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PROPER NUTRITION

Eating and hydrating before, during, and after 24 Indianapolis will help the event go well. Here are nutrition tips that will help make sure you’re properly fueled:

- Eat a meal that consists of mostly carbs, along with some fat and protein 2-4 hours before the start. Carbs fuel your muscles, and the fat and protein will help you feel full.

- Hydrate: Drink enough fluids to maintain your baseline body weight but be aware of overhydration. If you begin to gain weight above your baseline body weight, you are drinking too much water and depleting your sodium level.

- Not only should you hydrate by drinking enough fluids but also make sure you are eating enough foods to maintain nutrients your body will use. This is critical!

- Utilize both water and sports drinks (Gatorade) to stay hydrated and maintain sodium levels.

BIKE CHECK

Before doing a ride like 24 Indianapolis, it is a good idea to check your bike over. This year we have partnered with Bike Line for all of your bike tune up needs. Be sure to visit them at:

6520 Cornell Ave
Indianapolis, IN 46220
317.815.1122
https://www.thebikeline.com/

Ensure all the bolts are tightened appropriately, your chain is clean and lubed. Ensure all your gears shift perfectly. Ensure all your tires are clear of any shrapnel.

PREPERATION TIPS

- Pay attention to the weather forecast and dress appropriately for the weather conditions.

- Plan to adjust your pace/goals for the weather. The increasing temperature will require more of your body’s energy and resources to maintain normal function, so a slower pace than originally planned or reducing your mileage goal is recommended in order to complete the event without overheating.

- Police and security will be posted at most intersections. They will have access to medical to assist in any medical situation. In emergency situations, they will activate 911.

- For participants who require medical assistance, the Main Medical Unit is located in The Hub on Butler University’s campus.

- Please be sure to apply sunscreen regularly throughout the event.

- Please take the time to fill out the emergency information with a ballpoint pen on the back of your bib.

24 Indianapolis brings together riders and walkers of all abilities. Complete one mile or 100 miles – it’s an event where everyone can participate and make an impact.
We appreciate your effort in keeping 24 Indianapolis a safe and enjoyable event for all participants! Here are the rules of the road:

- **24 Indianapolis is not a race.**
- **Please be respectful of your fellow riders regardless of their pace.**
- **The event is conducted on a closed course blocked off from traffic with round-the-clock police protection, but each participant should make safety a top priority.**
- **Helmets must be worn properly and at all times while riding.**
- **No headphones or iPods are permitted while riding.**
- **Obey all traffic signs & signals.**
- **To help local traffic, we ask that all cyclists enter and exit the course at the start/finish area.**
- **Ride in control, at a safe speed, and at a safe distance from other riders.**
- **Pass carefully. Ride on the right; pass on the left.**
- **Verbally communicate with other riders with indicators such as “On your left,” “Slowing,” and “Stopping”.**
- **Stay within traffic cones on the designated 24 Indianapolis course.**
- **Cyclists choosing to ride at night must have an effective lighting system on both the front and rear of their bikes from sun down to sun up.**
- **Dangerous riders will be removed from the course. We reserve the right to remove any rider from the course at any time for just cause in our sole discretion.**
- **No riding in pace lines, drafting or fast team racing.**
- **Again, this is NOT a race.**
GEARING UP

What to Bring

We supply all your hydration and food needs, bathrooms, showers, entertainment, camping area, and most importantly, fun! You will need to bring a few things to add to this great experience! The following is a suggested packing list for 24 Indianapolis. Please be sure to consider the weather and bring items that are essential for the weekend.

- Bike—mountain, road, tandem or unicycle. No child seats or buggies!
- Helmet
- Bike lights – Front and back of bike required at night.
- Batteries and/or chargers
- Identification, money, credit card (carry with you in a plastic bag)
- Cell phone (carry with you in a plastic bag)
- Comfortable shirt or lightweight jersey (2) - Stay cool – you’ll thank yourself later for choosing clothing that wicks away sweat.
- Comfortable and lightweight shorts.
- Cycling shoes or sneakers (2) - use a familiar pair that is already comfortable to avoid blisters, plus bring an extra pair in case of rain.
- Sweatshirt – it’s important to have some layers to keep you warm when night riding or hanging around Hub 24.
- Change of clothes - It isn’t fun or hygienic to start a ride in wet, sweaty clothes.
- Sleeping clothes
- Water bottle (2)
- Sunglasses
- Sunscreen
- Lip balm
- Rain gear – better safe and DRY than sorry!
- Toiletry kit
- Towels
- Shower shoes
- Tent
- Sleeping bag or bed linens
- Pillow and pillowcase
- Folding chair
- Plastic trash bags – to protect dry clothing and to pack away wet or dirty items.
- And most importantly, a smile & positive attitude!
**BEFORE THE START**

**Fundraising**

**MEET YOUR FUNDRAISING MINIMUM**

All adult participants must meet the $200 fundraising minimum in order to participate. ($100 minimum for youth and $50 minimum for child).

**FUNDRAISING AWARDS DEADLINE**

The fundraising deadline for awards will be Saturday, June 29th at 12:00 pm. Top fundraisers will earn great prizes!

*Top Fundraiser* – Award a $3500 grant to the beneficiary of their choosing from the 24 Foundation approved list.

*2nd Place* – Award a $1,000 grant.

*3rd Place* – Award a $500 grant.

Please note: A full list of awards is available on our website.

**YOUR STANDINGS**

See where you stand [here](#). You can also check [here](#) to see what kind of 24 Foundation gear you can earn for your fundraising.

**MAILING CHECKS**

If you are mailing checks to the office and would like them to be included with your fundraising, please make sure they arrive by Thursday, June 27th at 5:00 pm. If you don’t think they will arrive by Thursday, please bring them directly to packet pickup.

**MATCHING GIFTS**

If your company or donor’s company matches gifts, you can double your donations! Make sure you let your team know about matching gifts.
Packet Pick Up & Loading In

**Packet Pick Up**

Must Haves:
- Photo ID
- Met your fundraising minimum

Everyone must pick up their own packet - the only exception is immediate family members picking up packets for one another, but they must have a copy of the rider’s ID.

**Parking & Loading In**

Parking is always tight during 24 Indianapolis. Here are a few things that will help make things go more smoothly!
- Use the parking garage located at the 4700 block of Sunset Avenue, between 46th and 49th streets.
- Please be respectful of our neighbors and don’t block any driveways or squeeze into spots.
- Please do not park in any other parking lots or decks on Butler University’s property. Vehicles will be towed.

**On-Site Packet Pick Up**

Early packet pick-up is from 4:00 pm - 7:00 pm on Thursday, June 27th at the Hub in the expo.

Packet pick up at the Hub 24 registration tent will be from 1:00 pm - midnight on Friday, June 28th and from midnight - 3:00 pm on Saturday, June 29th.

**Your Packet Includes**
- Wrist band – your fastpass ticket that will permit you on the course and in the Main Food Tent.
- Bib Number – must be worn while riding.
- Event t-shirt
- Incentive items earned

**Parking - Please Carpool!**

All participant, volunteer, and vendor parking is available in the parking garage located at the 4700 block of Sunset Avenue, between 46th and 49th streets. Motorists’ access to the 1,040 space garage is available from Sunset Avenue. Participants will need to enter Hub 24 via Sunset Avenue after parking.

**Gear Drop - Bring a Buddy!**

Bring a crew of friends to unload your equipment and the process is sure to be easier and much faster!

**General Rider Gear Drop** - Friday, June 27 from 1:00 pm - 5:30 pm. Please enter Butler Way and follow the traffic circle around the flag pole. No parking will be allowed. Please be prepared to drop your gear and keep moving! Please follow these directions and help us keep cars flowing.
HUB 24 - CAMP SET UP

Camping will be located on the East Mall at Butler University. Decorate your camp to win our Best Campground Decor Award!

Top Fundraisers
The campground will open at 1:00 pm on Friday, June 28th.

All Riders
The campground will open at 2:00 pm on Friday, June 28th.

No Pets
24 Indianapolis loves our four-legged friends, but you’ll have to leave the furry friends at home this year! Due to grounds rules, we are not allowed to have animals.

No Alcohol

No Smoking

EXPO

Aside from camping, Hub 24 is home to our expo area and your one-stop shop to check out our corporate sponsors and beneficiaries like Indiana University Health Simon Cancer Center, Franciscan Health Center, and LIVESTRONG. Learn more about their services, win giveaways and special prizes and stock up on 24 Foundation gear!

EXPO HOURS

Friday, June 28th - 3:00 pm - 9:00 pm
Saturday, June 29th - 9:00 am - 7:00 pm

Tag your event photos with #24Indy and @24Foundation to share with your friends and followers!

Facebook: facebook.com/24Foundation/

Instagram: @24_Foundation

Twitter: 24foundation
START LINEUP & SURVIVOR LAP

Help 24 Foundation kick off 2019’s 24 Indianapolis. Opening ceremonies will be at the Start/Finish line beginning at 6:30 pm with survivors at the front, followed by top fundraisers and general riders. Survivors who are ONLY participating in the survivor lap will need to check in at the registration tent to sign a waiver and get a survivor wristband. Let us honor your friends and family while we work together to make an immediate impact on the lives of those affected by cancer. Please follow volunteer directions and signage to ensure Survivors, orange jerseys and the top team are up front.

SURVIVOR SPEAKER PANEL

Come and socialize with fellow survivors during breakfast at 8:00 am! The Survivor Speaker Panel is an opportunity for survivors to share stories as well as answer questions from fellow participants.

KIDS’ RIDE & PARTY

Join in on the fun and cheer on our Kids’ Ride participants Saturday at 10:00 am. Following the ride, there will be a dance party for everyone to bust a move!

ICE CREAM PARTY & AWARDS

Join us for an ice cream party and an award celebration beginning at 4:00 pm on Saturday, June 29th.

LAST LAP

The last lap will take place at 6:40 pm on Saturday, June 28th at the Start/Finish line. Once this group leaves, the course will be closed behind them and any other riders will have to exit the course. Join us for this last lap so we can finish strong together! The team with the most riders in matching uniform on the final lap will be awarded the Golden Spoke!

SPECTATORS

If you have friends and family who are coming to cheer you on, please have them park outside the loop and carpool when possible. Be sure to share this information with family and friends!
Mission & Survivorship

**SURVIVOR LAP**

The first lap at 24 Indianapolis is a parade lap to honor all of the survivors on the course. Survivors will lead the way, followed by top fundraisers. Make sure your friends and family are spectating for this special lap!

**LUMINARIES**

Stop by the Mission Tent and fill out a luminary in honor or in memory of a loved one. The luminaries will line the course on Friday night from 10:00 pm - 1:00 am.

**MISSION TENT**

Visit the Mission Tent to talk to local and national beneficiaries, fill out luminaries and post cards or those who have been touched by cancer or your fundraising supporters and learn how your donations are impacting the cancer community. Find the mission tent in the expo area.

**SPECTATOR MEALS - DINNER & LUNCH PROGRAMS**

Join us in the food tent for any of our meals! Buy a meal ticket at our store or purchase them ahead of time in our online store. All tickets can be picked up by purchaser name in the expo.

**#24INDY**

24 Foundation exists to inspire and engage communities to make an immediate impact on the lives of those affected cancer. We ride and stride for those just diagnosed, those in the midst of their battle and for those who are no longer with us. We are a fun, focused community. We are a community of survivors and family. Whether you complete one mile, or one hundred miles. Whether you ride, walk, volunteer, donate, cheer from the sidelines or offer up words of encouragement, let’s make a greater impact in the local and national cancer community.

**BIBS**

Survivor, In Honor Of, and In Memory Of bibs are available at the Mission Tent. Grab one (or several), fill them out and wear them to let everyone know why you ride!

**BENEFICIARIES**

Representatives from Indiana University Health Simon Cancer Center, Franciscan Health Cancer Center and the LIVESTRONG Foundation will be on hand in the Mission Tent to talk more about the impact of your fundraising dollars. Stop by to learn how your fundraising is impacting the cancer community. Visit our beneficiary page to learn more about these organizations!
Rider Loop

Route Distance: 2.7 miles
From the North on I-65 (Chicago)
Take I-865 East to I-465 East and then take Exit 31, turning right on Meridian St. Travel to W Hampton Drive and turn right. At Sunset Ave turn right, then follow event signage for parking.

From the North on I-69 (Detroit)
Take I-465 W and then take Exit 31, turning left on Meridian St. Travel to W Hampton Dr and turn right. At Sunset Ave, turn right, then follow event signage for parking.

From the South on I-65 (Louisville)
Take Exit 113, turning right on Meridian St N. Travel to W Hampton Dr and turn left. At Sunset Ave turn right, then follow event signage for parking.

From the Southeast on I-74 (Cincinnati)
Take I-465 W to I-65 N and then take Exit 113, turning right on Meridian St N. Travel to W Hampton Dr and turn left. At Sunset Ave turn right, then follow event signage for parking.

From the East on I-70 (Columbus, OH)
Take I-65 N and then take Exit 113, turning right on Meridian St N. Travel to W Hampton Dr and turn left. At Sunset Ave turn right, then follow event signage for parking.

From the West on I-70 (St. Louis)
Take I-665 N and then take Exit 17, 38th St. Turn right on 38th St, travel to Clarendon Rd and turn left. (Clarendon is immediately past Crown Hill Cemetery). Travel to Hampton Dr and turn right. At the next stop sign, turn left onto Sunset Ave, then follow event signage for parking.
FRIDAY, JUNE 28TH

1:00 P  Campground opens for top 10 fundraising teams
2:00 P  Packet pick-up opens
2:00 P  Campground opens - pitch a tent!
3:00 P  Beneficiary and sponsor showcase opens
6:30 P  Announcements and line up begin for start of event
7:00 P  Survivor parade lap - 24 Indianapolis begins! Riders & Striders
7:30 P - 9:30 P  Dinner by Shoup’s - grab some grub!
8:00 P - 10:00 P  Certified Athletic Trainers provided by Fransciscan Health Sports Medicine team
8:30 P - 9:30 P  Band - Lara Chapman
10:00 P  Walking course closes for the night
12:00 A  Midnight pizza party begins - presented by Big Lug with sounds from Rob Dixon

SATURDAY, JUNE 29TH

7:00 A  Breakfast by Shoup’s - fuel your ride
7:00 A  Walking course reopens
7:00 A - 7:45 A  Sunrise yoga presented by Team Heritage @Stage
8:00 A  Survivor breakfast and panel @Food Tent
10:00 A - 11:00 A  Little kids’ ride & dance party @Stage
11:00 A to 12:00 P  Band - Brett Wiscons
11:30 A to 1:30 P  Lunch by Moe’s - you deserve a taco break!
1:00 P - 2:00 P  Band - Brett Wiscons
3:00 P - 7:00 P  Certified Athletic Trainers provided by Franciscan Health Sports Medicine team
3:15 P  Final lap departs for walkers
4:00 P  Jersey and awards celebration - join us for ice cream
6:40 P  Final rider lap departs. Let’s finish strong together!
7:00 P  The Golden Spoke Award - team with the most riders on the final lap @Start & Finish
7:00 P  24 Indianapolis ends! Thank you and see you in 2020!
FRIDAY, JUNE 28TH

7:30P - 9:30P  DINNER  Provided by Shoup’s  
Angus beef burgers, grilled chicken breasts, black bean burgers with pasta salad, roasted vegetables & chips

12:00A  Midnight Pizza Party  
Come join us for pizza from Big Lug at midnight!

SATURDAY, JUNE 29TH

5:30A  EARLY RISER BREAKFAST  
Come join us for donuts and Peet’s Coffee!

6:30A - 8:30A  BREAKFAST  Provided by Shoup’s  
Scrambled eggs, bacon, sausage, biscuits & gravy with Peet’s Coffee

11:30A - 1:30P  LUNCH  Provided by Moe’s Southwest Grill  
Taco bar buffet (chicken, ground beef & veggies) with rice, black beans, chips & salsa

4:00P - 5:00P  ICE CREAM PARTY  
Sponsor & Awards Program
During the Ride

DURING THE RIDE

Food to Fuel Up
The Main Food Tent will house all your food, snack and beverage needs. Your wristband grants you access into the food tent at any time. During the 24-hour period, you will be provided with 3 meals and a pizza party as well as unlimited snacks and beverages.

- **Eat:** Eating enough food to maintain nutrients your body will use is critical. Creating an eating plan that incorporates the food offered in the Main Food Tent as a part of your mileage goals is important.

- **Family & Friends Meals:** Family and friends who are joining you at the event to support and cheer are welcome to join you for a meal. You may purchase meal tickets at the event in our store or ahead of time online.

- If you have special dietary needs, please plan ahead.

- Vegetarian and gluten free options will be available.

HYDRATION STATION

Hydrate, hydrate, hydrate!
We will have a hydration station located at the Expo Area, which will have water and some snacks available to riders. We will also have a hydration station on the course.

SHOWERS

Shower facilities will be located onsite at Hinkle Health and Recreational Complex to the west of Hinkle Field House. For access, follow signage through Hub 24. Please bring a towel and toiletries with you.

ENTERTAINMENT

You’ll enjoy the sound of bands throughout the event. Here’s the lineup:

**Friday, June 28**
Lara Chapman - Main Stage 8:30 pm - 9:30 pm

**Saturday, June 29**
Brett Wiscons - 11:00 am - 12:00 pm
Brett Wiscons - 1:00 pm - 2:00 pm
During the Ride

BIKE SUPPORT

Bike Line will be our bike mechanics onsite throughout the 24 hours to solve any issues that arise.

EVENT HELP LINE

An emergency helpline is available at any time during the event by calling 1-877-365-4417. In a true emergency, call 911 first.

MEDICAL SUPPORT

Medical support is provided in the Expo area for the full 24 hours. Participants on the course needing assistance should stop at any one of the police checkpoints or notify a volunteer who can radio for assistance. For all emergencies, please call 911.

It is critical that all participants fill out the back of their bib number with their emergency contact information prior to the race. Should you need medical assistance, this will greatly help the staff in monitoring your condition and in locating your emergency contact if necessary.

- The medical unit will be equipped with a team of medical personnel, emergency and First Aid supplies.
- Medical personnel reserve the right to withdraw any participants from the ride that appear to be in distress or at risk should they continue to participate.
During the Walk

We are excited to have our walkers begin with our riders, following our opening ceremonies on Friday night. Walking loop times are noted below.

- Walk begins at 7:00 pm, Friday June 28. The walking Loop will close at 10:00 pm and reopen Saturday, June 29th at 7:00 am
- Last lap departs at 3:15 pm. Walk finishes at the main food tent at 4:00 pm.

FOOD AND AWARDS

Following the walk at 4:00 pm, walkers are invited to the main food tent for ice cream and awards.

Tag your event photos with #24Indy and @24Foundation to share with your friends and followers!

Facebook: facebook.com/24Foundation/

Instagram: @24_Foundation

Twitter: 24foundation
Mother Nature can be unpredictable and while rain is always a real possibility, we stay on top of the radar to deliver you updated forecasts that ensure your safety and enjoyment during the event!

24 Foundation implements a color-coded system to communicate the status of course conditions to participants throughout the event. Flags will be placed at the Start/Finish line. The status levels range from Low (green) to Moderate (yellow) to High (red) based primarily on weather conditions, as well as other factors. All participants should familiarize themselves with the Course Status System prior to the event and remain alert for directions from police, event staff, and announcers.

Please take precautions to prepare properly for varying weather conditions on event day.

**GREEN (LOW)**
Good conditions: Enjoy the event—be alert!

**YELLOW (MODERATE)**
Less than ideal conditions: Slow down—be prepared for worsening conditions.

**RED (HIGH)**
Potentially dangerous conditions: Slow down—observe course changes—follow official instructions—consider stopping.

**BLACK (EXTREME)**
Event canceled/extreme and dangerous conditions: Participation stopped—follow event official instructions.

**EVENT HELP LINE**
1-877-365-4417
**COURSE STATUS SYSTEM COMMUNICATION**

24 Foundation reserves the right to postpone the ride start, reduce the ride time or cancel the ride to ensure the safety of its participants. We need your help to use your best judgment, alter pace accordingly and pay attention to your body’s warning signals at all times.

Watch for communication from 24 Indianapolis during the event to alert riders of course changes or other important information via the following outlets:

- **E-mail**
- **Public address announcements**
- **An emergency helpline is available at any time during the event by calling 1-877-365-4417.** Please share this information with any spectators you know who will be attending the event.
- **Emergency shelter will be located in Jordan Hall at Butler University.**

**FREQUENTLY ASKED QUESTIONS**

**Do you have to ride or walk for 24 hours?**
There are no rules about how much you have to be on the course. Some people ride or walk just a few laps, while others ride or walk the entire event. Most people set goals somewhere in between. How far you want to go is up to you and how far your inspiration takes you!

**I hear there’s a camp. But where do people sleep?**
While some people prefer a hotel or their bed at home, many set up a tent in our designated camping area we call Hub 24 and stay the full 24 hours. You must provide your own camping gear, but we can provide you tents should you choose to rent one from us [here](#).

**What happens if 24 Indianapolis is canceled?**
Safety is our first priority. While our events typically occur rain or shine, in the rare event of extreme weather or circumstances beyond our control, the venues we use and the municipalities wherein the venues are located determine policies relating to the cancellation of an event. Any canceled event will not be rescheduled due to the complex nature of 24 Indianapolis. Refunds will not be offered, and your registration fee will be used as a donation to 24 Foundation. Donations are also nonrefundable.
June 24, Indianapolis 2019

Benefiting

Franciscan Health Cancer Center
Simon Cancer Center

LIVE STRONG

Partners

Giordana
Delta Faucet Company
Heritage

Indianapolis Recorder Newspapers

Indianapolis Indians

Butler University
Bingham Greenebaum Doll
Klipsch

2020 Institute
Bike Line
Shiel Sexton

50 Arsee Engineers

Deloitte
Hull & Knarr
Ratio

Outfront
Big Luggage
IndyCycloplex
Peet's Coffee

24Foundation.org