






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

CycleNation™

CLEVELAND CYCLENATION

RIDE THE REVOLUTION.

EVENT GUIDE

	May 2, 2024
	FWD Day & Nightclub
	Cyclenation.org/Cleveland

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BIKE PROVIDER



BIKE SPONSORS

Cisco Meraki
Everybody Cycle



American Heart Association®
CycleNation™

CHAIR
WELCOME



Dear Riders,

Welcome to the 2024 Cleveland CycleNation at FWD Day + Night Club!

It's an especially exciting year, marking a century of unwavering commitment from the American Stroke Association and American Heart Association in championing global health.

CycleNation is so much more than an event—it's a movement empowering people to prioritize health and fund critical stroke research. Strokes can affect anyone, regardless of age, with approximately one in four adults over 25 experiencing a stroke in their lifetime. Despite progress in awareness, stroke remains the fifth-leading cause of death and a major cause of disability in the U.S., affecting about 800,000 people annually.

So, we ride for those who can't. For those who have lost their lives and for those who are still writing their comeback stories. With each push of the pedal, we will connect hearts, minds and bodies for one purpose - to save lives.

Together, we can make a significant difference in the health and well-being of families across Greater Cleveland. Let's sync our hearts and beat as one towards a healthier future!

For healthier hearts,

Shawn Isham

2024 Cleveland CycleNation Campaign Chair

VP, Engine Business and SAE Business Development & Global Support

Parker Hannifin Corporation





Thursday, May 2, 2024

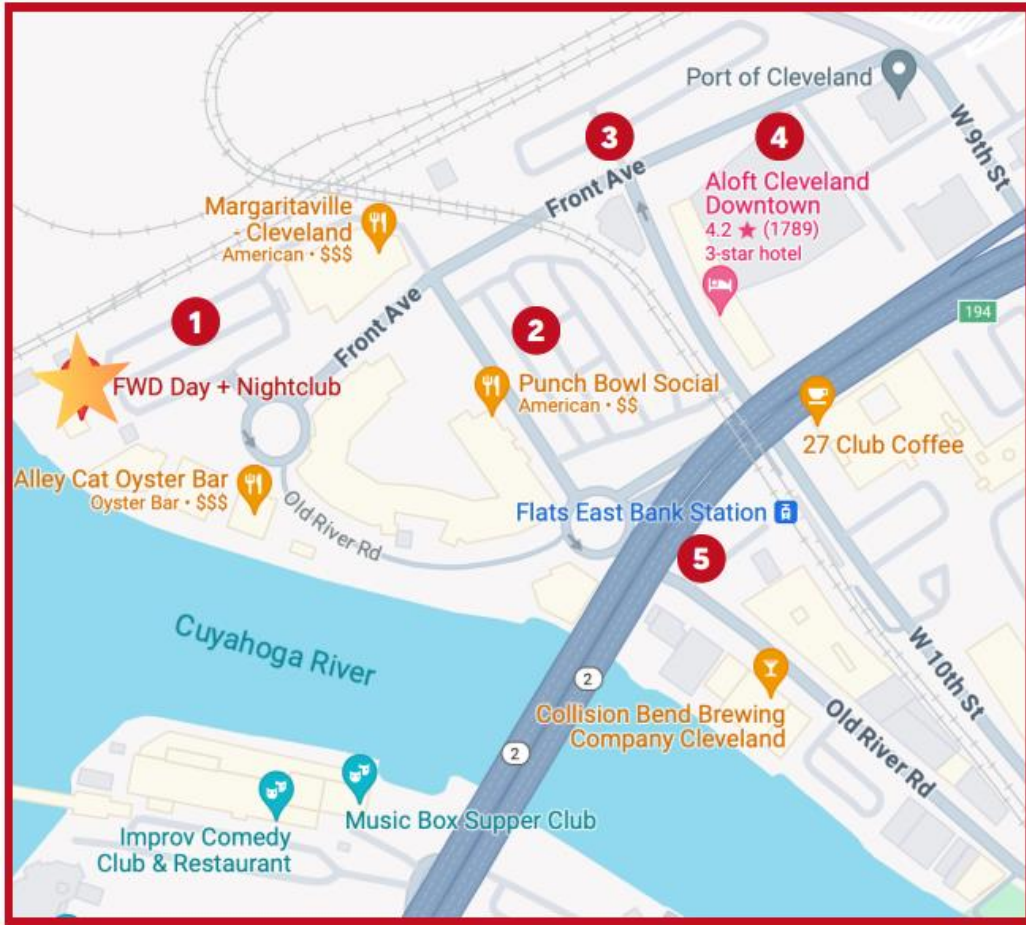
FWD Day + Nightclub

[1176 Front Avenue, Cleveland, OH 44113](#)

- 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.



FWD Day + Nightclub, located at [1176 Front Ave, Cleveland, OH 44113](https://www.google.com/maps/place/1176+Front+Ave,+Cleveland,+OH+44113)

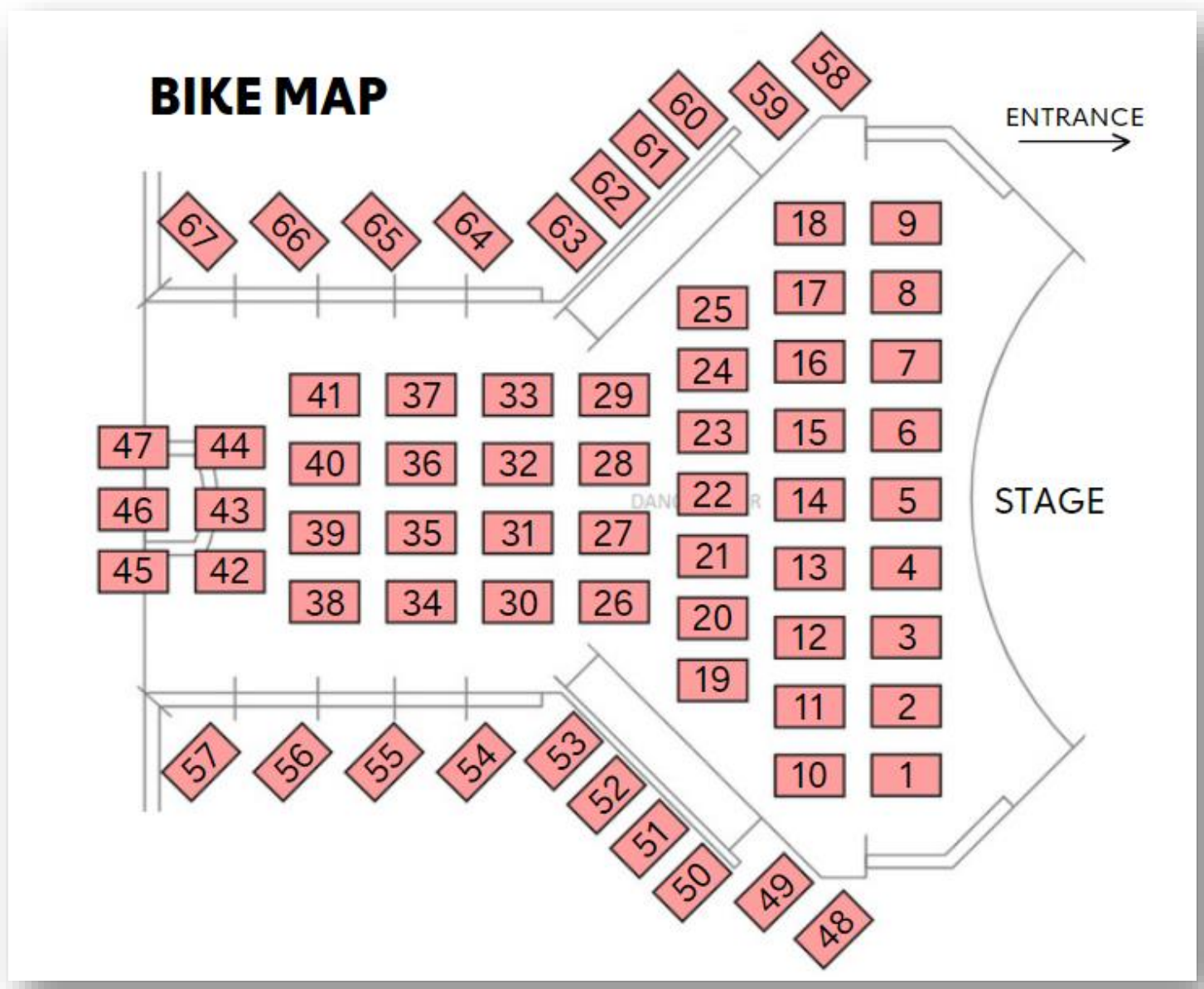
RECOMMENDED PARKING LOT:

- 1** 1055 Old River Road, Cleveland, OH 44113 (Green Lot)
- 2** 1016 Main Ave, Cleveland, OH 44113 (Blue Lot)
- 3** 1010 Front Ave, Cleveland, OH 44113 (Red Lot)
- 4** Front Street Garage at 950 Main Ave, Cleveland, OH 44113
- 5** 1170 Old River Rd, Cleveland, OH 44113

All parking lots accept cash and credit card; prices range from \$10-\$20



Riders will receive their bike number at registration.





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.

What do I do when I arrive? Upon arrival, please check-in at registration. All riders are required to complete a waiver before entering. QR codes will be available for you to scan and sign using your phone. You will also receive your bike number at check-in. **IMPORTANT: If you registered on May 2, 2024, OR if you did not pre-register, please visit the help area at registration.**

If I am a VIP Rider or VIP Team, what do I do? Congrats, plan to receive lots of VIP treatment! We will have a special check-in lane for our VIPs where you will receive your goodies. If you are a qualifying VIP Team member, volunteers will escort you to your private cabana!

What do I wear? Riders should wear athletic gear, socks, and tennis shoes. The bike pedals allow for both clip-in 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!**

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? It's going to be the best open air-party you've ever been to! Cheer riders on, jam out to a playlist curated by The Energy Producer, check out the Tribute Area to note who you are riding for, take a Sweaty Selfie (or two!) to a backdrop of Cleveland's skyline and party with your peers!

Will you have food and drinks 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 just have one rule – they must cheer you on!

How can I donate? Donations can be made securely to your [fundraising page](#) with a credit card, PayPal, 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 June 30, 2024.

**Raise funds
AND raise
heartbeats**

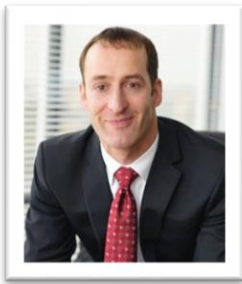
Simply download and GO!



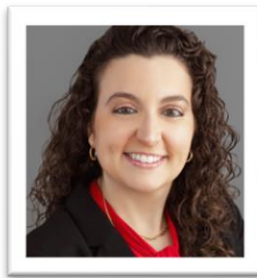


SHAWN ISHAM
*VP, Engine Business and SAE
Business Development & Global Support
Parker Hannifin Corporation*

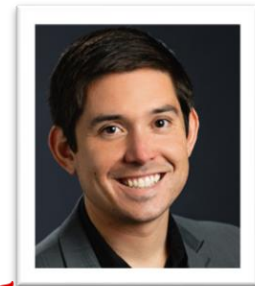
2024 Campaign Chair




DAVID BOURNE
*Managing Director,
Risk and Brand Protection
Deloitte*



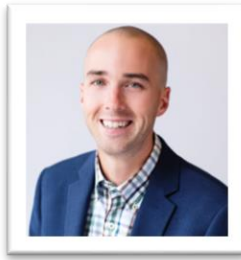
E. RITA CAMARDO
*VP, Regional Relationship Manager
Impressia Bank*



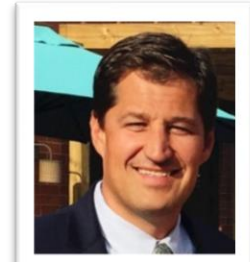
 **NATHAN DAVID**
*Instructor and Founder
Everybody Cycle*



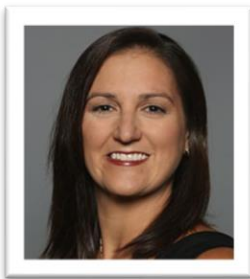
BRAD FISCHER
*VP, Customer Experience
& Distribution Services
Parker Hannifin Corporation*



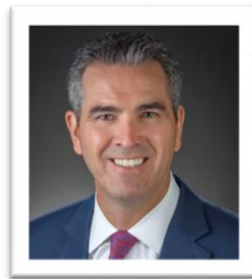
JASON GUYER
*Client Advisor, Risk Management
Schauer Group*



DAN HANELINE
*Senior Vice President, Head of Office
Marsh*



 **JEN KIRKPATRICK***
*VP, Global Sales
Cisco Meraki*



KEVIN SLOAN*
*Executive Vice President,
Branch Network Executive
KeyBank*



KURT WEBER
*Deloitte Consulting
Payroll & Workforce Mgmt. Solutions
Deloitte*



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+**

David Bourne, *Deloitte*
E. Rita Camardo, *Impressia Bank*
Jeffrey Falkowski, *Parker Hannifin*
Bradley Fischer, *Parker Hannifin*
Shawn Isham, *Parker Hannifin*
Nick Liberatore, *Parker Hannifin*
Kevin Sloan, *KeyBank*
Jason Guyer, *Schauer Group*

 **VIP TEAMS, RAISING \$5,000+**

Parker Aerospace Team, *Parker Hannifin*



*Rankings listed in alpha order and based on donations received by April 19, 2024.

Visit [CycleNation.org/Cleveland](https://www.cyclenation.org/Cleveland) for current totals.



**THE HIGHER
WE GO,
THE CLOSER
WE GET TO
A BETTER
TOMORROW.**

When you're working in the Aerospace industry, you're constantly looking towards the skies. Reaching new heights isn't just a goal at Parker, it's a daily occurrence.



parker.com



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

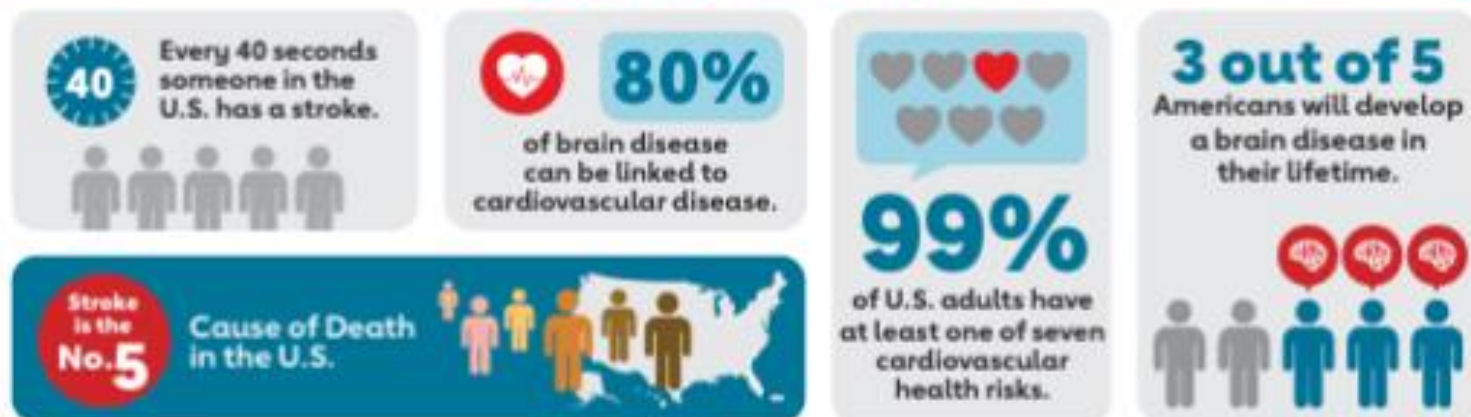
The HCA Healthcare Foundation is a national supporter of Together to End Stroke.

Stroke.org

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

one open door can open doors across a community.

Our most important work happens outside the four walls of our bank. KeyBank gets involved by supporting people who make a difference and working with community-focused organizations through investments, philanthropy, and volunteering. Together we can keep our communities full of hope, compassion, and opportunity. KeyBank thanks the American Heart Association for making a difference.

KeyBank 
Opens Doors.

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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