



American Heart Association.
CycleNation™



CLEVELAND **CYCLENATION** DAY OF EVENT GUIDE



SECTION

10

ROW

27

SEAT

22

FirstEnergy Stadium

100 Alfred Lerner Way, Cleveland, OH 44114

5:00 - 9:00 PM

ADMIT ONE



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 **CYCLEBAR**



FITWORKS

*Current at time of print.



READY. SET. BIKE.





American Heart Association.

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2022 CYCLENATION CHAIR WELCOME ADDRESS



Dear Riders,

Welcome to 2022 Cleveland CycleNation at FirstEnergy Stadium! During the past year, the American Heart Association has prioritized mental and physical health more than ever before, and our community has rallied around and promoted healthy habits.

Today is the perfect time to renew your commitment to this mission. Cardiovascular disease, including stroke, remains the No. 1 killer of Americans. We need to address this challenge vigorously to help prevent, diagnose, and treat heart disease and stroke so fewer people suffer and die.

We hope you are inspired by your participation in CycleNation. With every pedal you push and every dollar you raise, you are helping more people live longer, healthier lives.

The 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!

For healthier hearts,

Kevin Sloan

2022 Cleveland CycleNation Campaign Chair

Executive Vice President and Branch Network Executive
KeyBank





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DAY OF EVENT SCHEDULE



Thursday, October 27th

FirstEnergy Stadium

100 Alfred Lerner Way, Cleveland, OH 44114

5:00 PM - 6:00 PM – Rider Check-In

Pre-Ride Networking & Happy Hour

5:45 PM – Program Begins

Group Warm-Up, led by FITWORKS

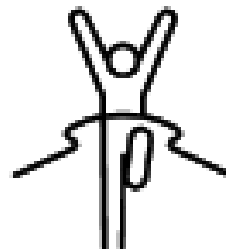
6:00 PM – 8:00 PM – 2-Hour Relay Bike Ride, *led by CycleBar*

8:00 PM – Cool Down, *led by FITWORKS*

Awards/Top Rider Medal Ceremony

8:00 PM – 9:00 PM – Post-Ride Networking Happy Hour

Bar will remain open until 9:30PM





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CYCLENATION DIRECTIONS & PARKING

FirstEnergy Stadium is located in downtown Cleveland, North of Lakeside Avenue, between West 3rd Street and East 9th Street.

If you are approaching the Stadium:

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

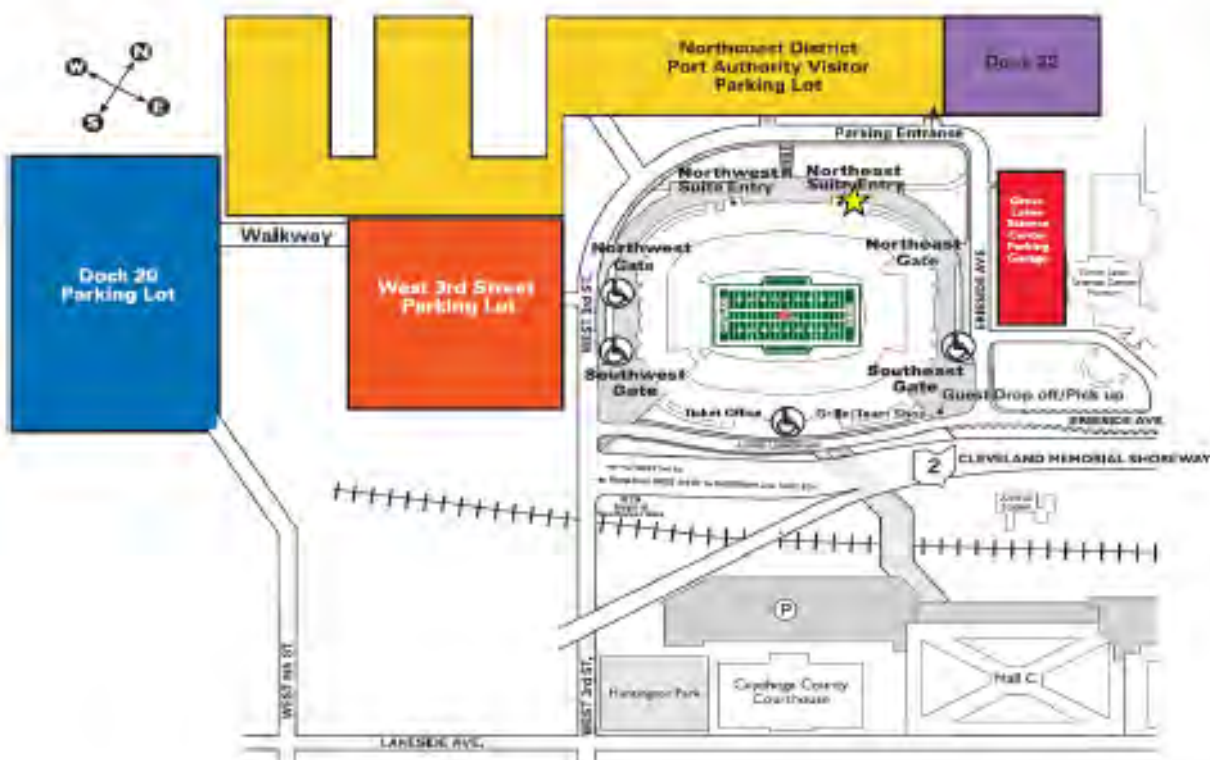
Take I-90 West to Route 2 West and exit at either East 9th Street or West 3rd Street.

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 Street.

The Stadium will be straight ahead.



When you arrive, please park in the North Coast Harbor Lot (yellow lot on map) located on the north side of the stadium. The entrance to the parking lot is by the stop sign at 515 Erieside Avenue. Once you have parked, cross the street and stay on the sidewalk. Then go up the large staircase in the middle of the stadium under the "FirstEnergy" sign. Once you are at the top of the stairs, veer left and enter the NE Suite Entrance doors. Guest Services will man the elevators, but the event is located on the 3rd floor.



American Stroke Association
A division of the American Heart Association

CycleNation™

WEEK OF
WELLNESS

10/24 – 10/28

Exercise your mind, body and heart, and find a daily dose of inspiration during the week leading up to Cleveland CycleNation.

MOVE MORE MONDAY – OCTOBER 24

Get warmed up for CycleNation and take a break with our #MadeYouMove Sofa Stretch, Accent Chair Dips or Torso Twist. Don't forget to stay hydrated! American adults consume an average of 77 grams of sugar per day, more than 3 times the recommended amount. It is time to re-think those sugary drinks and consider a healthier swap!

Locally Sponsored By: Delta Dental

GET IN GEAR TUESDAY – OCTOBER 25

How much physical activity do you need? Get fit in 150+ (minutes of activity per week). Practice moving more and sitting less with these physical activity recommendations. Go for a walk or ride today and take the scenic route! We want to see your scenic routes as you train for CycleNation! Post your photo, tag @AmericanHeartOhio and use #CycleNationCLE!

Locally Sponsored By: Stanley Black & Decker

BE WELL WEDNESDAY – OCTOBER 26

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 at First Energy Stadium on October 27th!
Get ready for an endorphin pumping ride where everyone is a winner! Share your photos with #CycleNationCLE!

**CYCLE
NATION**

BEST FRIENDS FRIDAY – OCTOBER 28

Share a photo of you and your furry best friend. Post your photo, tag @AmericanHeartOhio and use #CycleNationCLE! And if you need a little pep in your step, try the CycleNation Playlist.



2022 EXECUTIVE LEADERSHIP TEAM | CLEVELAND CYCLENATION



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Campaign Chair

Executive Vice President

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Paul Wellener*

Vice Chair, US Industrial Products
and Construction Leader
Deloitte



Cor Vitae Giving Society Member



Past Campaign Chair



American Heart Association®

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**CONGRATS,
VIP RIDERS & TEAMS***

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

VIP WALKERS, RAISING \$1,000+

Phil Clouse

Kevin Sloan

Stephanie Kenney

Paul Wellener

Jen Kirkpatrick

Keith Wright

Kristyn Proeschel

Jaci Yoder

Nick Schepis

VIP TEAMS, RAISING \$5,000+

Kevin Sloan's Team, KeyBank

Paul Wellener's Team, Deloitte

*Rankings based on donations received by October 14, 2022.

Visit www.CycleNation.org/Cleveland for current totals.

EXPERIENCE CYCLENATION 2022 AS A VIP



American Heart Association®
CycleNation™

RAISE \$100+

Register and fundraise \$100+ by October 20, 2022 to receive:



Water Bottle



BECOME A VIP RIDER

Register and fundraise \$1,000+ by October 20, 2022 to receive:



Top Rider Medal



1 Additional
Drink Ticket*



Cinch Bag



Sweat Towel



VIP
Water Bottle

BECOME A VIP TEAM

Collectively fundraise \$5,000+ by October 20, 2022 and each registered rider (up to 8) will receive:



Reserved Table
and cheer kit



1 Additional
Drink Ticket*



Cinch Bag



Sweat Towel



Plus, Team Bike
outfitted with
cushioned gel seat!



Additional awards will be provided to:

Top Rider: The individual who raises the most overall

Top Team: The team who raises the most overall

Team Spirit: The team who shows up and shows out!

*All registered riders will receive one drink ticket at check-in. Awards and prizes will be distributed at the event.



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FREQUENTLY ASKED QUESTIONS

Is there a registration fee? No. Instead, participants are encouraged to fundraise, so your impact is limitless. Riders are encouraged to fundraise minimum of \$250 or \$1,000 per team.

Should I register ahead of time? Yes! Registering online at www.cyclenation.org/Cleveland gives you access to all our great fundraising tools and keeps you updated on day of event info.

Will I be able to ride if I haven't trained or done indoor/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 many riders can be on my team? 2-8 riders

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. Each team can split up the ride however they'd like!

How will I know my bike number? Teams will be assigned a specific bike on site at registration.

What do I wear to CycleNation? Riders should wear comfy cycling clothes, yoga pants, exercise clothes, socks, and tennis shoes. Costumes and matching outfits are highly encouraged!

Can I wear a mask to Cleveland CycleNation? Absolutely. Our events are mask-friendly.

Will there be activities for me to do when I'm not riding? Yes! You can cheer on your teammates, network with other teams & riders, play games, visit vendor tables, & enjoy apps and drinks.

Where should I park? Please park in the North Coast Harbor Lot located on the north side of the stadium. The entrance to the parking lot is by the stop sign at 515 Erieside Avenue. Riders who raise \$100+ will receive complimentary parking. Proceed up the large staircase under the "FirstEnergy" sign. Veer left and enter the NE Suite Entrance doors.

Will you have water? We will!

How are donations made? 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 money at Cleveland CycleNation? You sure can! Turn in your donations when you check in for the event.

Where do my donations go? Funds raised will be used for stroke, heart and brain-centric research, prevention, and advocacy. Your funding of life-saving research can lead to better treatment and longer lives for millions of Americans.

Can I fundraise after CycleNation event day? Of course! 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 8th, 2022.

The strength of our community is its greatest asset.



When people work together, anything is possible. It's why we support organizations that bring people within our community closer. They reinforce the bonds we share and help us celebrate the traditions we hold dear. It's just one part of our investment in our neighbors and the community.

KeyBank thanks American Heart Association for making a difference.



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For every care in the community.



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

ClevelandClinic.org/Cerebrovascular

100
YEARS
EST. 1921

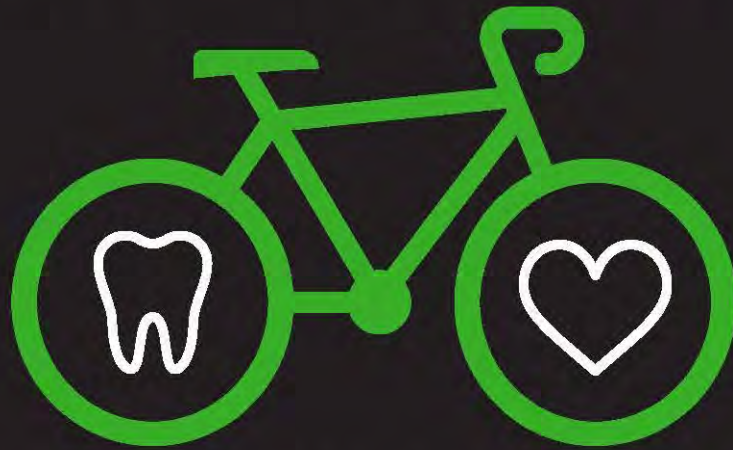
 **Cleveland Clinic**

RIDE ON.



ADCOM IS A PROUD SUPPORTER OF **CYCLENATION**

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

For those who
make the world.TM

Stanley Black & Decker
is proud to support the
CycleNation.



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Thank you to our Cor Vitae Society. Cor Vitae, Latin for The Heart of Life, is an annual Philanthropic Giving Society. Society members have made a personal investment to improve and extend lives through the work of the American Heart Association. Their efforts support cutting-edge research, community initiatives and proven advocacy, education and outreach efforts. We are deeply grateful to each of our Cor Vitae Society members and their impact.

CLEVELAND AMERICAN HEART ASSOCIATION COR VITAE SOCIETY MEMBERS



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In loving memory of Dolores M. Lyon The
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^
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Paul Dudley White Legacy Society



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Thank you to our Paul Dudley White Legacy Society. The Paul Dudley White Legacy Society recognizes donors who support the American Heart Association through a will, trust or other estate planning vehicle such as account beneficiary designation form. Named for one of our founders, Dr. Paul Dudley White, considered the father of American cardiology, members not only continue Dr. White's legacy, but also create a legacy of their own.

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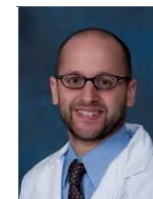
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2022-2023 Calendar of Events IN GREATER CLEVELAND

The American Heart Association is working to fight heart disease and stroke and helping families in our community thrive. We hope you will join us at one of our upcoming initiatives to promote healthy lifestyles through fundraising, education, awareness, and advocacy in our community!

September	October	November	December
<p>10 Lorain County Heart Walk</p> <p>24 Cleveland Heart Walk</p> <p>29 World Heart Day</p>	<p>1 Ashtabula County Heart Walk</p> <p>10 World Mental Health Day</p> <p>18 STEM Goes Red for Girls</p> <p>27 CycleNation™</p> <p>29 World Stroke Day</p>	<p>5-7 Scientific Sessions</p> <p>8 National STEM Day</p> <p>17 Jo Ann Hablitzel Legacy Research Reception</p> <p>30 Giving Tuesday</p>	<p><i>Learn about the many ways to give</i></p>
January	February	March	April
<p>Start your year off the healthy way...</p>	<p>American Heart Month Black History Month</p> <p>3 National Wear Red Day®</p> <p>7 Go Red for Women® Experience</p> <p>7-14 Congenital Heart Defect Awareness Week</p>	<p>Nutrition Month</p>	<p>Move More Month Minority Health Month</p> <p>7 World Health Day</p> <p>17-23 National Volunteer Week</p>
May	June	July	August
<p>Stroke Month Maternal Mental Health Month Hypertension Awareness Month</p>	<p>LGBT Pride Month</p> <p>1-7 CPR & AED Awareness Week</p> <p>3 Lake & Geauga Counties Heart Walk</p> <p>Heart of Cleveland Event</p> <p>16</p>	<p>Quality Improvement Month Summer Heart Health Month</p>	<p>Kick off the new school year with Kids Heart Challenge or American Heart Challenge</p>

#CycleNationCLE



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RIDE THE REVOLUTION.

Thank you for
5 great years of
CycleNation in
Cleveland!

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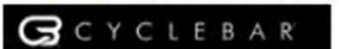


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