

# Frequently Asked Questions

1. I heard CycleNation is moving indoors- how can I get there?
  - The Westin is located at 21 E 5<sup>th</sup> Street. The ride will take place on the 2<sup>nd</sup> floor in the Fountain Room.
  - Parking is available for a fee in the Westin Garage via the entrance on northbound Vine Street or Fountain Square garage via the entrances on northbound Vine Street between Fifth & Sixth Streets and on southbound Walnut Street between Sixth & Fifth Streets.
2. When should I arrive?
  - **For the 4:30-6:30pm Taft Law Breakaway competitive ride:**  
Registration opens at 3:30pm. We suggest that each rider arrives by 4pm.
  - **For the 7-9pm glow ride:**  
Registration opens at 6pm. We suggest that each rider arrives by 6:30pm.
3. What should I expect at registration?
  - All riders must stop at the registration tents to sign in, fill out a waiver and review COVID-19 protocols. We will be following current city health department guidelines at the time of CycleNation.
  - It is required to wipe down your team's bike between each rider. Masks are mandatory unless eating or drinking.
4. Is bag check available?
  - Bag check is only available for VIP riders inside the Taft Center. All other riders should keep their belongings or give to a team member.
5. Will you have food available, or do I need to bring my waterbottle?
  - Bottles of water will be provided.
  - Protein bars will be available to all riders for free.
  - Drinks and heavy appetizers will be provided for VIP riders.
6. Can I bring my kids? What about a friend or spouse who isn't riding?
  - Due to the condensed space as we move indoors, only riders will be allowed to attend.
7. What kind of ride is CycleNation- road or stationary?
  - CycleNation Cincinnati brings 50 spin bikes onto Fountain Square. Your team of 4-8 riders takes turns over two hours, individually riding on your team bike. We suggest you chat with your team in advance about length of time per person, but there is no set amount required. Each rider can hop on and off at their leisure as long as there is one rider on your team's bike at all times.

8. Is there a registration fee?
  - While there is not an individual registration fee, due to the limited amount of bikes, each bike must be sponsored for a \$2,500 corporate or personal donation. VIP bikes are a \$5,000 donation.
  
9. How do I receive VIP access and what is included?
  - Corporate sponsors of \$5,000+ and teams who match their company's support with a total impact of \$5,000+ receive VIP treatment! All riders earn premium bike location, dri-fit t-shirts and drinks. The Taft Center, inside the US Bank Tower and overlooking Fountain Square, is your space for bag check, luxury bathrooms and an exclusive happy hour.
  
10. What is the CycleNation Activity Tracker?
  - You now can track your minutes of exercise right from your phone! Through the CycleNation app you'll be able to log in and compete with other teams by tracking your minutes of activity starting 30 days before the CycleNation on September 7<sup>th</sup>!
  - Sync your wearable device to the app or manually enter your minutes.
  - Download the CycleNation app in the App Store today!
  - [Click here for a tutorial.](#)
  
11. What is the CycleNation Bracket Challenge?
  - Each week from September 7<sup>th</sup> until event day on October 7<sup>th</sup> teams will be paired up with another team to compete in fundraising and activity challenges.
  - The teams with the most points each week advance to the next week.
  - Challenges include greatest number of donations that week, the most team members registered, the most likes on a team picture, etc.
  
12. What do I wear to CycleNation?
  - Please wear comfortable exercise clothes that are appropriate for bike riding, including socks.
  - The stationary bikes have capability for both clip-in shoes and regular tennis shoes.
  
13. What is the difference between the 4:30pm and 7pm ride?
  - The 4:30pm Taft Law Breakaway Ride is competitive. This means each bike will track speed and distance throughout the two hours. Medals will be awarded to teams with the top three miles.
  - The 7pm Glow Ride is not competitive. It will be led by CycleStars, similar to a CycleBar class. Glow in the dark items will be available for each team.
  
14. What if my team does not want to compete, but 4:30pm works the best for us?
  - No problem! We encourage you to register for the 4:30pm ride as only the top five teams will be highlighted on screen throughout the Taft Law Breakaway Ride.

15. If I haven't trained or tried stationary cycling before, should I be worried about making it through my time on the bike?
- CycleNation is designed to meet people where they are in their fitness and cycling journey, whether that's beginner or pro. Riders are encouraged to find their own pace and take breaks if needed. There is no set amount of time for each rider to stay on the bike- feel free to rotate riders at any time.
16. Someone gave me a check/cash. What do I do with it?
- There are two options for getting these donations credited to your page. The quickest is to download the CycleNation app. From there, you can take a picture of the check and upload it, just like you would in your bank app.
  - You can also mail in cash or checks c/o CycleNation to 5211 Madison Road, Cincinnati, OH 45227. Make sure to include a note with your name so we add it to the correct fundraising page.
17. What if I haven't reached my CycleNation fundraising goal yet?
- There's still plenty of time for you to help save lives by raising funds to support the American Stroke Association through CycleNation. Each team is challenged to raise \$2,500+.
  - A great start is to publish a [Facebook Fundraiser](#) through your CycleNation Participant Center and download the [CycleNation app](#)!
  - Please contact Rachel McCarthy at Rachel.McCarthy@heart.org or 513-699-4234 for fundraising ideas and tips!
18. When is the last day that donations will be taken?
- It is never too late to donate! Our CycleNation website will remain open for donations through the entire month of October. Feel free to visit [www.cyclenation.org/cincinnati](http://www.cyclenation.org/cincinnati)
  - Cash and check donations will be also accepted at the event.