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Training Tips

24 Hours of Booty 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.

PROPER NUTRITION

Eating and hydrating before, during, and after 24 Hours of Booty 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 Hours of Booty, it is a good idea to check your bike over. This year we have partnered with Bicycle Sport for all of your bike tune up needs. Be sure to visit them at:

2916 Selwyn Ave #A
Charlotte, NC 28209
704.335.0323
http://bicyclesport.com

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

PREPARATION 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 Bootyville on Queen'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.
We appreciate your effort in keeping 24 Hours of Booty a safe and enjoyable event for all participants! Here are the rules of the road:

• **24 Hours of Booty 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 Hours of Booty 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.**
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 Hours of Booty. 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 Bootyville.
- 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!
MEET YOUR FUNDRAISING MINIMUM

All adult participants must meet the $400 fundraising minimum in order to participate. ($200 minimum for youth and $50 minimum for child).

FUNDRAISING AWARDS DEADLINE

New this year, we’re extending our fundraising awards deadline to 12:00 pm, Saturday, July 27th. All winners will be announced at our 4:00 pm ice cream social.

Top Fundraiser – Award a $3,500 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 by checking out our leaderboard located near the bottom of our event webpage, 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, July 25th at 4:00 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.

Matching Gifts submitted after July 1st, 2019 may not be reflected on fundraising pages until after the event as the processing time for matching gifts can vary by company.
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 Hours of Booty. Here are a few things that will help make things go more smoothly!

- If you plan on staying the full 24 hours, parking will be located in the Queens University of Charlotte parking deck. Please follow event signage. If you have friends and family who are coming to cheer you on, please have them park outside the loop and carpool when possible.
- If you plan on going home during the event and coming back, park outside of the loop.
- 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 Queens University property. Vehicles will be towed.

**Early Packet Pick Up**

Early packet pick-up is from 11:00 am - 7:00 pm on Thursday, July 25th at Unknown Brewing. Unknown Brewing is located at 1327 S. Mint, St. Charlotte, NC 28203.

**On-Site Packet Pick Up**

Packet pick up at the Bootyville registration tent will be from 2:00 pm - midnight on Friday, July 26th and from midnight - 3:00 pm on Saturday, July 27th. Top fundraisers have access to on-site packet pick up beginning at 1:00 pm on Friday.

**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

**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, July 26 from 1:00 pm - 5:30 pm. Please enter Wellesley and follow the event signage. 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.
BOOTYVILLE - CAMP SET UP

Camping will be located on the Myers Park Traditional Soccer Field. Decorate your camp to win our Best Campground Decor Award!

Top Fundraisers
The campground will open at 1:00 pm on Friday, July 26th.

All Riders
The campground will open at 2:00 pm on Friday, July 26th.

No Pets
24 Hours of Booty 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, Bootyville is home to our expo area and your one-stop shop to check out our corporate sponsors and beneficiaries like Atrium Health Levine Cancer Institute, Levine Children’s Hospital, and LIVESTRONG. Learn more about their services, win giveaways and special prizes and stock up on 24 Foundation gear!

EXPO HOURS

Friday, July 26th - 3:00 pm - 9:00 pm
Saturday, July 27th - 9:00 am - 7:00 pm

Tag your event photos with #24HOB 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 Hours of Booty. 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 in the Mission Central Lounge! The Survivor Café 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, July 27th.

LAST LAP

The last lap will take place at 6:40 pm on Saturday, July 27th 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!
SURVIVOR LAP

The first lap at 24 Hours of Booty 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 CENTRAL

Visit the Mission Central 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.

#24HOB

24 Foundation exists to inspire and engage communities to make an immediate impact on the lives of those affected by 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 Atrium Health Levine Cancer Institute, Atrium Health Levine Children’s Hospital, LIVESTRONG Foundation, Go Jen Go, Wind River Cancer Wellness Retreats, Hospitality House of Charlotte, Casting Carolinas, Pinky Swear Foundation, Queens University of Charlotte, Chemocars, Claire’s Army and Carolina Breast Friends 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!
From I-77
Take Woodlawn/Queens University of Charlotte exit 6A, South. Continue on Woodlawn Road... then follow “From Woodlawn Road” Directions below.

From I-85 and the Airport
Take Billy Graham Parkway exit 33, South. At the intersection of the Parkway and S. Tryon, the Parkway changes to Woodlawn Road...then follow “From Woodlawn Road” Directions below.

From Woodlawn Road
Continue on Woodlawn Road for 2.5 miles to Selwyn Avenue. There is a Queens University of Charlotte sign just before Selwyn Avenue. Turn left on Selwyn and continue for 0.8 miles and turn right on Queens Road East. In 0.8 miles turn left onto Selwyn, then right on Wellesley Avenue and follow signs and volunteers to parking or gear drop.

There is no left turn from Selwyn, which is why these directions bring you in from the north.
Here are a few important things to know as you prepare and enjoy 24 Hours of Booty:

**Friday Unloading Gear Drop Directions**

Please follow these directions and help us keep cars flowing. Wellesley will be accessible only from Selwyn coming south. No left turns will be allowed (except for residents). Volunteers will lead vehicles to the gear drop parking lot adjacent to the athletic fields. After gear has been dropped off, vehicles will have the option to park at the Parking Deck A or exit to park outside of the loop. Additional parking can be found at Myers Park Baptist Church off Roswell Avenue. Please ride your bike back to the venue.

- If you plan on staying the full 24 hours, use the parking garage.
- If you plan on going home during the event and coming back, park outside of the loop.

**Campground Orientation**

Get to know the new map to the right, using the sponsored quadrants as landmarks.

**Bike Paths and Event Flow**

The lane shown to the left of the Campground Area is for bike traffic only. Please plan to exit the Campground and Expo Area via this area. Please refrain from riding your bike in the Expo, Food Tent or Campground area. Thank you!
# Event Schedule

## FRIDAY, JULY 26TH

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00p</td>
<td>Campground opens for top 10 fundraisers and top 10 fundraising teams</td>
</tr>
<tr>
<td>2:00p</td>
<td>Packet pick-up opens @Expo</td>
</tr>
<tr>
<td>2:00p</td>
<td>Campground opens - pitch a tent!</td>
</tr>
<tr>
<td>3:00p</td>
<td>Beneficiary and sponsor showcase opens @Expo</td>
</tr>
<tr>
<td>5:00p - 6:00p</td>
<td>Team pictures @Campground stage</td>
</tr>
<tr>
<td>6:20p</td>
<td>Announcements and line up begin for start of event</td>
</tr>
<tr>
<td>7:00p</td>
<td>Survivor parade lap - 24 Hours of Booty begins!</td>
</tr>
<tr>
<td>7:30p - 9:30p</td>
<td>Dinner by Something Classic - grab some grub! @Main Food Tent</td>
</tr>
<tr>
<td>7:30p - 9:30p</td>
<td>Band - Lenny the Band</td>
</tr>
<tr>
<td>12:00p</td>
<td>Midnight pizza party begins - Fuel Pizza @Main Food Tent</td>
</tr>
</tbody>
</table>

## SATURDAY, JULY 27TH

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00a</td>
<td>Breakfast by Something Classic @Main Food Tent - fuel your ride</td>
</tr>
<tr>
<td>7:30a</td>
<td>Tai Chi with Tai Chi Mike</td>
</tr>
<tr>
<td>8:00a</td>
<td>Survivor Café @Mission Central Tent</td>
</tr>
<tr>
<td>8:45a</td>
<td>Opening Ceremonies for walking event</td>
</tr>
<tr>
<td>10:00a</td>
<td>Little kids’ ride &amp; dance party with Sir Purr @Stage</td>
</tr>
<tr>
<td>11:30a to 1:30p</td>
<td>Lunch by Something Classic - you deserve a taco break! @Main Food Tent</td>
</tr>
<tr>
<td>12:00p</td>
<td>Registered child riders permitted on the course (ages 8-11)</td>
</tr>
<tr>
<td>1:30p - 3:00p</td>
<td>Band - Joe Stevenson Band</td>
</tr>
<tr>
<td>3:15p</td>
<td>Final lap departs for walkers</td>
</tr>
<tr>
<td>4:00p</td>
<td>Jersey and awards celebration - join us for ice cream provided by Harris Teeter @Main Food Tent</td>
</tr>
<tr>
<td>6:40p</td>
<td>Final rider lap departs. Let’s finish strong together!</td>
</tr>
<tr>
<td>7:00p</td>
<td>The Golden Spoke Award - team with the most riders on the final lap @Start &amp; Finish</td>
</tr>
<tr>
<td>7:00p</td>
<td>24 Hours of Booty ends! Thank you and see you in 2020!</td>
</tr>
</tbody>
</table>
FRIDAY, JULY 26TH

7:30P - 9:30P DINNER  Provided by Something Classic
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 Fuel at midnight!

SATURDAY, JULY 27TH

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

6:30A - 8:30A BREAKFAST  Provided by Something Classic
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
Ice cream presented by Harris Teeter
**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 presented by PNC Bank.

**SHOWERS**

Shower facilities will be located onsite at Levine Center for Wellness and Recreation located at Queens University at 2201 Wellesley Ave. For access, follow signage through Bootyville. Please bring a towel and toiletries with you.

**ENTERTAINMENT**

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

**Friday, July 26**
Lenny the Band - Main Stage 7:30 pm - 9:30 pm

**Saturday, July 27**
Joe Stevenson Band - Main Stage 1:30 pm - 3:00 pm
BIKE SUPPORT

Bicycle Sport 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

Packet pickup for walkers is anytime at the registration tent. Walkers are invited to the Survivor Café at the Mission Central Tent, Saturday July 27 at 8:00 am. The opening ceremony will follow the breakfast at 8:45 am.

- Walk begins at 9:00 am, Saturday July 27
- 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 #24HOB 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 Hours of Booty 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 the gymnasium at Myers Park Traditional School.

EVENT HELP LINE
1-877-365-4417

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 as many as they can. 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 Bootyville and stay the full 24 hours.

What happens if 24 Hours of Booty 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 Hours of Booty. Refunds will not be offered, and your registration fee will be used as a donation to 24 Foundation. Donations are also nonrefundable.