



2017

Pedal with Pete, Columbus, OH



A fun, active, meaningful day for people of *all* ages and *all* abilities, *all* for cerebral palsy research

www.pedal-with-pete.org

Schedule of Events and Entertainment

Start	Stop	Activity/Event
7:15	3:00	FREE kinesiology taping, trigger point therapy/massage, and stretching, <i>by Dr. Williams from Columbus Chiropractic Center of Hilliard</i>
7:15	9:00	Registration / Check-in - School Cafeteria
	7:15 - 9:00	New Rider Help Center – New to organized rides? Stop by this center during Check-in for informal coaching; they will share some tips that will make your day go especially-smoothly.
7:15	9:00	RIDE: No mass start. Our support on the road assumes you will start within this timeframe. Available routes: 7, 18, 32, 47, 64, 80, or 100 miles. 7 mile route completely on bike paths
	9:00 - 11:00ish	For cyclists riding 47, 64, 80, 100 miles and stopping at the Milford Center Food Stop: Music <i>by The Piano Peddler</i>
9:30		WALK: Mass Start for the 2.5 Mile Walk – Gather near the START/FINISH Banner at the entrance (West-Facing-Side) of the School
10:30	12:00	PLAY: at the KID FEST – in the front parking area and lawn just North of the school – for kids and teens of <i>all</i> abilities!
	10:00 - 11:00	Late Registration/Check-In available for families joining JUST for the KID FEST
	10:30 - 12:00	Festival Atmosphere with many activities, thanks to <i>Nationwide Children's Hospital, CP Program</i> <ul style="list-style-type: none"> • Join the ALL-WHEELS PARADE! We'll provide the decorations, you provide the wheels! • Challenge a friend to a One-on-One Race! All in Fun! • Meet up with <i>TAASC, Team Heart & Sole</i>, and others who could help you help others or help you get on some WHEELS!
	10:30 - 12:00	Refreshments; feel free to grab food from the Cook-out, too.
	10:30 - 12:00	Balloon Artist from <i>Simply Amazing Entertainment</i>
	11:30	Presentation of specially-adapted bicycles to several children living with CP, thanks to <i>special donations, TAASC, and Counting Possibilities</i>
10:30	Today	Door Prize Drawings (winners will be posted; pick up winnings after you RIDE, WALK, or PLAY!)
10:30	3:00-ish	Cook-out!
12:00	3:00	Music <i>by David Kaplan- Acoustic Guitar</i>