



2018 ATHLETE'S GUIDE

WELCOME RIDERS!

We're delighted you're joining us! The Pan-Florida Challenge Ride for Hungry Kids presented by La Colmar Bakery & Bistro will take you one of six ride routes across Florida, with a bold event goal of raising funds to provide millions of meals to feed hungry kids in Florida. 100% of rider-raised donations go to feed hungry kids. Thank you for all you do to feed hungry kids.

In this **Athlete's Guide**, you will find information on the ride, what to expect, what to bring, and more. Please reach out to us with any questions.

PFC RIDER PREPARATION

Please read this Athlete's Guide thoroughly before Ride Day. It contains all your "Keys to Your Success"

PACKET PICKUP

Packet pickup will take place at:

Thursday, March 8 from 12:00 p.m. to 5:30 p.m.

Trek Bicycle Store of Naples, PFC sponsor

9501 Tamiami Trail N

Naples, FL 34108

Trek is offering all PFC riders a 15% discount on clothing, nutrition, and accessories such as light water bottles, extra tubes and tires, etc.

Friday, March 9 from 6:30 p.m. to 8:30 p.m.

North Collier Regional Park – Exhibition Hall

15000 Livingston Road

Naples, FL 34109

(This is also the time and location for the PFK Kick-Off Party!)

At packet pick up, you will be asked to sign a waiver of liability. **Please bring photo ID.** You must pick up your own packet. If you are unable to pick up your packet at these times, we will bring it to the start line on March 10.

WHAT YOUR PFC RIDER PACKET WILL INCLUDE

- Rider ID # system for you, your bike, and your bag
- Stickers with the PFC logo for your bike and your car
- Your Cycle Jersey or Kit as ordered

- Route maps and cue sheets, GPS downloadable from website
- Goody bag

SUGGESTED PREPARATION & PLANNING

- Bring with you a Photo ID for registration; carry photo ID, insurance card, and all prescription meds on your person during the ride.
- Service your bike before the event; bring tubes, etc. for emergency repairs.
- Drink before you begin the ride – 16 oz. of water 1-2 hours before ride; then try to consume 1 bottle per hour of riding...bring 2 bottles on the bike – one containing water, and one containing a sports drink with electrolytes.
- Apply sunscreen as needed.
- Eat a good breakfast at least 1-2 hours before the ride starts – oatmeal & fruit, bagel with peanut butter and eggs are all good choices. PFC will provide a light breakfast at the Start – get there early.
- Consume 100-250 calories of carbohydrates every hour after the 1st hour (bring snacks including a banana, a bagel, sports gels, etc.).
- Recommended packing list for 100/200 mile riders: casual clothes and shoes, swimsuit (no bikinis), toiletry kit for overnight
- Helmets are mandatory!
- Headphones, iPods and radios are strictly prohibited while riding.
- Ride in a safe, legal, and predictable manner - stay alert and focused. If you have to stop for any reason, please move off the road.
- Please wear your PFC Jersey. This will identify you as a member of the ride for safety and security purposes and also promotes our cause for this ride, and your support for feeding hungry kids!

RIDER SUPPORT

There is an entire staff of volunteers ready to support you along the way! Aside from planned water stops (*see chart below*), **SAG** and **Biker Support** teams are on the road with you for all 100/200 mile riders.

PHOTOS FROM THE ROAD

Again this year, we have invited professional photographer Kelly Wagner to capture your ride. We will take your picture several times throughout the day. Matching your bib number to your name, we then send emails of your photos to you after the ride. Please be sure to use the stickers provided in your packet on your helmet and your bike to help us with photo identification.

KEY CONTACTS

Ed Mullen, Founder & Chairman	239-250-9961
Robert Vigorito, Ride Director	443-980-8433
Eric Opdyke, Operations Director	203-981-6340
Jeri Goetz, Executive Director	239-298-1620
Jessica Rosado, Program Manager	239-293-6521
Mellissa Ellison, Communications Director	703-525-5225

TEAM CAPTAINS

START LINE – NORTH COLLIER REGIONAL PARK

Jessica Rosado 239-293-6521

TECHNICAL SUPPORT/SAG

John Columbus 230-404-2712

BIKER SUPPORT CARS

Debbie Grossman 828-421-2144

OVERNIGHT – LAKE PLACID CAMP & CONFERENCE CENTER

Jessica Rosado 239-293-6521

FINISH LINE – VERO BEACH

Melissa Ellison 703-525-5225

STARTING LINE INFORMATION

WHERE: North Collier Regional Park (15000 Livingston Road, Naples, FL)

WHEN/ARRIVAL: 6:30 am Riders Welcome... The day begins... Be Great!!

OFFICIAL START: 8:00 a.m. start for 62/100/200 mile riders
9:30 a.m. start for 10/30 mile riders

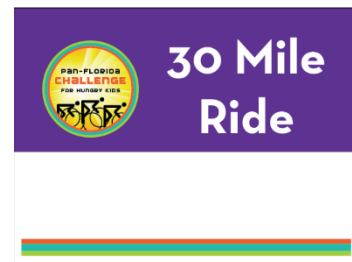
WHERE TO PARK: North Collier Regional Park, Exhibition Hall, lots to the left of the building
Overnight Security provided

COURSE MARKINGS: Ride route is marked in Neon Orange paint “PFC” and PFC Signage. Follow signs and do not turn unless instructed.

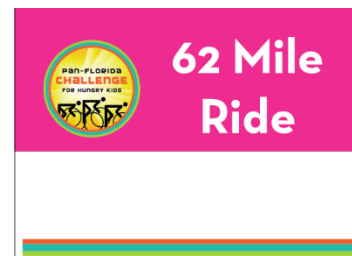
10 mile riders will loop twice inside North Collier Regional Park.
10 mile riders should follow these route signs.
Do not turn unless instructed.



30 mile riders should follow these route signs:
Do not turn unless instructed.



62 mile riders should follow these route signs:
Do not turn unless instructed.



STEEL GRATED BRIDGES: There are four steel gated bridges on the route in the towns of Alva, LaBelle, and Fort Pierce. Use caution when crossing them. If they are damp, use extra caution.

WEATHER CONCERNS: *The PFC team is monitoring the weather for the week ahead. Please understand that PFC leadership must reserve the right to change or modify the ride route, start and finish times, etc., as might be needed for the safety of all due to weather conditions.*

LAKE PLACID CAMP & CONFERENCE CENTER: Please be polite and respectful of the wonderful staff. As a Christian facility, no alcohol or bikini swimwear is permitted. They have been extremely supportive of our event at their busiest time of year, and we are very grateful for their support of our mission.

WHEN & HOW TO RETURN TO YOUR CAR IN NAPLES: Motor coaches depart Lake Placid Camp & Conference Center on Saturday at 7:00 p.m. and Sunday at 8:00 a.m. Arrival time at North Collier Regional Park is estimated to be 9:00 p.m. and 10:00 a.m. Motor-coaches depart Jaycee Park Vero Beach at approximately 3:30 pm and 5:30 pm. Arrival time at North Collier Regional Park is estimated to be 7:00 pm and 9:00 pm, traffic dependent. Your bike and bag will be there for pickup upon your arrival. **We suggest you take your gear bag(s) with you on the return bus.**

AID STATION LOCATIONS AND APPROXIMATE MILE MARKERS

SATURDAY, MARCH 10

AID Stop 1: San Carlos Fire Station #53, 1951 Ben Griffin Parkway, Fort Myers,
approx. mile mark: 15

AID Stop 2: Coastline Cyclery (only for 62 mile riders), 10676 Colonial Blvd. Fort Myers
approx. mile mark: 30

AID Stop 3: Alva Country Diner, 21300 Palm Beach Blvd., Alva
approx. mile mark: 34

AID Stop 4: Barron Park, 1559 De Soto Avenue, LaBelle
approx. mile mark: 50

AID Stop 5: 973-999 Detjans Dairy Rd., (FL-17) /FL-27, Venus
approx. mile mark: 79

FINISH DAY 1: Lake Placid Camp & Conference Center, 2665 Placid View Drive, Lake Placid

SUNDAY, MARCH 11

AID Stop 6: Coco Sod Farm, 19600 RT 70E, Okeechobee
approx. mile mark: 29

AID Stop 7: Flagler Park # 6, SW 7th Ave & SW Park St. Okeechobee
approx. mile mark: 39

AID Stop 8: Triple Tree Ranch, 1900-1982 Bluefields Blvd. & Route 70 E, Okeechobee
approx. mile mark: 60

AID Stop 9: Boudrais Groves, 2898 S. Kings Hwy., Fort Pierce
approx. mile mark: 80

AID Stop 10: Pepper Park Beachside, 3302 North SRA1A, Fort Pierce
approx. mile mark: 100, **water and Gatorade only**

FINISH DAY 2: Jaycee Park, 4200 Ocean Drive, Vero Beach

KEY RIDE LOGISTICS FOR 100/200 MILE RIDERS

DAY 1: ANTICIPATED ARRIVALS

We expect the lead rider and the final rider (weather and traffic dependent), assuming.....8:00 am start time and 24 mph average for lead and 10-11 mph for tail. This includes stops at the water stops, *best estimate*)

Total Dist (mi)	Clock Time	Intersection
0	8:00 am	Start N. Collier
17	08:32:30 - 09:42:00	WATER STOP #1, San Carlos Fire Station
28	09:10:00 - 10:48:00	WATER STOP #2, Coastline Cyclery
48	10:00:00 - 12:48:00	WATER STOP #3, Alva Country Diner
62	10:35:00 - 14:12:00	WATER STOP #4, Barron Park
84	11:30:00 - 16:24:00	WATER STOP #5, 979-999 Detjans Dairy Road
107	12:30:30 - 18:42:00	Finish - Lake Placid

Day One night **MUST DO:** Set Clocks ahead ONE Hour: Daylight Savings Time

DAY 1, SATURDAY, MARCH 10

TIME	EVENT	LOCATION
6:30 am	All Riders Welcome, Light Breakfast	North Collier Regional Park, Exhibition Hall
	Drop Overnight Bags with # Attached Rack your bikes	Booska Truck PFC Bike Racks
7:00 am	Greetings, morning info	
7:30 am	62/100/200 riders assemble by Group Color	PFC Start line
7:45 am	Support cars and caravan into position	
7:50 am	NEUTRAL-START FOR ALL 62/100/200 RIDERS STAY TOGETHER UNTIL AFTER INTERSECTION OF LIVINGSTON ROAD AND PARK EXIT	
	Group A (RED)	21+ mph
	Group B (GREEN)	18-20 mph
	Group C (ORANGE)	15-17 mph
	Group D/Kick Stand (AQUA BLUE)	< 15 mph

9:30 am	10/30 mile riders assemble and start	North Collier Regional Park
10:30 and on 10/30	riders cross the Finish Line!	North Collier Regional Park
10:30 – 1:00	Food, beverages, entertainment, medals	North Collier Regional Park
12:30 pm	First 100/200 Mile Riders Arrive, (est.)	Lake Placid
12:30 pm	Music Begins, Light Refreshments	Lake Placid Party Tent (Gate Field)
5:30 pm	Final Riders Arrive, (est.)	Lake Placid
1:45 pm	Check in at Overnight Table	Registration for keys, bags, linens Outside Alpha/Omega Bldg.
1:45 pm	Drop off bikes	Bike Racks/Bags inside Alpha/Omega
5:00 – 7:00 pm	Gourmet Dinner Buffet	Lake Placid Worship Center
8:00 – 9:00 pm	Bonfire, Guitartis, S'mores	Beachside

IMPORTANT

RIDER SAFETY...PLEASE NOTE, IF IT BECOMES CLEAR THAT YOU WILL NOT BE ABLE TO REACH THE FINISH LINE BEFORE DARKNESS SETS IN, THEN PFC MANAGEMENT RESERVES THE RIGHT TO PICK YOU UP AND ADVANCE YOU TO THE FINISH LINE.

DAY 2 KEY RIDE LOGISTICS

DAY 2: ANTICIPATED ARRIVALS

We expect the lead rider and the final rider (weather and traffic dependent), assuming an 8:00 am start time and 24 mph average for lead and 10-11 mph for tail. This includes stops at the water stops, (**best estimate**)

Total Dist (mi)	Clock Time	Intersection
0	8:00 am	Start Lake Placid
29	09:18:57 - 10:15:00	Water Stop #1, Coco Sod Farm
39	10:03:09 - 11:39:00	Water Stop #2, Flagler Park #6
60	11:09:28 - 13:45:00	Water Stop #3, Triple Tree Ranch
79	12:09:28 - 15:39:00	Water Stop #4, Boudrais Groves
100		Water Stop #5, Pepper Park Beachside
112	13:00:25 - 18:09:00	Finish, Jaycee Park, Vero Beach

DAY 2- SUNDAY, MARCH 11

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
5:30 -7:30 am	Gourmet breakfast buffet	Lake Placid Dining Hall
5:30-7:30 am	Return Room Keys	Alpha/Omega Bldg.
5:30-7:30 am	Drop off rider gear bags	Booska Truck
6:30-7:15 am	Stage bikes	Bike Racks @ Start Line

RIDE START SEQUENCE

8:00 am	NEUTRAL Start of all Riders, line up by Pace Group to Route 27
8:30 am	Gear Bag Truck departs to Vero Beach
12:30 pm, (est.)	First Riders Arrive Jaycee Park Vero Beach
3:00 pm, (est.)	Truck #1 departs with Bikes & Bags
3:30 pm, (est.)	1 st motor coach departs Jaycee Park for Naples
5:00 pm, (est.)	Truck #2 departs Jaycee Park with bikes and bags
5:30 pm	2 nd motor coach departs Jaycee Park for Naples
6:30 pm – 9:00 pm	Motor coaches arrive at North Collier Regional Park, Naples
7:00 pm – 9:30 pm	Last riders retrieve bikes & gear at North Collier Regional Park, Naples

PAN FLORIDA CHALLENGE
Rider Weekend CHECKLIST FOR 100/200 MILE RIDERS

These are some simple apparel/gear and other suggestions for your ride across Florida

<p align="center">Personals:</p> <p>ID, money, credit card, health insurance card Ride Gear Bag with PFC tag/# Shirt(s), long & short sleeve Light Sweater Casual Shorts Bathing suit (no bikinis) “Ball” Cap Underwear Sneakers/Flip Flops Socks 2-3 pair Rain jacket Long sleeve Jacket Bike gloves, 2 pair Long fingered gloves, 1 pair Arm & leg warmers PFC Jersey/Bike Jersey X 2 PFC socks Bike shorts/Bibs X 2 Cycle shoes</p>	<p align="center">Equipment:</p> <p>Rider Jersey, bike stem, #s Helmet with # & skull cap/beanie Lights; front & rear Road ID Garmin & Charger iPad & charger Cell phone & charger Heart rate belt/monitor CO2 cartridges X 4 Inner Tube(s), New X 2 Spare tire Sun glasses X 2 Zip-lock baggies Suntan Lotion Floor Pump Mirror- bike or helmet Water Bottles X 2-4</p>
<p align="center">NUTRITION/MEDS: Electrolyte Supplements Energy Gels/Bars/Blocs Chamois/Butt Butter Ibuprofen/Aspirin/? Inhaler Personal Fluid Replacement Drink <i>Event will provide Gatorade Endurance Formula on course</i> Toiletries</p>	

PRE-RIDE TIPS FOR ALL RIDERS

1. No new foods 2 days before the ride.
2. Don't eat or drink anything on the ride that has not been ride tested at least twice.
3. Rides before the ride - starting four days before the ride, don't do any intervals or long, hard rides. Two days before the ride do only recovery rides. It is OK not to ride very much during the last 4-5 days so your legs are fully recovered.
4. Don't change anything about your bike set up before the ride.
5. Dinner the night before the ride - eat at least 3 hours before you go to sleep.
6. Breakfast- Preferable 1.5-2 hours before the ride. My breakfast choice is: 1 cup of oatmeal with 1 scoop of protein, one bagel with light peanut butter. Make sure your choice is something you have had many times before a long ride and you know it's ok.
7. During Ride - Drink $\frac{3}{4}$ to 1 full bottle of water per hour. Use Nuun or other electrolyte tablets in the water every other bottle. Every hour try to eat an energy bar/gel or some tested food with high carbs.
8. Eat and drink before you're hungry or thirsty. You cannot afford to go too low on reserves.
9. Sleep as long as possible the two nights before.
10. Stretching- Before the ride, warm up then light stretch, no heavy stretching before or during.
11. During the ride - every time you stop, do light stretching, as well as while riding, especially your low back, hamstrings, and shoulders. Grip handlebar lightly, not with a "death" grip.
12. During breaks, don't stay off the bike for more than 5 minutes or you will start to tighten up. If you're off for 20 minutes do a full stretch to get loose again.
13. On bike stretching - Every 20 minutes do cat and camel, shoulder shrug, arm and handle wiggle and down pedal calf stretch. It can often be helpful to get up out of the saddle and pedal standing up (not sprinting, but just get up). This will work slightly different muscles and allow you to stretch out your calves by flexing them up and down on the pedals if you coast while standing.
14. Ride with your shoes a bit looser than you usually would at the beginning of the ride. Between the heat and the activity, your feet will swell over the course of the day and if you over-tighten your shoes you will get "hot spots" and be very uncomfortable. It may feel a little odd at first but by mile 50 or so your feet will thank you.
15. Some riders take Ibuprofen before, during and after a ride. Only do this if you have tested it in advance.

KEY PACE-LINE ETIQUETTE

1. When it is your turn to pull/lead, do not surge ahead and lift the pace. Keep an eye on the average pace the rider in front of you was keeping and just pedal hard enough to keep that pace. Otherwise, you may blow everyone else off of your wheel and they will have to chase to catch up to you.
2. Ride in a single file line with your wheels about 1/2 to a full wheel apart. If not comfortable then back off to 3 - 4 ft. You need time to react if you are not used to riding in such tight formations.
3. Pull off of the front sooner than you think you need to. You may not feel tired but the longer the efforts you put in on the front are, the higher the chances that you may burn out later. Not more than 4-5 minutes is a good length of time for a pull.
 1. When you do pull off the front, ("come off the pull") DO NOT stop pedaling. You need to make sure that you slow down only enough to let the group pass you. If you slow down too much you will need to expend energy to latch back onto the back wheel of the group.
 2. When pulling off the front, stay close to the group and begin to move onto the back a little sooner than you think you should. This will help to ensure that you catch right back into the slipstream of the pack. Ride leader should pre determine the rotation, to the right or to the left. Best to rotate clockwise.

3. Tell other riders who just came off the pull when they are clear to come in by announcing that you are last in line.
4. Call out and signal road hazards well in advance! When in a pace-line, the lead rider has the best view of the road and often riders in the pack will only be looking at the wheel in front of them, so calling out turns, potholes, gravel, etc. is key to keeping everyone safe. It also lets the riders behind you know that you plan to move to avoid the obstacle. Where possible, rider at head of the line, should move left to avoid hazard/debris so all know any hazards and can react.
5. Use hand signals to supplement the comments that you provide to the riders behind you. Also, each rider should pass the message down the line as they get it to make sure that everyone receives it. Even the last rider should repeat it so the rider in front knows they heard it.
6. Ride at a pace that you think is easy when you start. If you go out at your normal pace for a regular ride on a long endurance ride such as this then you may burn out well before the finish line.
7. If you are uncomfortable riding one handed, then pull out of the pace line to feed or drink. This is not a race; the other riders will let you back into the bunch.

FROM ALL OF US AT THE PAN-FLORIDA CHALLENGE, WE OFFER OUR SINCERE THANKS FOR RIDING WITH US TO FEED HUNGRY KIDS.

GROUP RIDE LEADERS

What Does A Ride Leader Do?

SAFETY is the #1 priority!

MEDICAL EMERGENCY CALL 911

1. Arrive one hour or more before the ride
2. Give ride introduction/safety briefing
3. Please know the route, (drive beforehand if able)
4. Count the riders in your group and make sure all have signed and submitted their waivers before ride starts
5. Ask all to check helmets and tire pressures... be sure all riders have their ride #'s affixed
6. Lead by example: Exhibit safe riding skills and follow all rules of the road
7. Keep the advertised pace; coach whomever is "pulling" to keep the advertised pace; ride leader should notify "puller" if they change the speed due to wind conditions/direction
8. The group should work together to help everyone complete the ride. Check to see group is intact, and maintaining pace.
9. Interact with the riders in a friendly and professional manner
10. Be prepared to handle any incidents/accidents safely
11. Reflect positively on *Pan-Florida Challenge... Our kids are counting on You*

KEY RIDE LEADER RESPONSIBILITIES

1. Be careful to set a pace that will attain an AVERAGE speed as close as possible to the designated ride speed. Understand weather will play a factor, i.e winds
2. Make sure whoever is "pulling" does not go out too fast, as they have fresher legs; keep the pace!
3. If some riders insist on going at an accelerated pace (faster than the designated speed), let them go ahead by themselves or join the prior ride group. Same if they wish to drop back to next ride group. They are on their own.
4. If one of your riders has a physical (e.g. falls, bee sting, etc.) or mechanical (e.g. flat re,: tire, broken spoke, etc.) problem, you should do one of following:
5. Have another rider stay with them until a support/SAG vehicle arrives (should be within minutes) They will fix the flat (or whatever the issue is) and the rider(s) can either cycle to catch up with the group, or hitch a ride in the vehicle to the next water stop and rejoin their group, or ride with next available group

6. If the problem is more serious keep in mind that support is always minutes away, but the ride leader, or someone in the group, can also call John Columbus or Command Central to report the problem (cell numbers will be provided on page 4).
7. As ride leader, because of legal technicalities, you should not directly do any mechanical work on anyone else's bike. This means you should not attempt to adjust brakes, etc. Encourage the rider to wait for Sag/support, who are minutes away.

SUMMARY

- Try to set/maintain a pace in accordance with designated average speed.
- Check on your riders frequently. Keep it fun.

Accept the *Pan-Florida Challenge*'s thanks for a job well done!

MEDICAL and INSURANCE

Volunteer staff is prepared to handle *first aid only*. If a medical emergency arises, it will be handled by the nearest medical facility via ambulance. A list of Hospitals and Police Departments is provided to each Water Stop Captain and all lead volunteers. In the event of an emergency, call 911.

Our sponsors, Affinity Group Underwriters and Optimist Club of Naples, have provided all riders with supplemental accident protection from Balance. The Balance program helps protect cyclists from potential life-changing financial consequences suffered in an accident, by providing supplemental coverage to your health insurance. The Balance plan provides expense coverage on top of your personal health insurance. Balance will also pay the policy limits even if you do not carry personal health insurance. For a more detailed explanation of coverages see www.balanceforcyclists.com.

EMERGENCY INFORMATION

Contact us at any time as needed with location: 239-298-1620. In the event of an emergency, first call 911, then PFC.

HOSPITALS

Ft. Myers Lee Memorial

2776 Cleveland Ave.
Ft. Myers, 33901
239-332-1111

La Belle

Hendry Regional MC

450S. Main St. #2
Ls Belle, 33935
863-675-6600

Florida Hosp. Lake Placid

1210 US-27
Lake Placid, 33852
863-465-3777

Heartland Medical Ctr.

4200 Sun North Lake Blvd.
Sebring, 33872
863-314-4466

St. Lucie Medical Ctr.

1800 SE Tiffany Ave.
St. Lucie, 34952
772-335-4000

St. Lucie Med Ctr. ER, Darwin Square

3275 SW Darwin Rd.
Port St. Lucie, 34953
772-807-4840

FL DOT

SWFL Ft. Myers District 1

(Ft. Myers and Naples)
239-225-1900

POLICE

Fort Myers Police Dept.

2200 2nd St.
Ft. Myers, 33901
239-331-7000

Hendry County Sheriff

9045 SE Raintree Blvd.
Labelle, 33935
863-674-5600
863-675-2446

Okeechobee Sheriff's Office

504 NW 4th St.
Okeechobee 34972
863-763-3117

Okeechobee Police Department

50 SE 2nd Avenue
Okeechobee, 34972
863-763-5521

Lake Placid Police Dept.

8 N Oak Ave.
Lake Placid, 33852
863-699-3757

Highlands County Sheriff's Office

434 Fern Leaf Ave.
Sebring, 33870
863-402-7200

St. Lucie Cty Sheriff's Office

400 W Midway Rd.
Ft. Pierce, 34981
772-462-7300

Ft. Pierce Police Dept.,

100 N US 1
Ft. Pierce 34950
772-467-3000

Vero Beach Police Dept.

1055 20th Street South
Vero Beach, FL 32960
772-978-4600

EMS/FIRE

Bonita Springs

27490 Old 41 Rd.
Bonita Springs 34135
239-498-1284

Estero

21500 Three Oaks Pkwy.
Estero, 33928
239-390-8000

Ft. Myers

2404 Dr. MLK Blvd.
Ft. Myers, 33901
239-321-7300

Alva

2660 Styles Rd.
Alva, 33920
239-728-2223

Port LaBelle

280 S. Main St.
Port LaBelle, 33935
863-675-1537

Lake Placid Volunteer Fire Dept.

PO Box 195
Lake Placid, 33862
863-699-3753

Vero Beach Fire Dept.

6001 North A1A, Indian
River Shores, FL 32963
772-231-2451

