



**RIDE TO
END ALZ[®]**
**SOUTH
CAROLINA**

ALZHEIMER'S  ASSOCIATION[®]



RIDE GUIDE

South Carolina

Presenting Sponsor:

RYOBI

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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!

Alzheimer's Association - South Carolina Chapter
123 W Antrim Dr.
Greenville, SC 29607
(864) 305-1080



KEY ADDRESSES & TIMES

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

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

Day 1 (Friday)

Opening Ceremony and Start

7:30 AM: Check-in begins

8:30 AM: Ride starts

Heritage Park

861 SE Main St., Simpsonville, SC 29681

Lodging

Newberry College

2100 College St., Newberry, SC 29108

***Friday Finish & Dinner; Saturday Start**

Holiday Inn Newberry

121 Truman Ave., Newberry, SC 29108

Hampton Inn Newberry

1201 Nance St., Newberry, SC 29108

Hampton Inn & Suites Clinton

201 East Corporate Center Dr., Clinton, SC 29325

Dinner

5:30 PM

Newberry College - Kaufmann Dining Hall

2100 College St., Newberry, SC 29108

Day 2 (Saturday)

7:00 AM Ride Start - Newberry College

Lodging

Country Inn & Suites

731 Citadel Rd., Orangeburg, SC 29118

***Saturday Finish; Sunday Start**

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

Day 3 (Sunday)

7:00 AM Ride Start - Country Inn & Suites

Lodging

Hampton Inn Patriots Point

255 Sessions Way, Mt. Pleasant, SC 29464

***Sunday Finish**

Springhill Suites

245 Magrath Darby Blvd., Mt. Pleasant, SC 29464

Celebration Dinner

6:30 PM

USS Yorktown

40 Patriots Point Rd., Mt. Pleasant, SC 29464

Post-Event (Monday)

Buses to Simpsonville

8:30 AM: Loading begins

9:00 AM: Buses depart

Hampton Inn Patriots Point

255 Sessions Way, Mt. Pleasant, SC

Spring Hill Suites

245 Magrath Darby Blvd., Mt Pleasant, SC 29464

BE PREPARED

Bib & Bike Tags

At packet pickup, riders will receive their rider bib, bike sticker 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.**

DON'T FORGET - 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.



Ride Bib: pin to center back of bike jersey

Bike Tag: fold over top tube of bike frame OR seat post



Helmet Sticker: affix to center front of helmet



"Why I Ride" Wall

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

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



ON THE ROAD

Meals

Meals are provided each day of the Group Ride, including vegetarian and gluten-free options.

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

Rest Stops: Water, Gatorade, snacks and peanut-butter-jelly sandwiches are provided along the route.

Lunch & Dinner: Lunch and celebratory beverages are provided at the finish line each day. We also provide dinner each evening for riders and volunteers. **An RSVP email for rider and volunteers dinners will be sent June 12. The RSVP deadline is Friday, June 23. Dinner tickets for guests are required and may be purchased by clicking [here](#). Purchase deadline is Friday, June 23.**

Luggage

Luggage will be transported to each day's finish hotels. Due to limited cargo space on our buses, personal coolers are discouraged. All bags and any personal items (such as pumps) must be clearly labeled with your name.

Make sure to tag your luggage DAILY with the corresponding color for your lodging destination. New tags will be available at each location for the next destination's lodging options. Please leave your tagged luggage in the designated area each morning prior to transferring to the ride start.

Your luggage will be waiting for you in the lobby at your designated lodging when you finish the day's ride. If you've made alternate lodging arrangements, you may drop off your luggage at the ride start and pick it up at the end location each day.

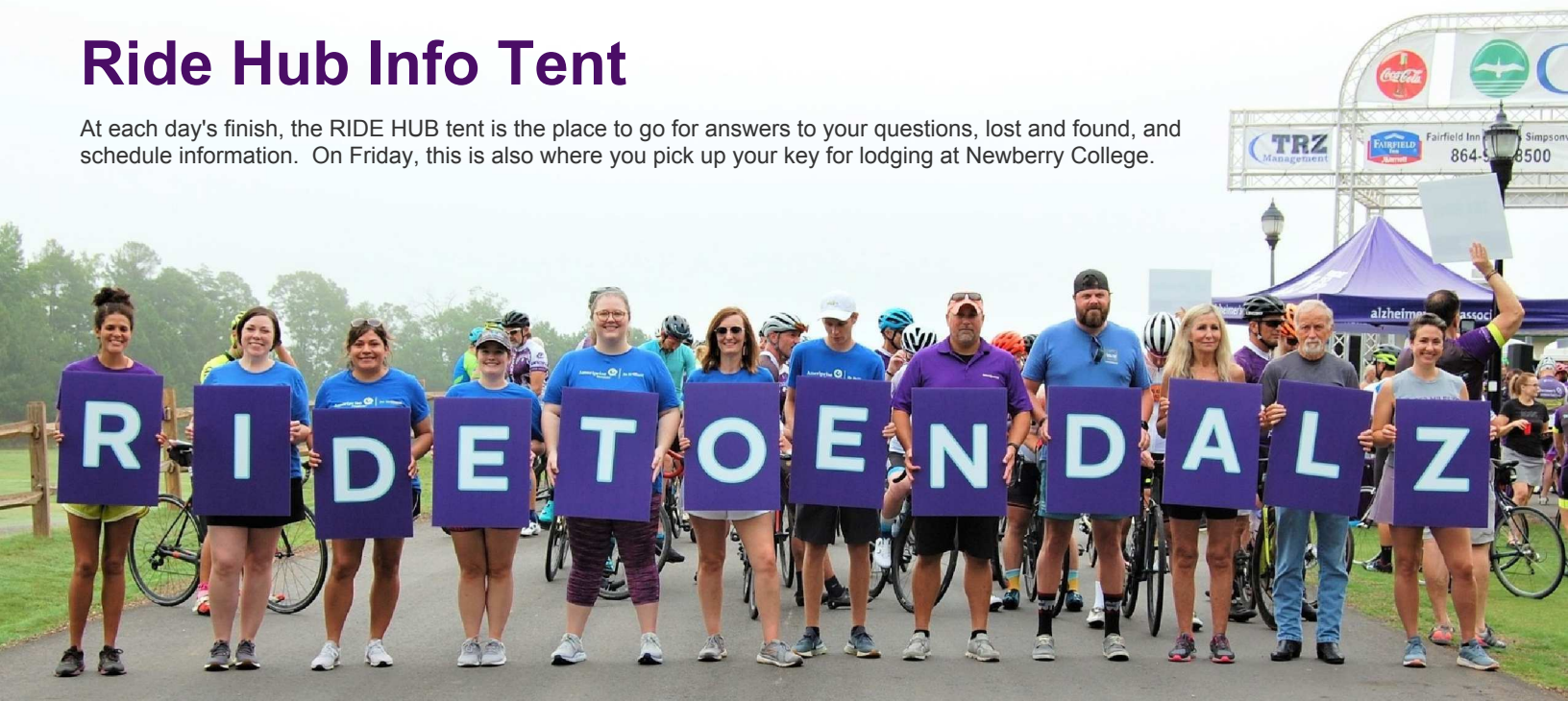
Transportation

Pre / Post Event: Bus transportation is provided before and after the event from Mount Pleasant to Simpsonville. Email rides@alz.org if you have not reserved your seat. 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. On Friday, this is also where you pick up your key for lodging at Newberry College.



SCHEDULE

Thursday, July 13

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.

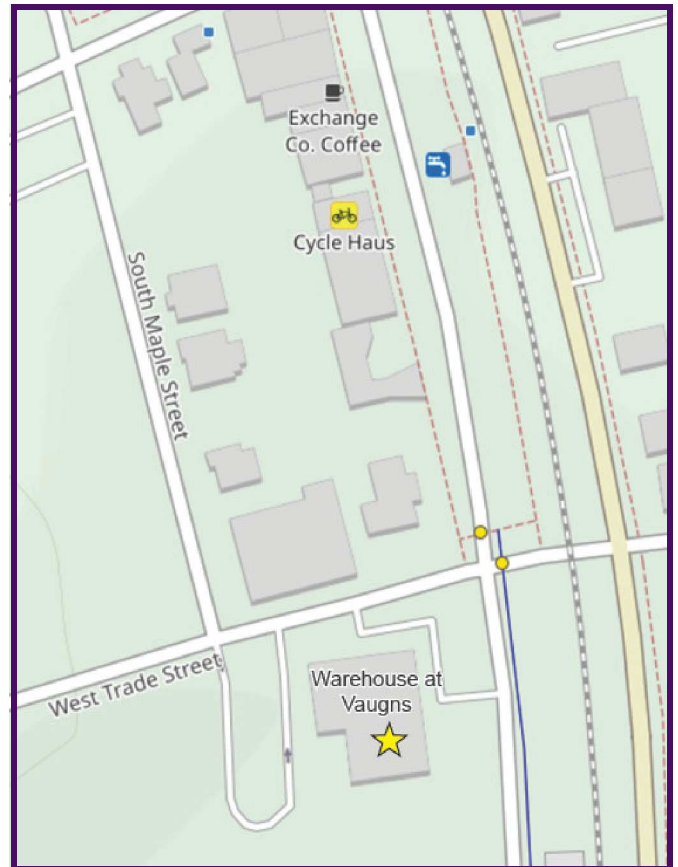
PRE-RIDE PACKET PICK-UP PARTY:

Warehouse at Vaughn's, 109 W. Trade St., Simpsonville, SC

Drop by from 11:00 AM to 7:00 PM to check in early & pick up any gear you've earned! Packets may also be picked up at Heritage Park Friday morning beginning at 7:30am.

The Warehouse at Vaughn's offers multiple dining and beverage options. Visit warehouseatvaughns.com for more info.

Need last minute bike help? Cycle Haus is located one block from the Warehouse at Vaughn's at 126 South Main Street. Stop in for a visit!



Friday, July 14 (Day One)

START: Heritage Park Amphitheater, 861 Southeast Main Street, Simpsonville, SC
Check-in begins at 7:30 AM. Ride starts at 8:30 AM. Please tag luggage according to the posted instructions for your lodging destination. Volunteers will be on hand to assist.

PARKING & BUSES: NO OVERNIGHT PARKING PERMITTED AT HERITAGE PARK OR CITY 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 and not leave vehicles at hotels as parking is limited. Shuttle buses to Heritage Park will leave the Hampton Inn and Holiday Inn promptly at 7:30am. 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. Lunch is provided at the finish for all riders and volunteers. Bike transportation to the hotels is not provided. Riders staying in the Newberry College dorms should take their bikes to their dorm rooms. Riders staying in hotels may leave their bikes in the secure overnight storage at Newberry College or ride their bikes to their hotels. Passenger shuttles will be available to area hotels. Riders who are staying at Newberry College can collect their room key from the Ride Hub Info Tent.

DINNER: Pasta dinner at Newberry College's Kaufmann Dining Hall, 5:30 PM. Bus transport to dinner from Hampton Inn Newberry, Holiday Inn, and Hampton Inn Clinton will be available. See schedule posted at hotels for times. Dinner is provided for all riders and volunteers. Guest dinner tickets may be purchased by clicking [here](#). **Deadline is June 23.**



Saturday, July 15 (Day Two)

START: Newberry College, 2100 College Street, Newberry, SC. Ride starts at 7:00 AM sharp from Newberry College. 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 the Newberry College dorm, please bring your towel, washcloth, and keys to the luggage drop area.

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. Buses to Newberry College for the Ride start depart from Hampton Inn Clinton at 6:00 AM (sharp), Holiday Inn at 6:00 AM, and Hampton Inn Newberry at 6:20 AM.

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 volunteers. Guest dinner tickets may be purchased by clicking [here](#). **Deadline is June 23.** If you have your own vehicle, please plan to drive (2875 Columbia Rd NE, Orangeburg). 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 16 (Day Three)

START: Country Inn & Suites, 731 Citadel Road, Orangeburg, SC
Ride starts at 7:00 AM sharp. 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.

DINNER: Closing Celebration aboard the USS Yorktown, Patriots Point, at 6:30 PM. Dinner is provided for all riders and volunteers. Guest dinner tickets may be purchased by clicking [here](#). **Deadline is June 23.** If you have your own vehicle, please plan to drive (40 Patriots Point Rd, Mt. Pleasant). Buses will depart from Hampton Inn and Spring Hill Suites at 6:15 PM.



Monday, July 17

BUS 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 8:30 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.

RESOURCES

Ride Hotline

Out on the course and need assistance? It could be for reasons such as mechanical, 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** and it is also located on the back of your bib so you always have it on you while riding.

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

GPX Files

Riders should download the event GPX files at: <https://ridewithgps.com/collections/43415>, and ensure they are ready to go on their device for ride day.

To download for your device, scroll down to the Ride With GPS map for your desired distance and select it. Then click the orange button at the top of the map that says "Send to Device."

Course Signage

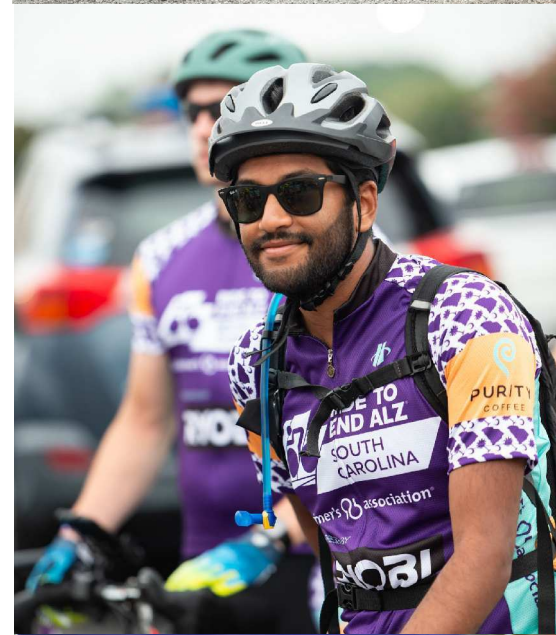
The course will be fully marked with signage for each distance. Watch for oversized signage with special instructions on the route (i.e. Distances turning in different directions).



SAG Support

SAG support vehicles will be spread throughout the course each day. If you need support, 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 finish on other roads.



SAFETY

Bicycle Etiquette & Safety

Please obey the rules of the road and respect the local citizens who welcome this event with open arms. 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, as 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, radios 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 10-20 miles. There will also be SAG vehicles along the course that will assist with your ride.

6. Call Out Any Change – Call out “Slowing”, “On Your Left/Right”, “Car Up”, “Car Back”, etc.

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.

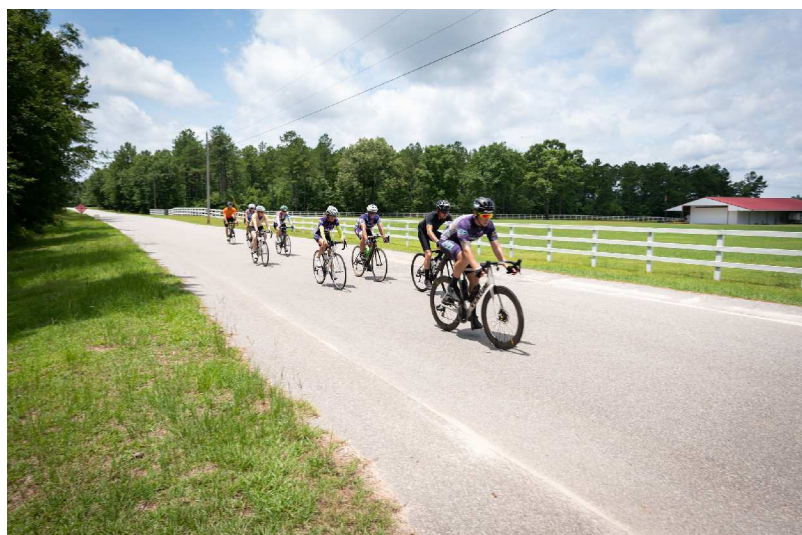
9. Ride Single File or Two Abreast – Ride to End ALZ is a ‘rules of the road’ ride, which means the roads are open to traffic. Please do not endanger yourself and others by riding more than two abreast and inconveniencing the local citizens who allow us to ride through their community.

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.



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



Potentially Dangerous Conditions

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



Less Than Ideal Conditions

Slow down / be prepared for worsening conditions



Event Cancelled / Extreme and Dangerous Conditions

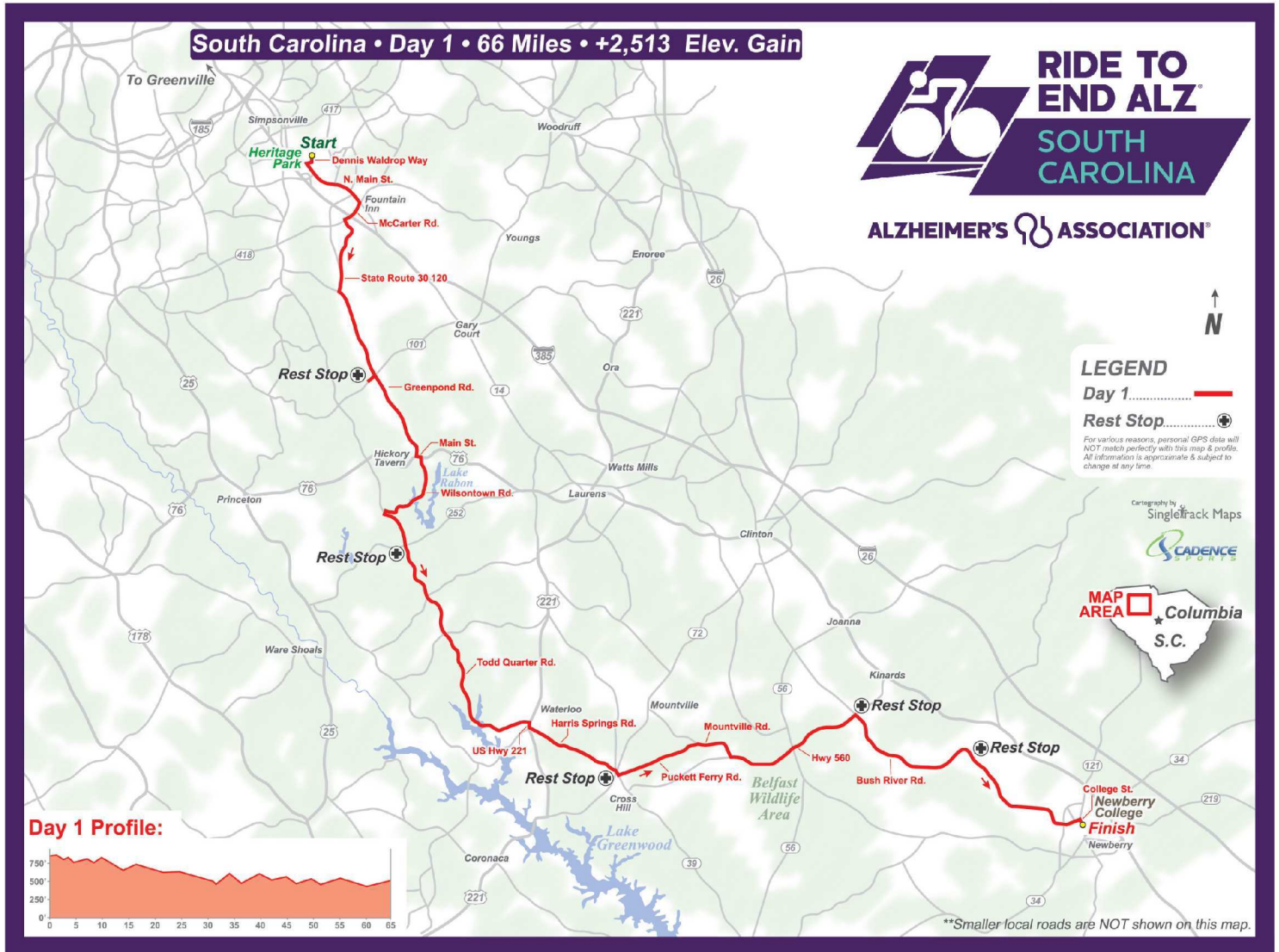
Participation stopped / follow event official instructions

ROUTE INFORMATION

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.

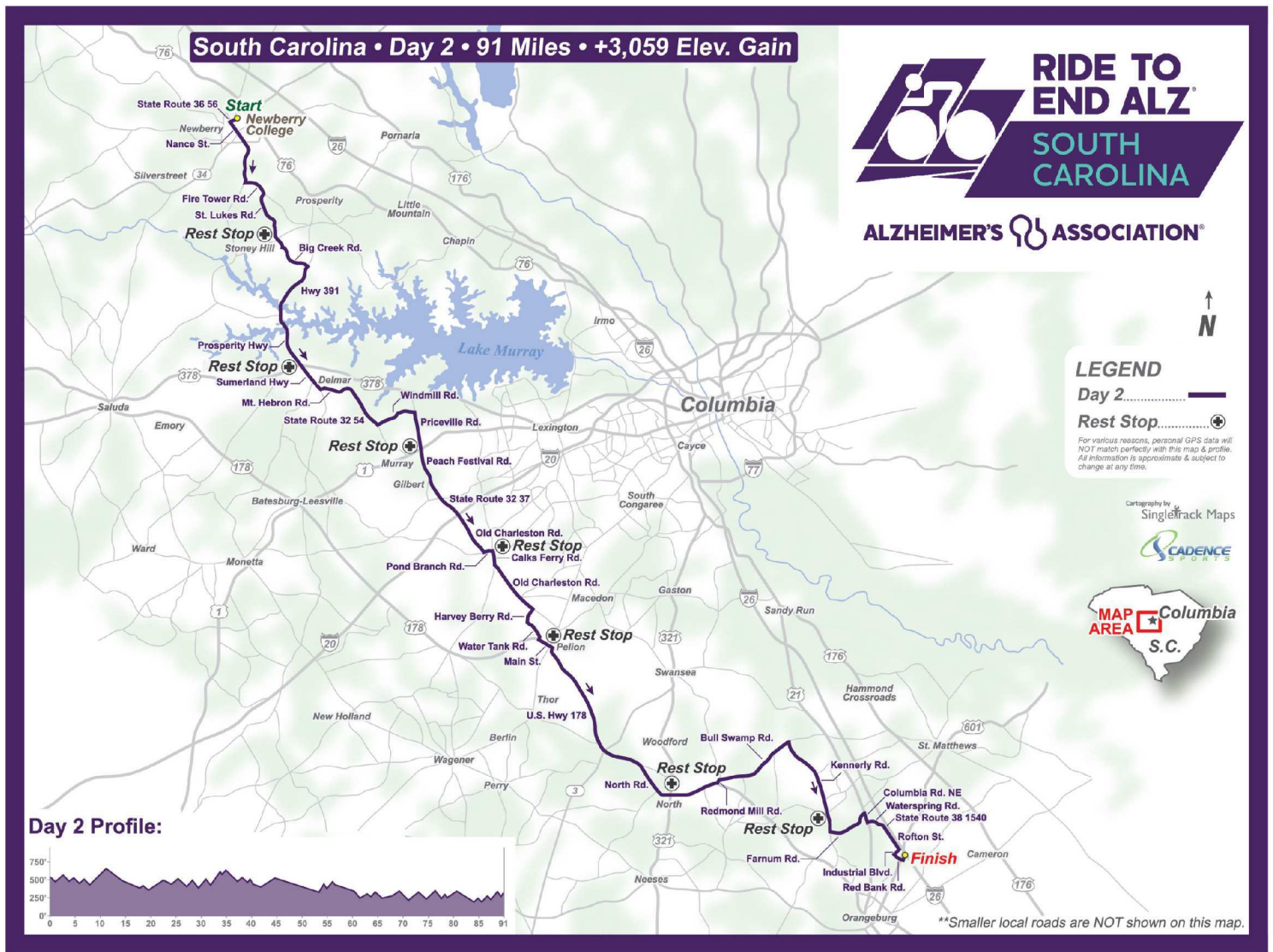
Day 1



Rest Stop Summary

From	To	Point to Point	Total
Start	RS #1	12.8	12.8
RS #1	RS #2	10.8	23.6
RS #2	RS #3	16.4	40
RS #3	RS #4	12.5	52.5
RS #4	RS #5	6.9	59.4
RS# 5	Finish	6.6	66

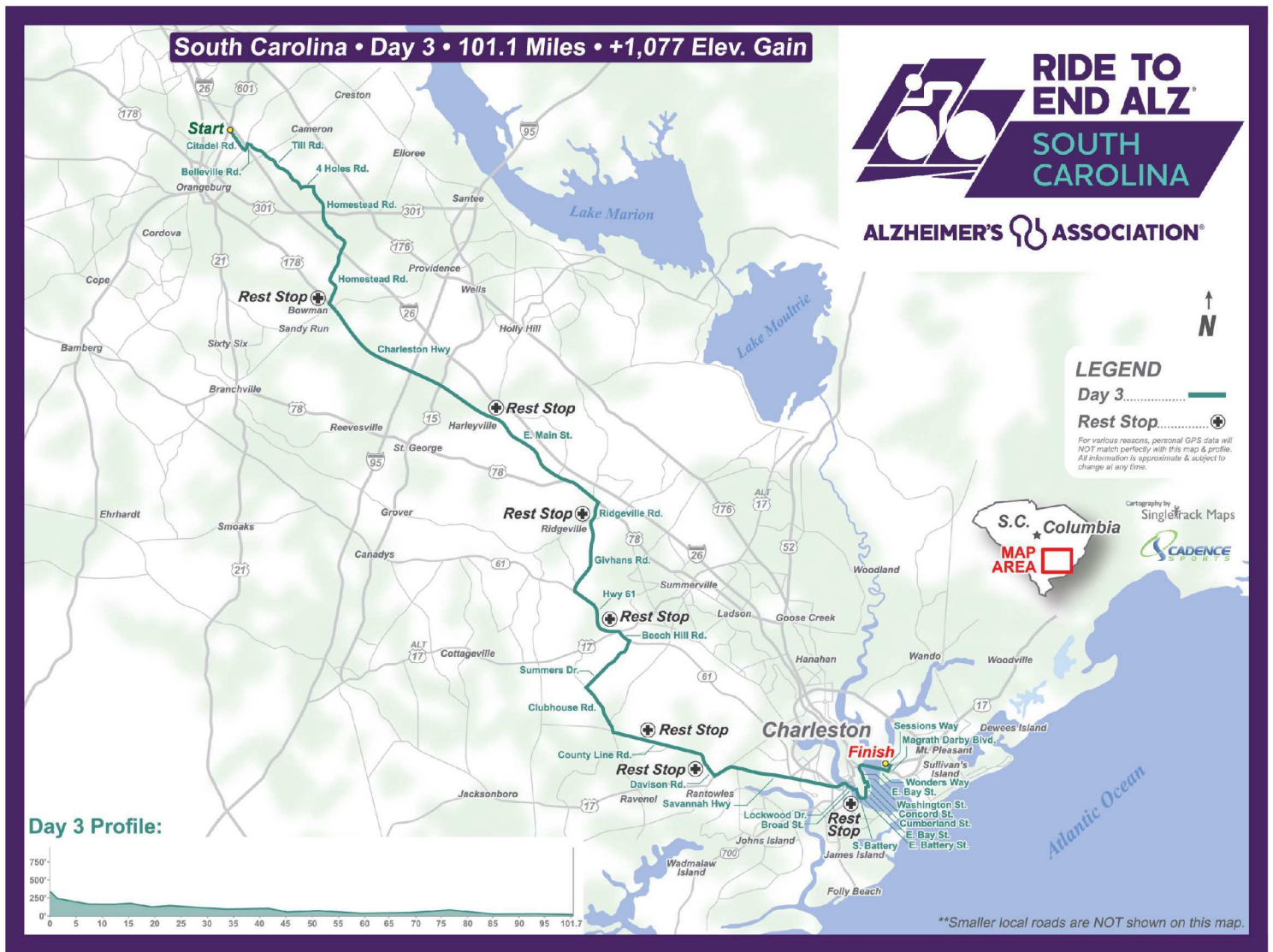
Day 2



Rest Stop Summary

From	To	Point to Point	Total
Start	RS #1	10.2	10.2
RS #1	RS #2	10.8	21.3
RS #2	RS #3	12.8	34.1
RS #3	RS #4	9.4	43.5
RS #4	RS #5	8.3	51.8
RS #5	RS #6	14.3	66.1
RS #6	RS #7	15.3	81.4
RS #7	Finish	9.4	90.8

Day 3



Rest Stop Summary

From	To	Point to Point	Total
Start	RS #1	20.3	20.3
RS #1	RS #2	16.9	37.2
RS #2	RS #3	12.5	49.7
RS #3	RS #4	11	60.7
RS #4	RS #5	15.2	75.9
RS #5	RS #6	6	81.9
RS #6	RS #7	12.8	94.7
RS #7	Finish	6.6	101.3

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Table 301