



American Stroke Association®
A division of the American Heart Association.

CycleNation™

CLEVELAND CYCLENATION

RIDE THE REVOLUTION.

EVENT GUIDE



November 9, 2023



Cleveland Browns Stadium



[Cyclenation.org/Cleveland](https://cyclenation.org/Cleveland)

IMPACT SPONSOR



EVENT SPONSORS



BIKE SPONSORS

AIG | Aon | BIGPLAY | GARDINER | Securitas Technology | Sharpen Skills Training

BIKE PROVIDER



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*Sponsors as of October 15, 2023



American Heart Association®

CycleNation™

**CHAIR
WELCOME**



Dear Riders,

Welcome to the 2023 Cleveland CycleNation at the Cleveland Browns Stadium! As we gather today, we celebrate nearly a century of unwavering commitment from the American Stroke Association and American Heart Association to champion the health and well-being of people everywhere.

CycleNation is more than a day – it's a movement empowering people to be healthy, while funding vital research to eradicate stroke. We ride for those who can't. For those who have lost their lives and for those who are still writing their comeback stories. And we ride together. With each push of the pedal, we are connecting hearts, minds and bodies for one purpose – to save lives.

The American Stroke Association and American Heart Association's priority is the health and well-being of all families in every community. So, let's continue the momentum as we sync our hearts to beat as one. Together, we will make a significant difference.

Let's Ride the Revolution!

For healthier hearts,

Jen Kirkpatrick

2023 Cleveland CycleNation Campaign Chair

VP Global Sales, Cisco Meraki



Meraki





Thursday, November 9, 2023

Cleveland Browns Stadium

[100 Alfred Lerner Way, Cleveland, OH 44114](#)

5:00 – 6:00 PM: Rider Check-In*
Networking & Social Hour**

5:45 PM: Program Begins
Group Warm-Up

6:00 – 8:00 PM: 2-Hour Relay Bike Ride, *led by FITWORKS*

8:00 PM: Cool Down
Awards Ceremony

9:00 PM: Event Concludes and Bar Closes

***Check-In:** Please allow time to check-in. Upon check-in, you'll receive your bike number and wristband. To save time, please [CLICK HERE](#) to complete waiver prior to arrival, otherwise you must do so at check-in.

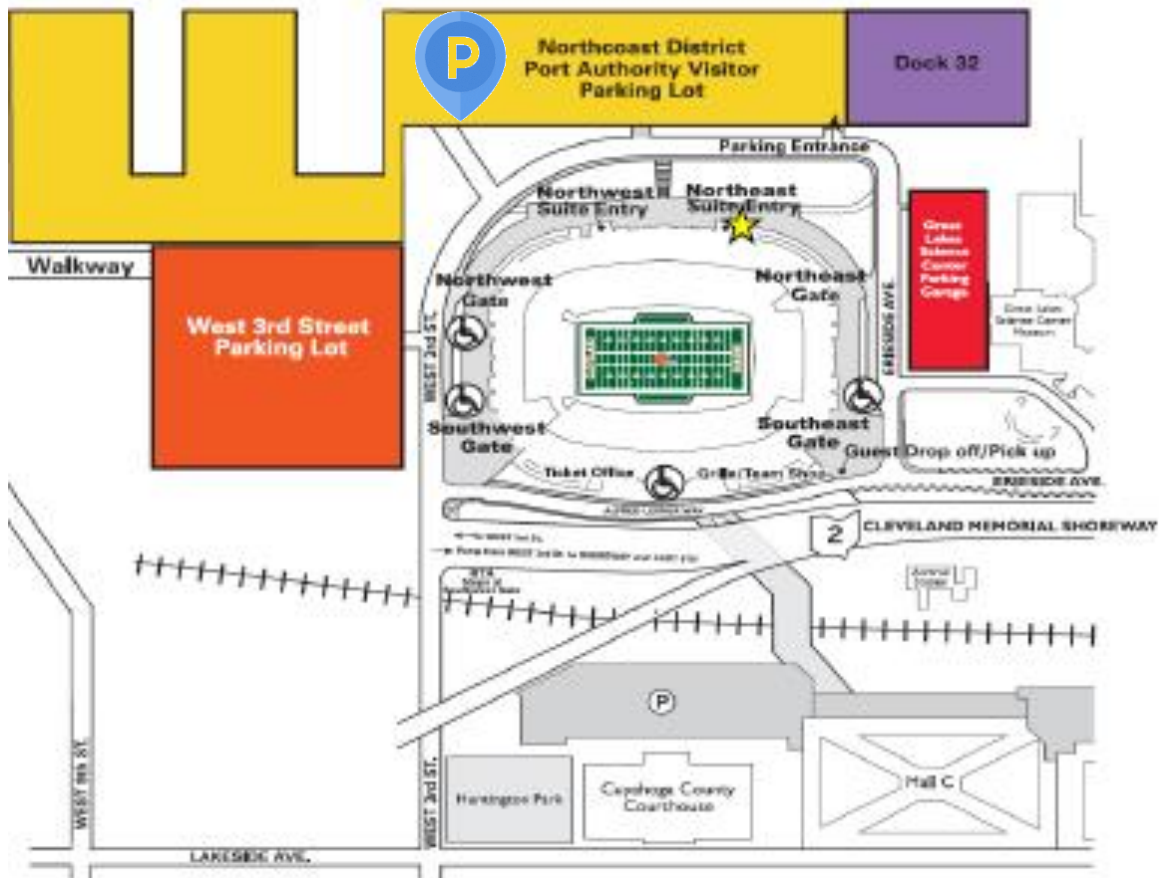
****Refreshments:** Water and a variety of healthy appetizers will be available to registered riders. All 21 years of age or older registered riders will receive one (1) drink ticket at check-in. VIP Riders and Teams will receive an additional drink ticket (2 total). A cash bar will be available for all non-registered riders, and to purchase additional beer, wine, or alcoholic beverage with cash or credit card. The American Heart Association advises alcohol should be consumed in moderation, which is no more than 1 drink per day for women and 2 drinks per day for men and only by nonpregnant women and adults when there is no risk to health condition, drug-alcohol interaction, or work situations. One drink is equivalent to 12 oz beer (5% alcohol), 5 oz wine (12% alcohol), or 1.5 oz of 80-proof distilled spirits (40% alcohol). Calorie limits should be considered.



The Cleveland Browns Stadium is located at 100 Alfred Lerner Way, Cleveland, OH 44114.

DIRECTIONS

- From the **South** (airport): take I-71 North or I-77 North to the East 9th Street exit. Take East 9th Street North to the lake. The stadium will be on the left as you head North.
- From the **East**: take I-90 West to route 2 west and exit at either East 9th St or West 3rd street. The Stadium will be on your right as you head west.
- From the **West**: Take Route 2 East to the Lakeside exit and turn left onto West 3rd St. The stadium will be straight ahead.



Parking

North Coast Harbor Lot

[515 Erieside Avenue, Cleveland, OH 44114](#)

Rate: \$6.00 (subject to change). Cash is accepted and credit cards can also be used, but you must scan the QR code at the parking lot.



Entrance

Use large staircase in middle of stadium. Once at top of stairs, veer left and use **NE Suite Entrance** doors. Take elevator to the 3rd floor (Guest Services will help with guiding guests to event).



American Heart Association®

CycleNation™

Week of Wellness
November 6th – 10th

MOVE MORE MONDAY – 11/6

Start moving and [stop sitting](#) today with a binge break with our #MadeYouMove [Sofa Stretch](#), [Accent Chair Dips](#) or [Torso Twist](#).

GET IN GEAR TUESDAY – 11/7

How much physical activity do you need? A good starting goal is at least 150 minutes a wee. But don't sweat the numbers – just [move more](#)! Find forms of exercise you like and will stick with and build more opportunities to be active into your routine.

BE WELL WEDNESDAY – 11/8

take a short break in your day to be mindful, improve your mood, reduce stress and increase energy with a [guided meditation](#).

IT'S TIME – JOIN US ON 11/9 @ THE CLEVELAND BROWNS STADIUM

Get ready for an endorphin pumping ride where we will cycle towards better brain and heart health. We will ride for those who can't, those who have lost their lives and for those who are still writing their comeback stories!

BEST FRIENDS FRIDAY – 11/10

Pets can help you reduce stress, boost mood, get more exercise and lower blood pressure and cholesterol. (We've got [the science](#) to prove it.) Be sure to take that furry friend of yours on your next bike ride – you both will thank us!





 **Jen Kirkpatrick**
Campaign Chair
VP Global Sales
Cisco Meraki



Sharon Anderson
Regional Sales Director
Ovia Health



Dominic Anzevino
Regional Director, Advisory
Savant Wealth Management



David Bourne
Managing Director
Risk and Brand Protection
Deloitte



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President
Adcom



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VP Engine Business and SAE
Business Development & Global Support
Parker Hannifin Corporation



Heather Kaesgen
Director, Channel Marketing
Stanley Black & Decker



 **Kevin Sloan***
Executive Vice President
Branch Network Executive
KeyBank



Kurt Weber
Deloitte Consulting
Payroll & Workforce Management Solutions
Deloitte



American Heart Association®
CycleNation™

**CONGRATS,
VIP RIDERS & TEAMS***

These riders & teams have put a tremendous amount of time and effort into raising lifesaving funds for the American Heart Association and American Stroke Association's mission and we are very grateful for them!



VIP RIDERS, RAISING \$1,000+

Sharon Anderson, *Ovia Health*
David Bourne, *Deloitte*
Timothy Franklin, *Field Services Group, LLC*
Jason Guyer, *Schauer Group*
Kim Harrington, *Sharpen Skills Training*
Heather Kaesgen, *Stanley Black & Decker*
Jen Kirkpatrick, *Cisco Meraki*

Kelli Mancuso, *KeyBank*
Bill Repke, *American Heart Association*
Marko Rulek, *KeyBank*
Nick Schepis, *Liberty Mutual*
Kevin Sloan, *KeyBank*
Sonya Vezmar, *American Heart Association*
Kurt Weber, *Deloitte*



VIP TEAMS, RAISING \$5,000+

Cisco Team #1, *Cisco Meraki*
Kevin Sloan's Team, *KeyBank*
Kim Harrington's Team, *Sharpen Skills Training*
Team Vezmar, *American Heart Association*



*Rankings listed in alpha order and based on donations received by October 30, 2023.

Visit CycleNation.org/Cleveland for current totals.



American Heart Association®

CycleNation™

FREQUENTLY ASKED QUESTIONS

Will I be able to ride if I haven't trained or done stationary cycling before? Absolutely! Our instructors will customize the class for all levels of riders. You can ride your own way at your own pace.

How long do I ride? The goal is to keep the bike moving for 2 hours – the more riders on your team, the more you can divide up the time between the riders. This is a fun, casual ride and your team will decide ride order and how long each participant is on the bike.

How will I know my bike number? You will receive your bike number at check-in.

What do I wear? Riders should wear athletic gear, socks, and tennis shoes. We encourage riders to arrive dressed to ride, but bathrooms with stalls are available for changing. **Costumes and matching outfits are highly encouraged!**

What shoes should I wear? The bike pedals allow for both clip-in and tennis shoes. Clip-in shoes will not be provided. If you have your own clip-in shoes, you are welcome to bring them with you.

Will there be a place to store my belongings? Coat check will be provided, but we encourage you to pack light, as lockers are not available.

What can I do while I am not riding? Come ready to cheer riders on, grab a healthy bite to eat and a drink, check out the Tribute Area to note who you are riding for, take a Sweaty Selfie, visit with local vendors, and network with your peers!

Will you have food and drink be available?* Yes, food and drinks are available to registered riders. Water stations will also be available. All registered riders will receive one (1) drink ticket at check-in. VIP Riders (raise \$1,000+) and VIP team members (raise \$5,000) will receive an additional drink ticket (2 total). Bar will be available for all non-registered riders, and to purchase additional beverages with cash or credit card.

Can others not registered on my team attend the event? Yes, we have plenty of tables and chairs for them to watch! We just have one rule – they must cheer you on!

What can I do when not riding? Check out the KeyBank Tribute Area, the Adcom Sweaty Selfie, the Delta Dental Hydration Station, visit vendor tables, network, grab a drink and bite to eat, and cheer on your team, of course!

How can I donate? Donations can be made securely to your [fundraising page](#) with a credit card, PayPal and Venmo and more. Cash and checks (made payable to the American Heart Association) may also be collected.

Can I turn in donations at the event? You sure can! Turn in your donations when you check in.

Can I fundraise after the event? Who are we to stop you from achieving fundraising fame? You can fundraise online or submit cash and checks to Stephanie.Manning@heart.org through **December 21, 2023**.

***Please note:** The American Heart Association encourages all guests to utilize a ride share program to get home safely and/or determine a designated driver for responsible transportation. Sober driving is the best kind of driving.

**Raise funds
AND raise
heartbeats**

Simply download and GO!





American
Heart
Association®

GROUNDBREAKING RESEARCH, IN CLEVELAND

Since 1960, the American Heart Association has funded more than \$116 million.

Case Western Reserve University 521 studies - \$41,699,331	Mount Sinai Medical Center 22 studies - \$399,263
Cleveland Clinic 590 studies - \$53,761,789	Ohio College of Podiatric Medicine 1 study - \$15,380
The MetroHealth System 82 studies - \$5,337,246	University Hospitals 63 studies - \$11,506,563
Cleveland Research Institute 2 studies - \$32,789	VA Medical Center 26 studies - \$839,840
Cleveland State University 22 studies - \$2,801,869	Total: 1,332 studies - \$116,394,071

Currently, the American Heart Association is funding 19 studies taking place in the Greater Cleveland area:



Join us at the Jo Ann Hablitzel Legacy Research Reception

Thursday, November 16, 2023
5:30-8:00 p.m.

The MetroHealth System | The Glick Center
2500 Metro Health Dr., Cleveland, OH 44109
Register at tinyurl.com/2p8382rk

Research happening anywhere, helps people everywhere.

Brought to you by the Hablitzel Family,
in loving memory of Jo Ann Hablitzel



Care Deeply.

At Cisco Meraki, caring deeply is one of our organization's core values, and it extends far beyond the workplace and into our community and people.

We proudly support the CycleNation movement, championing healthier hearts and brains as we pedal together for life-saving research, prevention, and longer, healthier lives.





LIVE FIERCE KODI

Kodi Pride of Twinsburg is a young mother, minister, and occupational therapist who suffered a TIA, or a mini stroke, in 2015 at age 34. Today, she says she is "living, not just surviving," but wants everyone to be aware that strokes can happen to anyone at any time.



EFFECTIVE CPR

- We trained 707,602 Ohio residents in the lifesaving skills of CPR in 2022-23.
- Cleveland EMS adopted CARES (Cardiac Arrest Registry to Enhance Survival) to collect and link data to patient outcomes from hospitals.

ADVOCATES FOR HEALTH

- Telecommunicator CPR
- Tobacco Retail License (TRL)
- Stroke Registry
- Healthy Kids' Meals

INVESTING IN YOUTH

- 22,239 Ohio students participated in our Youth Market programs in 2022-2023.
- Tobacco Free Schools- support districts in creating and sustaining 100% tobacco-free school environments

GROUNDBREAKING RESEARCH

New research studies funded in the past 5 years (2019-2023) by the American Heart Association

Case Western Reserve University, Cleveland
16 studies - \$1,829,104
Cleveland Clinic Foundation
17 studies - \$2,376,121
Cleveland State University
1 study - \$300,000
University Hospitals Cleveland Medical Center
6 studies - \$10,259,903
**Cleveland Total:
40 studies - \$14,765,128**

Each year, investigators from a wide array of disciplines look to the AHA to fund their ideas, but the available dollars simply aren't enough to support them all. In FY 2021-22, AHA research funding focused on strengthening the pipeline by supporting trainees and early career investigators and strategic topics of critical importance. The AHA received 2,027 applications, totaling more than \$700 million, that we could not fund.



We're working to ensure that everyone knows what it means to eat healthy and has the opportunity to buy affordable, healthy food and beverages.



We are leading the way in urging regulation of these devices and the liquids in them, as well as ensuring they stay out of the hands of kids.



We're partnering with local healthcare providers and community organizations to ensure that everyone has access to effective, evidence-based blood pressure management.



American
Heart
Association.

Making a Difference Investment Impact



COMMUNITY RESPONSE

- We're paying special attention to long COVID-19 and the substantial risk of heart and brain problems it presents down the road.
- Mental well-being impacts heart health. We're helping people reduce stress, practice mindfulness, gratitude and improve willpower.
- We've added getting enough sleep as an area of focus in Life's Essential 8 - eight easy areas to focus on to improve or maintain heart health.
- Our tech platform is accelerating the development of antiviral COVID-19 drugs.
- We invested more than \$27 million to investigate CVD implications of COVID-19, including \$2.5 million in Rapid Response grants.
- We helped create a registry of college athletes with COVID-19 to study the long-term affects.

Reduced
CVD MORTALITY

by 70.5%
From 1968-2020
(excludes congenital CVDs)

Reduced
CHD MORTALITY

52.8%
From 1999-2020
(CHD=Coronary Heart Disease)

Reduced
STROKE MORTALITY

37%
From 1999-2020

Trained
approximately
22 million
people annually in
CPR



More than
35 million
VOLUNTEERS & SUPPORTERS

More than **2,600**
HOSPITALS
enrolled in



American Heart Association
Get With The Guidelines.

EVIDENCE-BASED CARE in
12 million
patient hospital stays

16 million
patients benefiting from
organizations participating
in Target: BP™



Funded
14
Nobel Prize WINNERS

Funded
more than
\$5 billion
in RESEARCH
since 1949



\$15.1 million

of GRANTS & INVESTMENTS in organizations that are improving the health of their communities, thanks to the **SOCIAL IMPACT FUND**. The investment inspired an additional **\$100+ MILLION** from other investors.

This year, our work has increased access to nutrition security in 28 COMMUNITIES potentially reaching over
16 million PEOPLE



More than 143 COMPANIES
close to 1,000 PRODUCTS
and 108 RECIPES
certified as heart-healthy using strict nutritional criteria

HOW YOUR DONATIONS SAVE LIVES



Nationwide, fiscal year 2021-2022 (latest figures available)

The American Heart Association has earned a
★★★★ rating from Charity Navigator.
11/1/2022 charitynavigator.org



American Heart Association.
You're the Cure

More than **667,000**
U.S. advocates for laws that protect and improve the health of all Americans.



19 million
women interact with
Go Red for Women
through digital
platforms annually.

40 STATES and Washington, D.C.
HIGH SCHOOL GRADS



= **more than 2 million**
TRAINED IN CPR ANNUALLY

Funded LIFESAVING ADVANCEMENTS:

- Artificial Heart Valve
- Cholesterol-Inhibiting Drugs
- Heart Transplant Capabilities
- CPR Techniques & Guidelines





For every care in the community.

We proudly support the
American Heart Association's CycleNation
and its mission to build
healthier lives free of stroke and
cardiovascular disease.



American Stroke Association
A Division of the American Heart Association

Together to End Stroke®

F.A.S.T. is how we come together to end stroke®

Learn the stroke warning signs

F.A.S.T.

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911

Every 40 seconds, someone in the U.S. has a stroke.

It could happen on your street, in your workplace, at a store where you shop — anywhere. Your readiness to spot the stroke warning signs and call 911 could save a life or make the difference between a full recovery and long-term disability. That's why it's so important to learn the stroke warning signs and urge everyone you know to do the same.

The faster stroke is treated, the more likely the patient is to recover.

In fact, stroke patients who are treated with the clot-busting drug IV r-tPA Alteplase within 90 minutes of their first symptoms were almost three times more likely to recover with little or no disability.


In some cases, a procedure to remove the clot causing the stroke is also recommended. Ninety-one percent of stroke patients who were treated with a stent retriever within 150 minutes of first symptoms recovered with little or no disability.

The thing to remember is that stroke is largely treatable. It's a matter of getting the right treatment, right away.

HCA + Healthcare®
FOUNDATION

The HCA Healthcare Foundation is a national supporter of Together to End Stroke.

Stroke.org



one open door can open doors across a community.

Our most important work happens outside the four walls of our bank. KeyBank gets involved, supporting people who make a difference and working with community-focused organizations through investments, philanthropy, and volunteering. We believe that together we can keep our communities full of hope, compassion, and opportunity, one open door at a time.

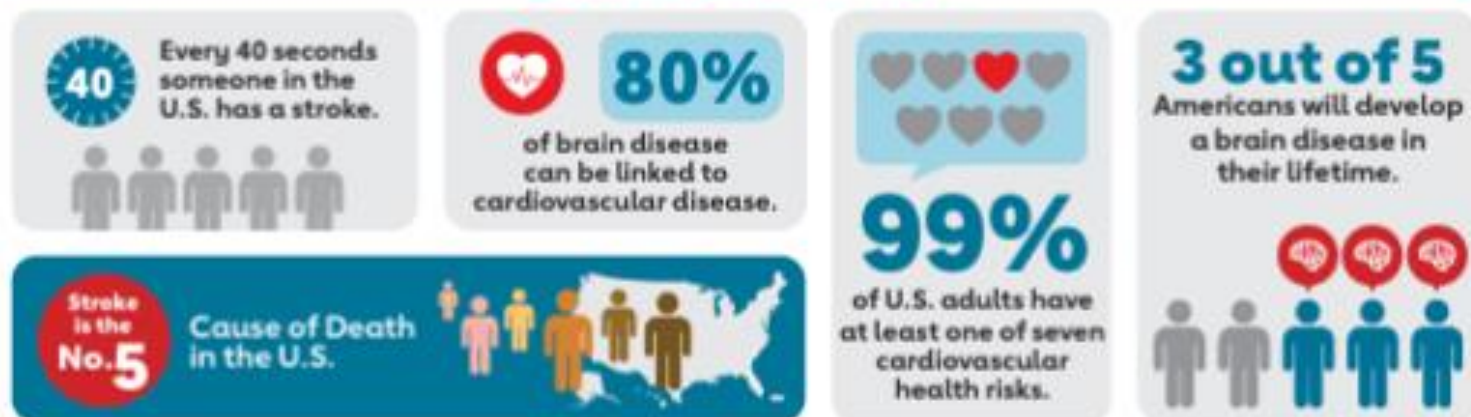
KeyBank thanks the American Heart Association for making a difference.

KeyBank 
Opens Doors.®

BRAIN HEALTH & HEALTHY AGING

As you age, a healthy body is key to a healthy brain and sharp mind. Stay healthy and active to help reduce your risk of stroke, heart disease, memory loss and difficulty with thinking and learning.

BY THE NUMBERS



YOUR LIFESTYLE CHOICES AFFECT YOUR BRAIN HEALTH

It's never too late to start making healthier choices:



Get enough sleep

Adults need 7-9 hours per night. Teenagers and children need more.



Get regular checkups

Schedule regular visits with your health care provider. Talk about how to control or manage your risk factors.



Move more, sit less

Aim for 150 minutes of moderate aerobic exercise per week or 75 minutes of vigorous exercise (or a combination) per week.



Eat healthy

Increase the amount of fruits and vegetables you eat. Reduce your intake of sodium, added sugar and saturated and trans fats.



Don't smoke or vape

If you currently smoke or vape, quit.

HOW CAN I LEARN MORE?

1 Talk with your health care provider

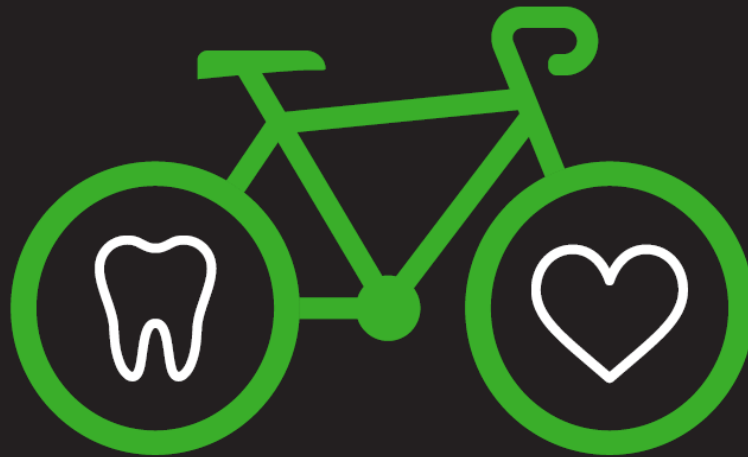
2 Call 1-888-4-STROKE (1-888-478-7653) or visit heart.org/BrainHealth

RIDE ON.



ADCOM IS A PROUD SUPPORTER OF **CYCLINATION**

WHOLE HEALTH **MATTERS.**



Delta Dental of Ohio is proud to support the American Heart Association's CycleNation and their commitment to improving the health and well-being in the communities we serve.



www.deltadentaloh.com | www.vibrantcommunities.com

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JULY 1, 2023 - JUNE 30, 2024

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November 9*



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September 16*



TOM HABITZEL
Retired Executive
The Sherwin Williams Company
*Heart & Stroke Ball Chair
June 15*

THIS IS FORWARD THINKING



The challenge

Developing solutions to stay ahead of
the ever-evolving aerospace industry

At Parker Aerospace, our passion is helping our partners thrive with the right products, the right systems and the right solutions across the entire aircraft.

We're also passionate about supporting our communities and are proud to sponsor CycleNation and support their mission to build healthier lives.



FITWORKS
DO WHAT WORKS

Your health is your greatest asset, and regular fitness is the key to a strong, resilient heart.

FITWORKS is proud to support CycleNation.
Together, we're working to prevent heart disease
and improve cardiovascular health for all.

www.fitworks.com

Latin for The Heart of Life, this is the American Heart Association's annual Philanthropic Giving Society.

Society members have made a personal investment through a variety of campaigns as well as provide direct support for bold new initiatives and programs locally, regionally, and across the nation. Learn more at heart.org/corvitaesociety or contact Tom Hablitzel, Giving Societies Ambassador.



HEART & TORCH CIRCLE, LIFETIME GIVING MEMBERS



Lorraine & Bill Dodero



1924 CIRCLE, LIFETIME GIVING MEMBERS



Tom & Jan Hablitzel *



PRESIDENT'S CIRCLE

Jim Farley
David & Brenda Jacobs



PULSE CIRCLE

Rob & Liz Durham
Dr. Barbara Harris
In loving memory of Dolores M. Lyon
George & Tammy Sullivan



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Dr. Benico & Joan Barzilai
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American Heart Association®

Paul Dudley White
Legacy Society

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