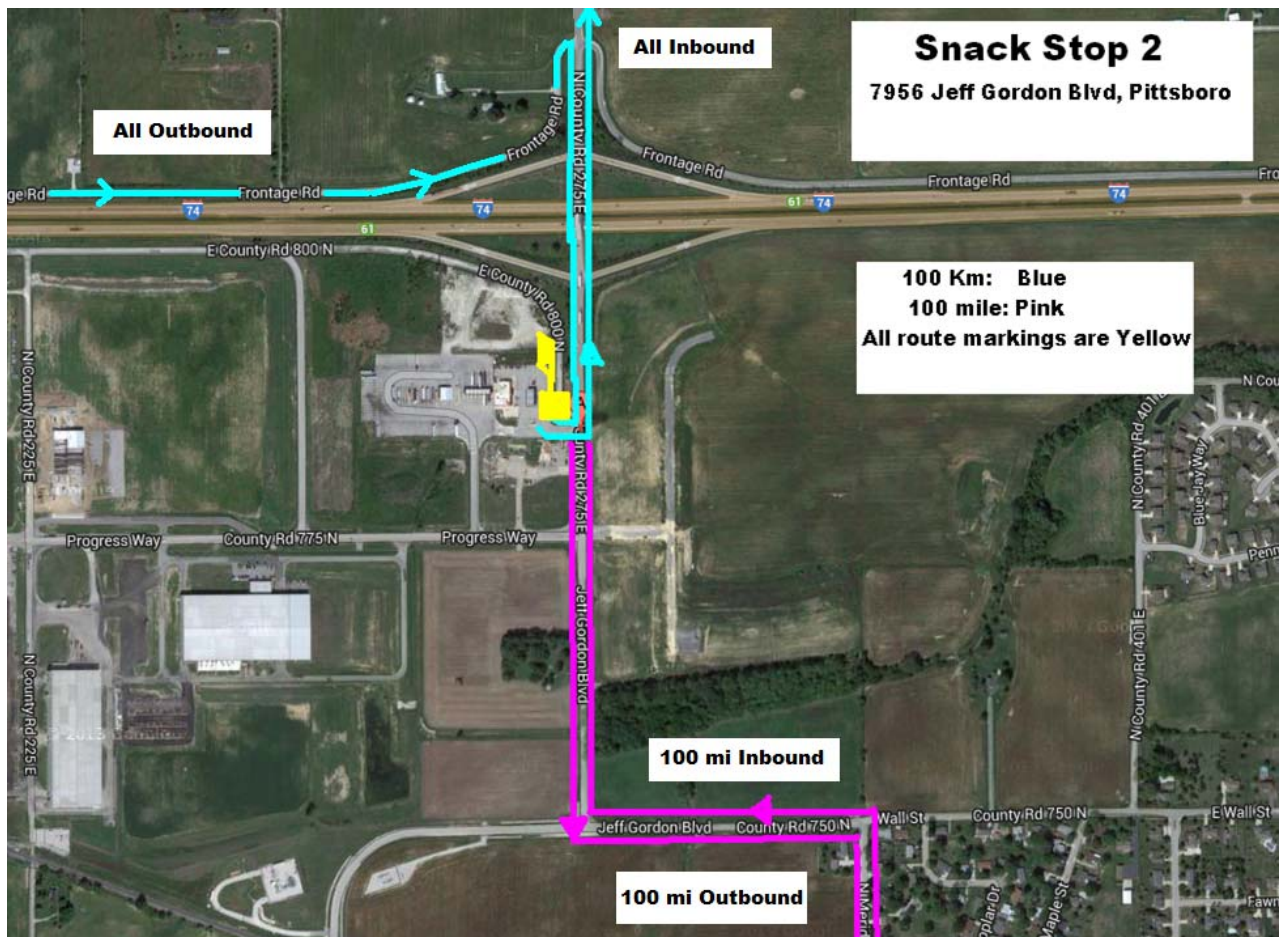
Be aware that the sag wagon's primary job is to assist riders on the course. There is a chance, especially if you are doing a shorter loop that you may beat the sag wagon back to the finish, and might have to wait for your gear.

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.

When leaving stop 2, riders going 100 km (62 mile) stop turn left, and go north out of the parking lot, crossing over I-74

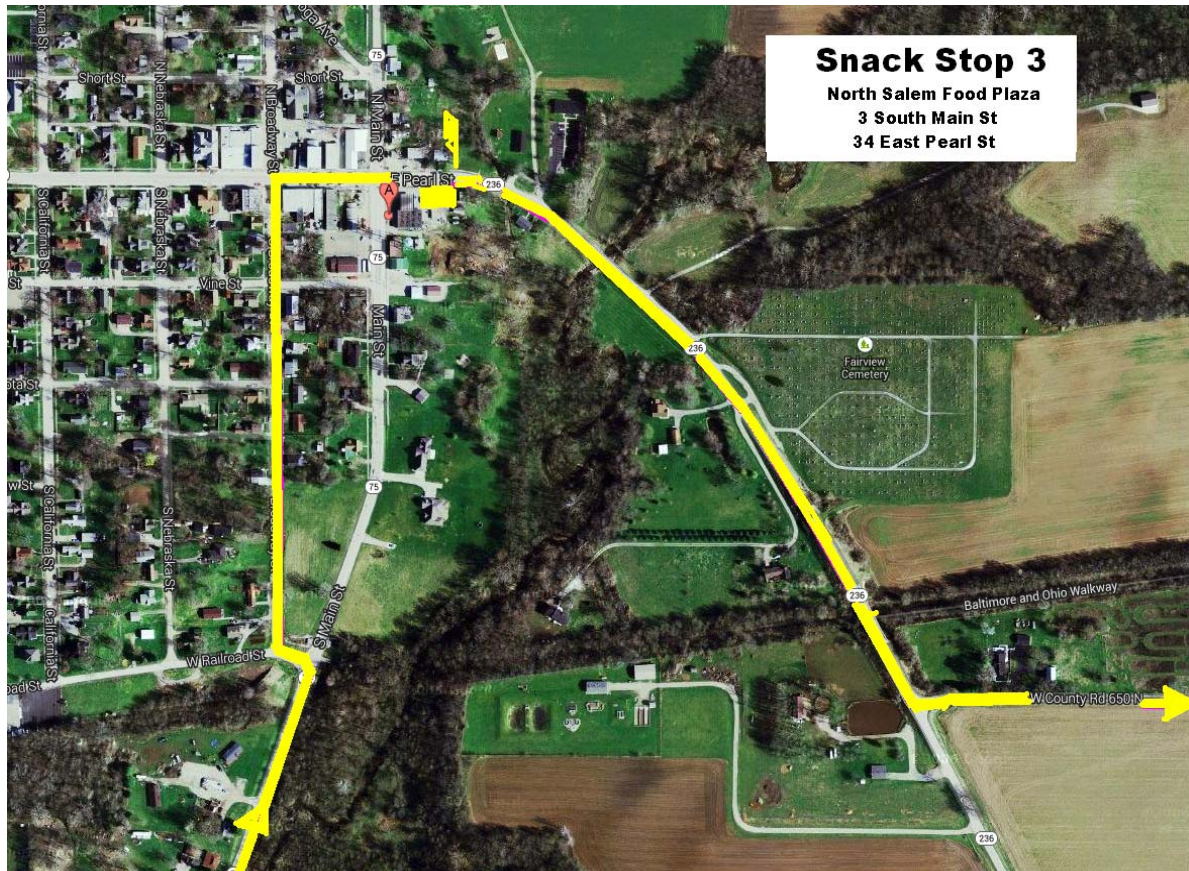
Riders continuing on the 100 mile loops will leave the parking lot and turn right on Jeff Gordon Blvd., continuing south towards Pittsboro. These riders will return to this stop later on their return, where they will then go north to leave the parking lot, the same as the 100 km riders.



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 front of the Library, adjacent to the Courthouse, on East Washington Street, the same road that we used to depart earlier in the day. 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 patients 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 too, 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 Registration tent, 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 over to downtown Lebanon, and enjoy AugToberfest, the food, artisans and more.

Time Cutoffs

The ride, and support on the route, ends at 5:00 pm. To ensure that riders are not stranded without support, be aware of the following time cutoffs for each of the route segments.

Leg 1	17 miles	Lebanon to snack stop 1 Support on Leg 1 ends at 10:30 am Snack stop 1 closes at 4 pm
Leg 2	20 miles	Snack stop 1 to snack stop 2 Support on Leg 2 ends at 11:30 am Snack stop 2 closes at 3 pm
Leg 3	24 miles	Snack stop 2 to snack stop 3 Support on Leg 2 ends at 1:00 pm Snack stop 2 closes at 1:00 pm
Leg 4	14 miles	Snack stop 3 to snack stop 2 Support on Leg 4 ends at 2:30 pm Snack stop 2 closes at 3 pm
Leg 5	14 miles	Snack stop 2 to snack stop 1 Support on Leg 5 ends at 3:45 pm Snack stop 1 closes at 4 pm.
Leg 6	13 miles	Snack stop 1 to Lebanon. Support on Leg 4 ends at 5:00

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, 2017.

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 ten (10) images. Submission of more than ten (10) 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 10 large photos.
7. The deadline for submission is September 30, 2017.
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

Honorary Ride Chairperson Nomination Form:

Spokes of Hope is all about helping Cancer Veterans get their lives back, recognizing the battle that they have been through helps put things into perspective at times. We would like to honor 2 cancer survivors or advocates at this year’s ride and we would like you to help decide who they should be.

Requirements: The nominee does not have to be a bike rider, but they do need to be able to attend the event in Lebanon Indiana on the day of the event. (August 19th, with a rain date of August 20th).

The nominee may have had cancer or are currently in cancer treatment, or have acted as or is an advocate for a patient(s) in treatment.

They need to feel comfortable being honored. We do not want to make anyone uncomfortable in any way. They must be willing to share their experience with others and be in the spotlight at the event.

Process of nomination: Nomination process consists of submitting this form to Spokes of Hope and the 500 word reason why they should be elected as an e-mail attachment to president@spokesofhope.org before Midnight on Monday, August 14th. The form will require sharing their cancer story. Then the submission will be shared with the registered riders for the Spokes of Hope event and the riders will vote and select the Honorary Co-Chairs of the event. Voting will be completed by August 16th and announcement / invitation will be made on the 17th of August.

What will the selected Co-Chairs receive?

They will be the official starter and the honored guest during the event.

Receive Spokes of Hope merchandise.

Be recognized in the opening ceremony.

Details you need to provide are below:

Nominee’s Name: _____ Age: _____

Your Name: _____

Nominee’s e-mail address: _____

Nominee’s Phone #: _____

Nominee’s Shirt Size: _____

Please submit a 500 word (or less) reason why they should be the Honorary Chairperson. Nominations must include information regarding their story. You need to convince the registered riders why your nominee should represent Spokes of Hope as the Cancer Champion of Hope on August 19th.