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Share your Pedal the Cause experience on social media!

Tag PTC by using @pedalthecause on

Make sure to include the hashtags:
#pedalthecause
#PTC2021
#pedalfamily
#aworldwithoutcancer
#cancercuringbike
#committtocure

Schedule of Events

Ride Village is at the Chesterfield Mall - Macy’s South Parking Lots

**Thursday, September 23**
Ride Village
3:00 pm – 7:00 pm Packet Pick Up, PTC Shop, and Bike Maintenance

**Friday, September 24**
Ride Village
7:00 am – 1:00 pm Packet Pick Up, PTC Shop, and Bike Maintenance

**Saturday, September 25**
Ride Village
6:00 am – 10:00 am Breakfast Bar sponsored by Companion and Kaldi’s Coffee, Late Packet Pick Up, Bike Maintenance and Rental
7:00 am – 2:00 pm Team Photos and PTC Shop
9:30 am – 3:00 pm Post-Ride Lunch sponsored by Sugarfire Smoke House, vegetarian option from Mission Taco, with beverages
compliments of Michelob ULTRA and Grey Eagle Distributors, Gatorade, and PepsiCo

9:30 am-1:30 Enjoy live music from the Charles Glenn Band from the ARCO Stage

7:00 pm – 7:30 pm Virtual PTC Inspirational Program sponsored by Express Scripts

Sunday, September 26

Ride Village

6:00 am – 10:00 am Breakfast Bar sponsored by Companion Bakery and Kaldi’s Coffee, Late Packet Pick Up, Bike Maintenance and Rental

7:00 am – 2:00 pm Team Photos and PTC Shop

9:30 am – 3:00 pm Post-Ride Lunch sponsored by Sugarfire Smoke House, vegetarian option from Balkan Treat Box, with beverages compliments of Michelob ULTRA and Grey Eagle Distributors, Truly Hard Selzer, Major Brands and PepsiCo

10:00 am -2:00 pm Enjoy live music from the Griffin and the Gargoyles Trio Band from the ARCO Stage

Schedule of Events (Continued)

Riders will find their start times on the bike tags in their registration packet and on their profile page.

RIDE START TIMES Saturday

7:00 am Gravel Grinder (50 Miles)
7:30 am Hamburg Hammer (32 Miles)
8:00 am PTC Classic (20 miles) – Wave 1
8:15 am PTC Classic (20 miles) – Wave 2
8:30 am PTC Classic (20 miles) – Wave 3
8:45 am PTC Classic (20 miles) – Wave 4
9:00 am PTC Circuit (10 miles)
RIDE START TIMES Sunday

7:00 am  Century (100 miles)
7:30 am  Metric Century (62 miles)
8:00 am  Big Hitter (50 miles) – Wave 1
8:15 am  Big Hitter (50 miles) – Wave 2
8:45 am  PTC Pacer (30 miles) Wave 1
9:00 am  PTC Pacer (30 Miles) – Wave 2
9:15 am  PTC Pacer- (30 miles)- Wave 3

For rider safety and to optimize refueling stations, course photos and rider tracking, please stay in your wave and leave at your assigned time!

- All riders on your team riding your course will be in the same start wave
- Riders will receive an email the week of the event with their start time
- Start time will be added to rider’s profile page the week of the event

Pedal the Cause Spin Zone

7:00 am  First 1-Hour Spin Shift Start Time
8:30 am  Second 1-Hour Spin Shift Start Time
10:00 am  Third 1-Hour Spin Shift Start Time

Covid Policy and Protocols

In everything we do at Pedal the Cause, our community of cancer thrivers and survivors is top of mind. As always, but especially as the spread of COVID-19 remains a serious concern, our event must prioritize the health, safety and well-being of those most vulnerable in the Pedal Family.

With this in mind, and in our commitment to hosting a safe and comfortable event for everyone, we have established the following COVID-19 Policy:

Vaccination or Negative COVID -19 Test
Proof of full vaccination* or proof of a recent negative COVID-19 test will be required of all participants, staff, volunteers, and vendors to gain access to the Ride Village and Refueling Stations.

- Participants: COVID test must be administered within 48 hours of Rider Packet pick up
- Volunteers: COVID test must be administered within 48 hours of first volunteer shift
- Staff & Vendors: COVID test must be administered within 48 hours of first access to Ride Village
We Will Accept the Following Documentation:

- Proof of Vaccine: Physical vaccine card or digital proof or photo of vaccine card
- Proof of Negative COVID-19 Test: Printed results or a digital proof or photo of test results

*You are considered fully vaccinated: 2 weeks after a second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

Masks for Ride Weekend
Masking will be strongly encouraged while not actively riding, eating or drinking when at the Ride Village or Refueling Stations.

Controlled Access to Ride Village & Refueling Stations
Access to Ride Village & Refueling Stations is limited to registered participants, staff, volunteers and vendors. Spectators cannot be accommodated at the Ride Village or Refueling Stations. Spectator Spirit Stations have been established to encourage spectators lining the courses to cheer and support participants.

Our COVID-19 Policy reflects the latest advice and expertise of local officials, the CDC and our Medical Advisory Committee. This policy may be amended to meet evolving health safety standards. Any modifications will be listed at pedalthecause.org/covid and publicized through email and social media updates. Our COVID-19 Policy will be enhanced with special COVID-19 protocols established throughout the Ride Weekend at Ride Village and Refueling Stations.

Participants who would like to change their participation from Inspired (virtual) to in-person can make that adjustment through their Pedal the Cause profile. Those who would like to switch from in-person to Inspired can send an email to info@pedalthecause.org.

Thank you for doing your part in establishing a fun and safe event for the entire Pedal Family and for your support in creating a world without cancer.

Spirit Stations – NEW THIS YEAR!!

*Spectators are an important aspect of the Pedal weekend but due to covid restrictions, spectators will not have access to Ride Village.* We encourage all friends and family to go to a designated spirit station along the course and cheer on their friends and families.
For Riders and Spinners, you can pick up your Rider Packet at the Registration tent during the following times only (there are no other opportunities for packet pick up):

Thursday, September 23 | 3:00 pm – 7:00 pm | Chesterfield Mall- Macy’s Parking Lot
Individual and Family Packet Pick Up at the Packet Pick Up/Registration Tent.

Friday, September 24 | 7:00 am – 1:00 pm | Chesterfield Mall- Macy’s Parking Lot
Individual and Family Packet Pick up at the Packet Pick Up/Registration Tent.

Saturday, September 25 | 6:00 am– 10:00 am | Chesterfield Mall- Macy’s Parking Lot
LATE Individual Packet Pick Up at the Registration Tent.

Sunday, September 26 | 6:00 am – 10:00 am | Chesterfield Mall- Macy’s Parking Lot
LATE Individual Packet Pick Up at the Registration Tent.

*Please bring identification with you to Packet Pick Up. If you are picking up a packet for another participant, you must bring a Family Packet Pickup Form signed by each rider. Forms available here or on our website on the TEAM CAPTAIN GUIDE page under the RESOURCES tab. Due to covid restrictions, group packet pick up is not available.

VIP PACKET PICK UP
King of the Mountains, Road Warrior and Podium* incentive earners can skip the line and head straight to the KOM Concierge also located in the main registration tent! Thank you, CIBC – the official sponsor of our KOMs!

Parking

General Parking for all participants is located at the Chesterfield Mall in the Macy’s Parking Lot. To avoid traffic, take the Clarkson exit off Hwy 40, enter the Mall parking lot by the Drury Plaza and Hyatt Hotels and follow signs to Macy’s. VIP Parking sponsored by CIBC for our King of the Mountains, Road Warrior and Podium incentive earners* is marked off by the front of the Macy’s.
Arriving at Ride Village

Entrance to Ride Village
Enter Ride Village from the Macy’s Parking Lot. This is the only entrance into Ride Village. Participants can pick up their registration packets at the Registration tent and enter Ride Village to begin their Pedal experience.

Participant Credentials
In order to enjoy all the amenities of Pedal the Cause weekend, participants **MUST** wear their wristband at all times. **Registered participants will receive their wristbands when they pick up their packet at the registration tent. You will NOT be able to access the food and beverage areas, nor will you be able to ride or spin without your wristband.**

Meal Tickets
Riders and spinners will have access to all meals and activities within Ride Village and on the course throughout the weekend by wearing their wristbands.

*King of the Mountains, Road Warrior and Podium incentive earners are those who have committed to or raised $5,000, $10,000, or $25,000+ respectively by September 25, 2021.*
Ride Village Attractions

Pedal the Cause Macy’s Parking Lot
Enter the Macy’s lot through the large Entrance Truss. In this lot you can pick up your packet at the Pack Pick Up/Rider Registration Tent sponsored by Maritz, get a tune up before the ride from Big Shark Bicycle Co, and park your bike in the Bike Corral to enjoy breakfast in the Celebration Area. All volunteers will check into the Volunteer Registration sponsored by Keeley Companies in the Macy’s lot. Finally, be sure to check out the PTC Shop next to Rider Registration for all your PTC Swag.

Pedal the Cause Celebration Area
The Celebration Area is in the parking lot just on the other side of bike chute. In this area you will find Breakfast by Companion Bakery and Kaldis Coffee. Lunch by Sugarfire Smokehouse and Mission Taco on Saturday and Balkan Treat Box on Sunday. Also, in this area will be the Team Tents for every team that raised $50,000 or more, cooling area and changing rooms inside Macy’s, and the Pedal the Cause Spin Zone. General seating area will be spread out for teams who do not have team tents. **There will be no bikes allowed in the Celebration Area.**

Entertainment on the Main Stage Sponsored by ARCO
After the ride celebrate with your teammates by enjoying music from the main Stage Sponsored by ARCO. On Saturday the Charles Glen Band will be performing classic hits and on Sunday The Griffin and Gargoyle Trio will be sure to get you and your teammates celebrating.

Official 2021 Merchandise
Stop by the PTC Shop to stock up on our all new 2021 PTC merchandise – t-shirts, sweatshirts, tumblers and more! The PTC Shop is located next to Rider Registration. The PTC Shop will be open on Thursday and Friday during packet pick up and Saturday and Sunday during event hours. Please feel free on Thursday and Friday during packet pick up hours to bring guests with you to check out the merchandise. All merchandise will be available in the **PTC Shop** after event weekend.

Pedal Partner Alley
Due to safety protocols Pedal Partner Alley will be limited this year. Please check out our Pedal Partners which include Primal, Macy’s, Autohaus BMW, & others.

Inspirational Attractions

* **A Must-See During Event Weekend!**

I GIVE 100% Iconic Banner
In the heart of Ride Village will be the iconic I GIVE 100% triangular structure. Two sides of the structure will be a banner in which we invite all participants to sign. This banner represents the reasons why Pedal the Cause is so important to all of us and recognizes our riders and family members whose memory we want to honor. We encourage everyone to take time out of your weekend to sign it to show who you GIVE 100% for. Share all photos on Facebook, Instagram,
and Twitter and tag @pedalthecause. Don’t forget our 2021 hashtags too: #PTC2021, #pedalfamily, #aworldwithoutcancer, #cancercuringbike, #give100%

LIVING PROOF
Cancer Survivors, Fighters and Thrivers
Our signature Living Proof moment will take place during the Virtual Inspirational Program. However, we invite all living proof participants to bring their shirts event weekend and wear them after your ride.

Athlete Village

Bike Corral
This year due to safety protocols there will NOT be advanced overnight bike parking at packet pick up. *If you are riding two days, you may leave your bike on Saturday night for your ride on Sunday.* The Bike Corral will be secured 24 hours a day. There will be no bikes allowed in the Celebration Area so utilize the bike corral to park your bike while enjoy food, beverages, and music from the ARCO stage.

Gear Check
There will be NO Gear Check in 2021 due to covid safety precautions.

Changing Rooms sponsored by Macy’s
There are changing rooms located inside Macy’s. Enter Macy’s through the Celebration Area and take an immediate right.

Bike Rentals
If you rented a bike from Big Shark, visit the Big Shark tents (next to the main registration tent/ packet pick-up) to pick up and return your rental bike on Saturday or Sunday. A reservation before event weekend is required. If you are still in need of a bike, visit pedalthecause.org and click on Need a Bike/Hotel? under “The Event.”

Mechanical Support
Big Shark Bicycling Company will provide complimentary mechanical support onsite Saturday and Sunday. If you need a bike adjustment, make sure you stop by early on Saturday or Sunday to save time before heading out on your course. **Helmets and additional supplies will be available for purchase on a limited basis.**
Cooling Area and Nursing Rooms Sponsored by Macy’s
Macy’s is providing a cooling area right inside their doors. Enter the Macy’s building through the Celebration Area and take an immediate left to experience the Macy’s Cooling Area. Feel free to utilize this area if at any point you are feeling overheated and need some cool air conditioning. There is a Nursing Station located inside the restrooms on the second floor of Macy’s.

Rider Tracking on the Course

TraQ Central
Download the TRAQ CENTRAL app which offers many features, like SAG and course map access, and allows you to share your location with friends & family. Simply download it from the app store (Google Play or iPhone App Store), install, choose ‘Pedal the Cause’ from their list of events and fill in your personal information.

Saturday Events & Sunday Events

Virtual Inspirational Program & Watch Parties
Join us on Saturday, Sept 25 at 7 pm for the Virtual Inspirational Program! Gather privately with friends, family or teammates and tune into our YouTube page for the livestream! Looking for some ideas for your watch party menu? Our Taste the Cause Chef Series sponsored by True Refrigeration features amazing recipes from those local chefs. Don’t feel like cooking? Order curbside, pickup, or delivery from these same Taste the Cause restaurants.

Ride Day Breakfast Sponsored by Companion Bakery and Kaldi’s Coffee
Registered participants can enjoy breakfast from 6:00 am – 10:00 am sponsored by Companion Bakery and Kaldi’s Coffee. The nutritious lineup includes: fresh fruits, assortments of yogurts, granolas, and bagels. Participants can also get their morning pick-me-up by stopping by the Kaldi’s Coffee Bar!

Finish Line Medal
Thanks to our Sponsor Janssen Oncology each rider and spinner will receive a finisher medal after completing their ride.

Post-Ride Lunch Sponsored by Sugarfire Smoke House
Registered riders and spinners will enjoy lunch on Sunday sponsored by Sugarfire Smoke House. On Saturday Mission Taco and on Sunday Balkan
**Treat Box** will also be serving a vegetarian option. Lunch will be served from 9:30am – 4:00 pm. Note that your PTC wristband will allow you one pass through the line! Beverages are available on an unlimited basis.

**Mich Ultra and Grey Eagle**
Enjoy complimentary beverages provided by Mich Ultra and Grey Eagle Distributors.

**Wristbands are REQUIRED to access all Food and Beverages!**
**NO WRISTBAND — NO SERVICE.**

**Team Photos**
Complimentary team photos are available. Look for the Pedal the Cause blow up arch and bleachers in the Celebration Area. **You can pre-register and reserve your time slot online!** Visit the TEAM CAPTAIN GUIDE page on our website and click on the Team Photos button. A photographer will be available for team photos on Saturday from 6:00 am - 2:30 pm and 6:00 am – 3:00 pm on Sunday.

**Rider Information**
Pedal the Cause is a “rules of the road” ride. You are your own best safety advocate. Have fun and be safe – it is a ride, not a race!

We have 4 courses on Saturday with 7 start times and 4 courses on Sunday with 7 start times. **Know which course you are on and your start time.** This information is provided in your registration packet. Each rider will also receive an email with your start time and course info the week of the event.

Courses will be marked with spray paint and directional signage. Police and volunteers will be stationed at key intersections directing traffic.

**Inclement Weather**
In case of inclement weather, please call 314.408.4900 and look for updates via email and on Facebook and Twitter.

**What to Bring for your Ride**
- Helmet (required)
- Bike Tag*
- Wristband*
- Water Bottles
- Your favorite gu, gel or bar
- Personal ID and Insurance Card (please carry with you at all times)
- Spare Tubes
- Patch Kit
- Pump and Tire Tools
These items are in your registration packet and are needed to access bike corral, food and beverages. You will not be able to ride Saturday or Sunday without your credentials (wristband and bike tag). Your wristband is required for access to all food and beverages.

Refueling Stations

There will be multiple refueling stations along the various routes in addition to a hydration station in Ride Village for your start and finish. We encourage ALL riders to stop at the refueling stations and take a moment to rehydrate and get a snack. REMEMBER: when you feel thirsty, you’re already dehydrated. Drink water for the first hour of your ride and then consider switching to sports drinks to stay hydrated.

Each Refueling Station will be equipped with the following:

- Water
- Gatorade
- Snacks (apples, bars, trail mix, etc.)
- Light First-Aid
- Restrooms (portalets)
- Mechanical support at major refueling stations

When you arrive at a refueling station dismount and immediately move out of the path of fellow bikers. There will be bike racks that you can store your bike on while you are getting something to drink or eat. When you are ready to resume riding, do not assume other bikes are aware of you. Look behind you and around you before you resume biking.

Covid Policy and Protocols
Our COVID-19 Policy and protocol extend to Refueling Stations. Please practice social distancing and wear a mask while not actively eating, drinking or riding. Increased amenities have been provided at each refueling station to ensure participant and volunteer safety.

Refueling Station Saturday Locations

1. Pedal the Cause Ride Village Refueling Station at Ride Village (Chesterfield Mall)

2. World Wide Technology Refueling Station at Boeing Park, Spirit of St Louis Blvd, Chesterfield, MO 63005

3. The Staenberg Group Refueling Station at Chesterfield Outlets: Far eastern corner of parking lot, 17081 N. Outer Forty Road, Chesterfield, MO 630- PTC Classic

4. Novus Refueling Station at Novus International, Inc. 20 Research Park Dr, St Charles, MO 63304- Hamburg Hammer & Gravel Grinder

5. Kickstand Refueling Station at Augusta Trailhead: Katy Trail, Augusta, MO 63332- Gravel Grinder

6. Pfizer Refueling Station at Weldon Springs Trailhead: Katy Trail, St Charles, MO 63304- Hamburg Hammer & Gravel Grinder
Refueling Station Sunday Locations

1. **Pedal the Cause Ride Village Refueling Station** at Ride Village (Chesterfield Mall)

2. **The Staenberg Group Refueling Station** at Chesterfield Outlets: Far eastern corner of parking lot, 17081 N. Outer Forty Road, Chesterfield, MO 63017 - All Courses

3. **Mississippi Lime Co Refueling Station** at Centaur Trailhead: 18465 Centaur Road, Wildwood, MO 63005 - All Courses

4. **Mobil on the Run Refueling Station** at Babler State Park: 800 Guy Park Drive, Wildwood, MO 63005 - Big Hitter, Metric, & Century

5. **St. Albans Country Club Refueling Station** at St. Albans Country Club: 101 St. Albans Road, St. Albans, MO 63073 - Metric & Century

6. **1st Phorm Station** at Greensfelder Park: intersection of Allenton Road and Scenic Loop Road, Wildwood, MO 63069 - Metric & Century

7. **Siteman Cancer Center Refueling Station** at the intersection of Melrose and Ossenfort, Eureka, MO 63038 - Century

Ride-Day Support
There will be support vehicles, event staff, course marshals and police at key intersections along the route. Both support vehicles and Refueling Stations will have first-aid and emergency communications available. If you need support, please call our Support and Gear (SAG) at **314.279.4566**. We will respond to your call by sending support to your location. If you have questions along the course, please ask a Course Marshal or a Volunteer Leader at the nearest Refueling Station.

**SAG (Support and Gear) Support Sponsored by BMW**
The PTC SAG team will be comprised of **on-course SAG drivers** as well as **stationary mechanical support at Refueling Stations**, both with a direct line to the PTC Dispatch Center. The PTC SAG Support team will be equipped with mechanical supplies as well as first aid. Throughout the day, PTC SAG Support team members will respond to incidents, as directed by PTC Dispatch Center, and patrol routes to assist riders with mechanical and medical issues. We appreciate the time and dedication of these volunteers from Big Shark. Additionally, a BIG THANK YOU to Autohaus BMW, the official Vehicle Sponsor of Pedal the Cause, for supplying all the SAG vehicles needed for Pedal Weekend.

**SAG Support Number: 314.279.4566**
In a medical emergency, call 911 first and then alert SAG.

**TRAQ CENTRAL**
Download the TRAQ CENTRAL app which will allow you to request SAG assistance at the push of a button. You can also view your course map with your GPS location, to ensure you stay on
course. For your safety, we strongly recommend you install this app! Simply download it from the app store (Google Play or iPhone App Store), install, choose ‘Pedal the Cause’ from their list of events and fill in your personal information. For more info visit the TOOLS page on our website here.

First Aid Support
Barnes-Jewish Hospital Emergency and Trauma Services team will be providing first aid and medical support at Ride Village throughout event weekend. Additionally, the Barnes-Jewish Hospital Emergency and Trauma Services team will provide support on Saturday at Staenberg Refueling Station at Chesterfield Outlets, Novus Refueling Station at Novus, and Pfizer Refueling Station at Weldon Springs Trailhead. On Sunday they will be at Staenberg Refueling Station at Chesterfield Outlets, Babler State Park Refueling Station, and Worldwide Technology at Greensfelder Park. In a medical emergency, call 911.

Course Marshals
Volunteers will be acting as Course Marshals along the route throughout the event. Positioned at key intersections, their primary focus is to increase rider safety by heightening motorist awareness of the event. The courses are open to traffic, meaning we share the road. You are your own best advocate for safety. Always obey the rules of the road. Course Marshals will be wearing yellow safety vests and will have an orange flag.

Spirit Stations – NEW THIS YEAR!!
Spectators are an important aspect of the Pedal weekend but due to covid restrictions, spectators will not have access to Ride Village. We encourage all friends and family to go to a designated spirit station along the course and cheer on their friends and families. If interested, please click on the form here.

Application of the PTC Bike Credentials
**REQUIRED**

BIKE TAG: Peel the sticker labeled Bike Tag. Wrap around and stick it to the post under your bike seat.

HELMET STICKER: Peel the smaller sticker labeled helmet Sticker. Stick it to the front of your helmet.

** Double check that your bike tag is attached correctly. Your bike tag is the ONLY way for us to match your course photos to your name.**

Event Weekend Photos and Video
Unofficial weekend photos will be posted on our Facebook page throughout the weekend.
Official finish line photos will be made available online within a few days of the event. An email will be sent out alerting you when the photos are live. These photos are included with your registration and easy to save, share, tag, like, etc. Other photos such as Team Photos, Kids Challenge, and Living Proof will be available on our Facebook page and on our website the week after the event.

Pedal the Cause Spin Zone

The Spin Zone will be filled with 3, 1-hour spinning shifts. The Spin Zone is located in the Celebration Area. Decorate your bike, get pumped and enjoy being led by instructors from the Cyclebar Creve Coeur, Richmond Heights, Chesterfield, and St. Peters.

Start Times:

- 7:00 am 1st 1-hour shift
- 8:30 am 2nd 1-hour shift
- 10:00 am 3rd 1-hour shift

Safety First!

Pedal the Cause is conducted on open roads with vehicular traffic. Roads include both marked and unmarked hazards. Though we take every measure to make the ride as safe as possible, always remember that your safety is in your own hands. Remember ALWAYS check your helmet and bike before taking it out on the open roads.

Rules of the Road

*This is a RIDE, not a race.*

- **Helmets must be worn at ALL times**—NO EXCEPTIONS.
- Carry ID and relevant medical information.
- Headphones, iPods and radios are NOT permitted while riding.
- Bike trailers of any kind are prohibited.
- **Rules of the road apply;** you have the same rights and duties as the driver of any other vehicle.
- Ride single file and as far right of the road as possible. **Ride a MAXIMUM of two abreast when conditions allow.**
- **Obey ALL traffic signs and signals.** As well as all police officers and course marshals.
- Pass on the left only; announce “passing” or “on your left.”
- Communicate with your fellow riders about hazards.
  - Point out hazards like potholes, gates, branches, and other items in the road
  - Yell “car back” if there is a car coming from behind
  - Yell “clear” when coming upon an intersection if it is clear of traffic
  - Yell “car up” if there is a car coming from ahead
  - Pass on Left and Yell Left
- Obey instructions from Pedal the Cause staff and ALL Course Marshals.
- Ride in control of your bike at all times (i.e. be able to stop within a reasonable distance).
Bicycle Laws
All states consider cyclists vehicle operators, and give them the same rights and duties as other drivers.
- Know and obey all traffic laws: The golden rule of bicycling in a group is to be predictable!
- Stay right: Ride in the right portion of the rightmost lane in the direction you are traveling and leave at least four feet between your handlebars and parked cars or other hazards such as other users. You may move left when passing slower vehicles or preparing for a left turn.
- Obey all traffic signs and signals: Avoid “following the leader” through traffic signs and signals; you are required to obey all traffic signs and signals, including stopping at red lights and stop signs.
- Look and signal before you move: Always scan behind you before changing lanes or making turns. A continuous arm signal is required prior to a turn or lane change (unless arm is needed to control the bike) and while stopped waiting to turn.
- Two at a time: Ride no more than two abreast and do not impede traffic. If a part of the road has been closed and dedicated to “bicycle travel only” you may ride more than two abreast.
- Hands on the handlebars: Do not carry anything that prevents keeping one hand on the handlebars.
- Pass with care: Do not pass at intersections

Hydration
It is crucial to keep hydrated during Pedal the Cause no matter the weather conditions. Do NOT rely on thirst to be your indicator. By the time you are thirsty you are already dehydrated. A good rule of thumb is to drink one bottle of water per hour and supplement with sports drinks. There will be ten Refueling Stations along the course where you can get water and sports drinks to stay hydrated.

ABC Quick Check
All cyclists are responsible for keeping their riding equipment in good working order, so get into the habit of checking your equipment before every ride. Small adjustments can make a significant difference in your experience. The “ABC Quick Check” is an overall, yet brief bicycle safety check.

A is for air: Check your wheels for worn tires, loose spokes, warped rims and tires for proper inflation. Check your handlebar for looseness at the headset and stem.

B is for brakes: Check brakes for function, cable tightness, worn pads, frayed cables, and alignment of the pads with the rims.
C is for cranks, chain and cassette: Check your pedals and cranks for tightness. Check for chain looseness and bad links; clean regularly. Lubricate with bicycle chain lube. Check the derailleur for worn cogs and adjustment. Check that your gears change smoothly.

Quick is for quick releases: Check to ensure that the wheels are clamped securely in the drop-outs before each ride.

Check: Check your helmet for cracks and make sure it fits properly. Check your shoes for tight cleats and straps and buckles in good repair. Make sure your bicycle saddle is the right height and the bolt is tight.

Volunteer the Cause Sponsored by Keeley Companies

Thanks to the help of over 1,000 volunteers, Pedal the Cause has grown into a hugely successful event and we plan for this to be our biggest year yet. Volunteering is a great opportunity for service groups and individuals who want to show their community spirit! We are incredibly grateful to our volunteers for giving their time, energy and talents, and we recognize the valuable role they play in PTC weekend.

If you are scheduled to work a volunteer shift during event weekend, you will need to check in at the Volunteer Tent located in the Macy's Parking Lot fifteen minutes prior to your shift. If you are volunteering offsite, please arrive 15 minutes early and check in with your volunteer leader to get a t-shirt and instructions. Please check out with your volunteer leader before leaving volunteer shift. If you are a refueling station volunteer, you do not need to check in at the Volunteer Tent, go right to your refueling station and check in with your volunteer leader.

Dress Code
Volunteers are also encouraged to dress appropriately for an outdoor event including layering clothes, sun screen, hats, etc.

Covid Policy and Protocols

Vaccination or Negative COVID-19 Test
Proof of full vaccination* or proof of a recent negative COVID-19 test will be required of all participants, staff, volunteers, and vendors to gain access to the Ride Village and Refueling Stations. COVID test must be administered within 48 hours of first volunteer shift.
We Will Accept the Following Documentation:

- Proof of Vaccine: Physical vaccine card or digital proof or photo of vaccine card
- Proof of Negative COVID-19 Test: Printed results or a digital proof or photo of test results

*You are considered fully vaccinated: 2 weeks after a second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson’s Janssen vaccine.

**Masks for Ride Weekend**
Masking will be strongly encouraged while not actively riding, eating or drinking when at the Ride Village or Refueling Stations.

**Every volunteer will receive a green Pedal the Cause volunteer Tech T!**

Thank you volunteers for making Pedal the Cause 2021 possible, and for your commitment to creating a world without cancer!

**Pedal the Cause Inspired (Virtual)**

**Packet Pick Up Information**
If you have selected to participate in Pedal the Cause Inspired (virtual) your rider packet will be mailed to you prior to the event to the address indicated at registration. In your participant box you will receive your jersey/tech t, rider bag, zip lock bag, cowbell, bib, sunscreen, and Band-Aids.

**How to submit photos and videos**
We love to see Pedal the Cause from your perspective! Share your photos and videos from your Pedal experience with us by tagging us on social media (@pedalthecause on Facebook, Twitter, Instagram) or submitting them to www.pedalthecause.org/inspired21.
Thank You Pedal the Cause Sponsors!

Our sponsors are crucial to the success of Pedal the Cause, as they offset all event and administrative costs allowing for 100% of participant-raised donations to fund cancer research. We are incredibly grateful for their support.