WELCOME
Mobile App

KEY ADDRESSES & TIMES

BE PREPARED
Bib & Bike Tags
"Why I Ride" Wall

WHAT TO BRING

ON THE ROAD
Meals
Rest Stops
Luggage
Transportation
Ride Hub Info Tent
Newberry College Dorm Lodging

SCHEDULE
Thursday, July 11
Friday, July 12
Saturday, July 13
Sunday, July 14
Monday, July 15

RESOURCES
Ride Hotline
Route Files
Course Signage
SAG Support

SAFETY
Bicycle Safety & Etiquette
Emergency Management
Weather Conditions & Safety

ROUTE INFORMATION
Day 1, 2, 3

SPONSORS

Thank you for riding to raise awareness of Alzheimer's and other forms of dementia.

Dollars raised support the research efforts and care and support services of the Alzheimer's Association.
WELCOME!

You are embarking on the adventure of a lifetime and the funds you raise will fuel support services and cutting-edge research to change the trajectory of Alzheimer’s disease. Whether this is your first multiday ride or you are a seasoned cycling veteran, we welcome you. This guide will help you have the best experience possible!

DON'T FORGET TO FUNDRAISE DURING THE RIDE! Post your photos and personal Ride updates on your social media during the event, along with the link to your fundraising page. You will be amazed by how many new donations you will receive as friends, family and supporters watch your progress over this three-day adventure! Everyone will get excited about your commitment and passion to #ENDALZ!

Still have questions? Please email ridesc@alz.org and we will promptly respond. Look forward to seeing you soon!

Jerry Chapman  
Director, Ride to End ALZ South Carolina  
(864) 305-1080

Mobile App

Download the ALZ Fundraising app, a dynamic mobile app to support your fundraising efforts for Ride to End ALZ. The ALZ Fundraising app is your one-stop shop for all of your fundraising efforts to help fight Alzheimer's. You can:
- Scan and deposit check donations immediately.
- Stay up-to-date on all donations.
- Receive gift notifications on your phone.
- Text family and friends to ask for their support.
- Create a Facebook fundraiser
- Post your story to social media.
- Update your fundraising page and add a photo from your phone.
- Track your activity and participate in physical challenges.
**Pre-Event (Thursday)**

**Buses to Simpsonville**
- **1:00 PM:** Loading begins
- **2:00 PM:** Buses depart

Hampton Inn Patriots Point
255 Sessions Way, Mt. Pleasant, SC 29464

**Pre-Ride Packet Pick-Up**
- **11:00 AM - 7:00 PM**

Vaughn's Food Hall (formerly Warehouse at Vaughn's)
109 W. Trade Street, Simpsonville, SC 29681

**Lodging**
- Hampton Inn Simpsonville
  3934 Grandview Dr., Simpsonville, SC 29680
- Holiday Inn Express
  642 Fairview Rd., Simpsonville, SC 29680

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**Day 2 (Saturday)**

**7:00 AM Ride Start - Newberry College**

**Lodging**
- Country Inn & Suites
  731 Citadel Rd., Orangeburg, SC 29118
- Comfort Inn & Suites
  746 Citadel Rd., Orangeburg, SC 29118
- Hampton Inn Orangeburg
  749 Citadel Rd., Orangeburg, SC 29118
- Tru by Hilton
  739 Citadel Rd., Orangeburg, SC 29118

**Dinner**
- **6:00 PM**

First Baptist Church Family Life Center
2875 Columbia Rd NE, Orangeburg, SC 29118

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**Day 3 (Sunday)**

**7:00 AM Ride Start - Country Inn & Suites**

**Spectator Parking for Sunday Finish**
Parking Lot behind Springhill Suites
245 Magrath Darby Blvd., Mt. Pleasant, SC 29464

**Lodging**
- Hampton Inn Patriots Point
  255 Sessions Way, Mt. Pleasant, SC 29464
- Springhill Suites
  245 Magrath Darby Blvd., Mt. Pleasant, SC 29464

**Celebration Dinner**
- **6:30 PM**

Omar Shrine Center
176 Patriots Point Rd, Mt. Pleasant, SC 29464

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**Post-Event (Monday)**

**Buses to Simpsonville**
- **8:00 AM:** Loading begins
- **9:00 AM:** Buses depart

Hampton Inn Patriots Point
255 Sessions Way, Mt. Pleasant, SC 29464

**Dinner**
- **6:00 PM**

Newberry College
2100 College St., Newberry, SC 29108

Spring Hill Suites
245 Magrath Darby Blvd., Mt Pleasant, SC 29464
How To Wear Your Bib And Bike Tags

At packet pickup, riders will receive their rider bib, bike tag with RFID tracking chip, wristband, and helmet sticker. The following graphic will guide you on how to wear each asset. Please also fill in the emergency information on the back of your bib when you receive it.

REMINDER - Our support number is on the back of your bib and on your wristband! Call our support phone line and we will get a support vehicle to your location ASAP! That number is 833-988-7853. It is also recommended that you add this number to your cell phone in advance of the ride.

IMPORTANT: If your medical need is an emergency for you or another rider, always call 911 first and then call our support line second.

"Why I Ride" Wall

This is WHY we Ride! We encourage everyone to bring a picture of their loved one for whom they are riding and place it on our "Why I Ride" wall the morning of the ride start or anytime throughout the weekend.

You can bring a picture, a hand-written note or both, whatever you would like to honor your loved one.

The "Why I Ride" Wall be on display throughout Ride weekend.
WHAT TO BRING

Packing and bringing the correct equipment and supplies is an important part of your cycling weekend. Here's a list of items created by veteran Ride to End ALZ South Carolina participants that you may find helpful:

**On The Bike**

- Bike (Make sure you get a tune-up!)
- Helmet
- Sunglasses (Pack clear lenses if we get rain)
- Kits for each day (jersey, bibs/shorts, gloves, socks, headbands)
- Cycling shoes
- A well stocked saddle bag/emergency kit (Co2/Pump, Spare Tubes, Patch Kit, Your ID, Multi Tool, Tire Levers)
- Water bottles x 3 (Bring an extra just in case!)
- Sunscreen
- Chamois butter
- Zip bags for phone/other items in case of rain
- Special food or drink mixes that you prefer
- Front and rear bike lights
- Heart rate monitor
- Bike computer with the routes loaded!
- Add the Ride Help Line number to your phone: 833-988-7853

**Off The Bike**

- Comfortable clothes for each afternoon
- Another set of clothes for dinner (if you’d like). Dress is very casual throughout the event.
- Bathing suit in case you want to cool off in a pool
- Chargers for all your electronics, including your bike components
- Baby wipes
- Newspaper, which can help dry out wet shoes in case of rain
- Toiletries: Toothpaste, toothbrush and deodorant, soap, shampoo, etc
- Medications
- Extra Glasses/Contacts
- Flip flops

**More Stuff!**

- Bring the right attitude. This can make or break your weekend!
- Tag your luggage and other items with your personal contact info
- Sharpie to write names of those you’re riding for on your bib
- Photo of a loved one you want to add to the “Why I Ride” wall
- Extra set of cleats that fit your pedal system
- Extra derailleur hanger - order one now!
- Small bottle of laundry detergent if you want to wash in room
- Leave your personal bike pump at home. Plenty are on-hand during the event.
- If staying in the dorm in Newberry, don’t forget your pillow and sheets or a sleeping bag to put on the bed...towels provided
Meals

Meals are provided each day of the Group Ride for riders and registered volunteers. Vegetarian and gluten-free options will be available. Please RSVP now for the nightly meals by clicking this link. Please indicate any special dietary restrictions in your RSVP.

Breakfast: On Day 1, Fruit and water fill-up are available in the start area. On Days 2 & 3, breakfast will be available at designated lodging locations.

Lunch & Dinner: Lunch and celebratory beverages are provided at the finish line each day. We also provide dinner each evening for riders and registered volunteers. Dinner tickets for guests are required and may be purchased by clicking here. Purchase deadline is Friday, June 21.

Rest Stops

Rest stops are positioned every 10-15 miles along the daily route. Water, Gatorade, pickle juice, fruit, and snacks are provided. Our world famous peanut butter and jelly sandwiches will be found at each day’s LUNCH rest stop. A tire pump will be available at each stop. We also encourage you to take pictures for social media with the signage at each stop. Our volunteers will be happy to help with any needs you have!

Luggage

Luggage will be transported to each day’s official finish hotels. Due to limited cargo space, please limit any personal items. Personal coolers are discouraged. All bags must be clearly labeled with your name.

Make sure to tag your luggage DAILY with the corresponding band for your lodging destination. New bands will be available at each lodging location for the next day’s official finish hotels. Please leave your tagged luggage in the designated area each morning prior to transferring to the ride start. Volunteers will be on hand to assist as needed.

Your luggage will be waiting for you at your designated lodging when you finish the day’s ride. If you’ve made alternate lodging arrangements (not in one of our official hotels), you may drop off your luggage at the ride start and pick it up at the finish area each day.

Transportation

Pre / Post Event: Complimentary motorcoach transportation is provided before and after the event from Mount Pleasant to Simpsonville. Reservations are required. Email ridesc@alz.org if you have not reserved your seat or if your plans have changed and you NO LONGER need a seat on the bus. Space is limited. Trucks will also be on-site for bike transportation. Bikes will be transported fully assembled. Please do not place any loose items, such as water bottles or helmets, on your bike during transport.

During the Event: When needed, shuttles will transport riders between the start/finish, dinner locations, and the group hotels throughout the weekend. Please see the daily posted schedule for specific times and routes offered.

Ride Hub Info Tent

At each day’s finish, the RIDE HUB tent is the place to go for answers to your questions, lost and found, and schedule information. We’re here to help with any needs you may have!

Newberry College Dorm Lodging

Please remember that riders who are staying overnight at Newberry College need to bring bedding, pillow, and toiletries. Towel, washcloth, and toilet paper will be provided. A volunteer at the Ride Hub Info Tent in Newberry will direct you to your assigned dorm. Room keys and towels will be distributed in the dorm lobbies. On Saturday morning, please bring your towel, washcloth and room key to the volunteer in your dorm lobby beginning at 6:00 AM. Please place any trash in the receptacle in your hallway.
Thursday, July 11

BUS FROM MOUNT PLEASANT TO SIMPSONVILLE:
Hampton Inn Patriots Point, 255 Sessions Way, Mt. Pleasant, SC
Loading begins at 1:00 PM. Departs promptly at 2:00 PM.
Bus riders will be shuttled to Packet Pick-Up at 6:00 PM after checking into hotels. *Bus reservations are required.

PRE-RIDE PACKET PICK-UP:
Vaughn's Food Hall, 109 W. Trade St., Simpsonville, SC
Drop by from 11:00 AM to 7:00 PM to get your packet and pick up any gear you've earned. Hang out and have some food and drink. Packets may also be picked up at Heritage Park Friday morning beginning at 7:00am. Reminder: All riders must meet the $750 minimum fundraising requirement before or at Packet Pick-Up. Credit cards will be accepted on-site for remaining balances.

Vaughn's Food Hall (formerly Warehouse at Vaughn's) offers multiple dining options. Visit warehouseatvaughns.com for info.

Need last minute bike help? Cycle Haus is located one block from the Warehouse at Vaughns at 126 South Main Street!

Friday, July 12 (Day One)

START: Heritage Park Amphitheater, 861 Southeast Main Street, Simpsonville, SC
Packet Pick-Up/Luggage Drop begins at 7:00 AM. Ride starts at 8:00 AM. Please tag luggage according to the posted instructions for your lodging destination. Volunteers will be on hand to assist.

DRY BAG FOR DAY 1 FINISH: Since the Day 1 host hotels aren't within walking distance of the finish, riders may check a separate small bag to go to Newberry College. This can be a change of clothes and shoes or whatever you may need before taking the shuttle to your hotel. Dry bags will be available for pick-up at the Ride Hub at Newberry College.

PARKING & BUSES: NO OVERNIGHT PARKING PERMITTED AT HERITAGE PARK
Overnight parking will be available at Hampton Inn Simpsonville, 3934 Grandview Dr, Simpsonville and Holiday Inn Express, 624 Fairview Rd, Simpsonville. Locals are encouraged to get dropped off at Heritage Park and not leave vehicles at hotels as parking is limited. Shuttle buses to Heritage Park for riders, bikes and luggage will begin loading at the Hampton Inn and Holiday Inn at 5:45am. Buses will depart for Heritage Park promptly at 6:30am. Please plan accordingly!

FINISH: Newberry College, 2100 College Street, Newberry, SC
For the safety of all riders and volunteers, riders are expected to finish by 4:00 PM each day. Lunch is provided at the finish for all riders and volunteers. Bike transportation to hotels in Newberry is not provided. Secure overnight bike storage will be available at Newberry College. Passenger shuttles will be available to area hotels. Riders who are staying at Newberry College should check-in at the Ride Hub tent and then proceed to their assigned dorm.

DINNER: Pasta dinner at Newberry College, 6:00 PM. Bus transport to dinner from official host hotels will be available. See schedule posted at hotels for times. Dinner is provided for all riders and registered volunteers. Please RSVP for nightly dinners using this link. Guest dinner tickets may be purchased by clicking here. Deadline to purchase guest tickets is June 21.
Saturday, July 13 (Day Two)

**START:** Newberry College, 2100 College Street, Newberry, SC. Ride starts at 7:00 AM sharp from Newberry College. (For your safety and the safety of our set-up crew, please do not leave early.) Tag luggage according to the posted instructions for your lodging destination. Leave for transport in designated area. A volunteer will be on-site to assist. Bikes stored at Newberry College will be available beginning at 6:00am. If you are staying in a Newberry College dorm, please bring your towel, washcloth, and keys to the volunteer in the dorm lobby beginning at 6:00 AM.

**BREAKFAST & BUSES:** Breakfast will available at 5:00 AM for those staying at Newberry College. Hotel breakfasts also available pre-ride. Please confirm hours of availability upon hotel check-in. Schedules for bus transportation to Newberry College for the Ride start will be posted in each hotel lobby.

**FINISH:** Country Inn & Suites, 731 Citadel Road, Orangeburg, SC
For the safety of all riders and volunteers, riders are expected to finish by 4:00 PM. Lunch is provided at the finish for all riders and volunteers.

**DINNER:** Delicious smoked chicken dinner & fixins at First Baptist Church Family Life Center, 6:00 PM. Dinner is provided for all riders and registered volunteers. Please RSVP for nightly dinners using this link. Guest dinner tickets may be purchased by clicking here. **Deadline is June 21.** If you have your own vehicle, please plan to drive (2875 Columbia Rd NE, Orangeburg). Shuttle buses depart from the Country Inn and Comfort Inn at 5:30 PM. Overflow bus will pick up at 6:00 PM if needed.

Sunday, July 14 (Day Three)

**START:** Country Inn & Suites, 731 Citadel Road, Orangeburg, SC. Ride starts at 7:00 AM sharp. (For your safety and the safety of our set-up crew, please do not leave early.) Tag luggage according to the posted instructions for your lodging destination. Leave for transport in designated area. A volunteer will be on-site to assist.

**BREAKFAST & BUSES:** NO BUSES IN AM. Due to close hotel proximity, riders should bike to start. Hotel breakfasts also available pre-ride. Please confirm hours of availability upon hotel check-in.

**FINISH:** Hampton Inn Patriots Point, 255 Sessions Way, Mt. Pleasant, SC
For the safety of all riders and volunteers, riders are expected to finish by 4:00 PM. Lunch is provided at the finish for all riders and volunteers.

**SPECTATOR PARKING FOR FINISH:** To help with traffic congestion and safety, please ask your family and friends to park in the lot behind Springhill Suites (245 Magrath Darby Blvd., Mt. Pleasant, SC 29464) and walk through the lot to the Hampton Inn finish area.

**DINNER:** The Closing Celebration will be held at the Omar Shrine Center at Patriots Point at 6:30 PM. All riders and registered volunteers are invited to this fun evening of great food, beverages, and lots of celebrating and recognizing your incredible accomplishments! Please RSVP for the nightly dinners using this link. Guest dinner tickets may be purchased by clicking here. **Deadline is June 21.** If you have your own vehicle, please plan to drive (176 Patriots Point Rd, Mt. Pleasant). Buses will depart from Hampton Inn and Spring Hill Suites at 6:15 PM.

Monday, July 15

**BUSES FROM MOUNT PLEASANT TO SIMPSONVILLE:**
Hampton Inn Patriots Point (255 Sessions Way, Mt. Pleasant, SC 29464) and Spring Hill Suites (245 Magrath Darby Blvd., Mt Pleasant, SC 29464). Loading begins at 8:00 AM. Departs promptly at 9:00 AM. Buses will return you to the Hampton Inn Simpsonville or Holiday Inn Express parking lots at approximately 12 noon. *Bus reservations are required.
Ride Hotline

Out on the course and need assistance? Call us for mechanical needs, SAG support, non-emergency medical, or help with directions. Call our rider hotline and we will get a support vehicle to your location ASAP! The number is 833-988-7853. You will receive a wrist band in your ride packet that includes the hotline number. It is also located on the back of your bib.

IMPORTANT: If your medical need is an emergency for you or another rider, always call 911 first and then call our rider hotline second.

Route Files for Download

Riders may download the event files at: https://ridewithgps.com/collections/2263620 to ensure they are ready to go on their device for ride day. We recommend that you wait until Thursday, July 11 to download the routes due to any unforeseen, last-minute changes.

To download on your device, select the Ride With GPS map. Then click the orange button at the top of the map that says “Send to Device.”

Course Signage

The course will be fully marked with directional signage. Watch for oversized signage with special instructions on the route (i.e. distances, turns, mandatory stops, etc).

SAG Support

SAG support vehicles and mechanics will be spread throughout the course each day. If you need mechanical support or advancing to the next rest stop or the daily finish area, call 833-988-7853.

Personal SAG vehicles are not allowed on the route. These vehicles can create dangerous traffic situations for riders and other vehicles on the road. If you have a family member or friend traveling in a personal vehicle during the ride, they should avoid the official route and travel to the daily finish on other roads.
Bicycle Etiquette & Safety

Please obey the rules of the road and respect the local citizens who welcome this event. Below, you will find some general road riding etiquette rules that should be followed to create a safe environment for all involved. Please review the content. Your safety is our #1 priority.

1. **WEAR A HELMET AT ALL TIMES.**

2. Follow the Rules – Follow all traffic laws that an automobile driver would observe, which include, but not limited to, stopping at red lights, stop signs and yielding to pedestrians. In some cases, a police officer stationed at an intersection will give the riders the right away. In this case, it is okay to proceed with caution. **DO NOT PROCEED UNTIL THE OFFICER MOTIONS YOU.**

3. Audio Devices – Headphones, phones, and other devices are **NOT** permitted while riding.

4. Be Predictable – Smooth, consistent riding is the key to ensuring everyone feels comfortable and that you are not a hazard to yourself or anyone else.

5. Know Your Limitations - **UTILIZE THE COURSE SUPPORT PROVIDED** – The Ride to End ALZ course can be difficult in volatile weather. There will be Rest Stops with food and hydration, along with mechanical support, roughly every 10-15 miles. There will also be SAG vehicles along the course that will assist with your ride. If you feel overheated in or in need of any support, please call the number on your wristband.


7. Signal – Be sure to signal with your hands or voice so that everyone knows your intentions.

8. **DO NOT** Overlap Wheels – Be cognizant of those around you and pay attention to the position of your front wheel vs. their back wheel.

9. Ride Single File or Two Abreast – Ride to End ALZ is a ‘rules of the road’ ride, which means the roads are open to traffic. Please do not endanger yourself and others by riding more than two abreast and inconveniencing the local citizens who allow us to ride through their community.

10. Stay to the Right – Ride as far to the right as is practical, unless making a left hand turn or avoiding hazards in the road. If you must stop, do your best to move off the road when you stop.

11. Leave No Rider Behind - If you are riding with a group and get separated at an intersection do not stop in the bike lane to wait for them. Pull completely off the road or “soft pedal” (pedal slowly) until they catch up.

12. Crossing Fast-Moving Traffic – There are few points in the course where you will have to cross fast moving traffic. These intersections will be controlled by county sheriffs. Please make sure that you use extreme caution when crossing the road and follow instruction given by officers.

13. Say “Thank You” – Ride to End ALZ could not exist without the many volunteers and agency support on-course. Please take the time as you ride by to thank them for dedicating their time to the event.

14. As a general matter, the event will end on or about 4:00 p.m on each ride day, though the Association has reserved the right to terminate the Ride early if it determines, in its discretion, that circumstances warrant such action. All riders must comply with the event's cutoff time as determined by the Association. This means that even if you have not finished the Ride you will be expected to terminate, promptly but safely, your ride and accept a drive for you and your bike back to the post-Ride venue.

Get Your Bike Ready!

A 3-day adventure on the open roads of South Carolina in July can be challenging on your bike and tires! Make sure your equipment is ready for Ride by getting a bike check and tune-up at your local bike shop. Most shops offer free checks. Don't wait until the last minute -- make that appointment now!
Emergency Management

The Ride to End ALZ is an outdoor event on public roads with many different factors that could influence participant safety including, but not limited to, weather and street traffic. Although not all scenarios can be anticipated, the following section will outline the most likely issues and most importantly, outline a decision-making process.

Weather Conditions & Safety

The Ride to End ALZ reserves the right to postpone the ride start, reduce the length, or cancel the event to ensure the safety of its participants. The organization will do everything within its capabilities to communicate cancellation, postponement, or alteration of the event to Participants as quickly as possible. The Ride to End ALZ will utilize a text messaging alert system at their discretion to communicate any emergency notifications including, but not limited to any of the above mentioned scenarios. In all cases, partners and participants are responsible for their own safety and should use their best judgment in deciding whether or not to continue if severe weather conditions exist.

Weather is unpredictable and rain is a very real possibility. The Ride to End ALZ will be monitoring weather conditions closely, and barring severe weather emergencies, the ride will continue unless conditions worsen. Participants should be prepared for high winds, temperatures ranging from 60-100 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 event. Ride to End ALZ will utilize the Event Alert System (EAS) as a visual aid for communicating to Riders and volunteers the potential for adverse weather conditions. A series of color codes will be used to indicate increasing severity of adverse conditions. The color-coded signs will be displayed at each rest stop and the venue.

**Good Conditions**

Enjoy the event / be alert

**Less Than Ideal Conditions**

Slow down / be prepared for worsening conditions

**Potentially Dangerous Conditions**

Slow down / observe course changes / follow official instructions / consider stopping

**Event Cancelled / Extreme and Dangerous Conditions**

Participation stopped / follow event official instructions
Please see The Routes section on our website for individual route maps and additional routing information.

Minor route changes are possible up until event day due to road conditions. Please follow all posted Ride route signage and update Ride With GPS for the most current route.

Day 1

Rest Stop Summary

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## Day 2

### South Carolina • Day 2 • 91 Miles • +3,059 Elev. Gain

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*Smaller local roads are NOT shown on this map.*
Day 3

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Rest Stop Summary
THANK YOU SPONSORS!

Presenting Sponsor

RYOBI

TiTanium Sponsor

UrbanRiver Massage Institute

Aluminum Sponsors

Bugay, Watson & Associates

South Carolina Federal Credit Union

Porter Health Consulting

HearingLife

T&S Reliability Built In

WyFF

Steel Sponsors

All About Seniors

The Carolina Center For Behavioral Health

Fairway Subaru

Home Helpers

Warrier Sport

Hodges Legacy Group, LLC

Senior Helpers

Think Tank Brew Lab

The Woodlands at Furman

Iron Sponsors

CenterWell Senior Primary Care

Palace

Meal Sponsors

Table 301