

# 2025 PNC TOUR de LOU REST STOP GUIDE



PNC

# KEY CONTACTS

ROLE	NAME	PHONE
<b>RIDER HOTLINE</b>		<b>(502) 572-3858</b>
Event Lead	Anna Miller	(502) 439-3366
VP of Events	Zach Fisher	(502) 541-0018
Communications Lead	Aimee Boyd	(502) 741-7442
Routing + Course Lead	Erik Helton	(502) 759-7234
Routing + Signage	Troy Killian	(502) 376-6451
Ride Marshal Lead	Andy Murphy	(502) 526-1040
Rest Stop Supply Team	Terry Clemens	(502) 724-7861
Rest Stop Supply Team	Veronica Roessler	(502) 291-7434
SAG #1	Ron Shepard	(303) 918-8126
SAG #2	Darren Hobbs	(502) 271-8694
SAG #3	Landon Cambell	(812) 399-9631
RS A Lead Volunteer	Mary Ann Heckler	(502) 931-2066
RS B Lead Volunteer	Jimmy Fisher	(502) 418-6031
RS C Lead Volunteer	Stephanie Fish	(803) 467-0762
RS D Lead Volunteer	Sarah Wolff	(502) 432-2677
Finish Volunteer Lead - UL SPAD	Nick Kopka	(812) 697-9632
Bike Mechanics - Scheller's	Marty Scheller	(502) 376-4801
Bike Mechanics - Scheller's	Greg Scheller	(502) 376-2672
Bike Mechanics - Scheller's	Josh Williams	(502) 541-5583
Baptist Health Medical Lead	Ashely Parker	(502) 287-3306
Metro EMS	John Johnson	(502) 645-3692
Louisville Water Company	Brandon Drake	(502) 200-3310
Sound, Announcer + Timing	Greg Milby	(270) 234-7286
Security: D.R.H. Professional Services	Dennis Henry	(502) 417-0717
Tents: Rent-A-Tent	Nick Cundiff	(502) 553-5622
Waste Management: Rumpke	Carol Kennedy	(502) 639-7825
Toilets: Waste Now	Trinity Shook	(502) 969-7684



# REST STOP OVERVIEW

A rest stop is an area along the course where the riders can stop, rest, consume calories/hydrate, use the restroom, get bike mechanical support, and if necessary, get minor medical care. The rest stops are typically on the right side and located roughly 10-15 miles apart from one another. The rest stops are often what riders remember most about a ride! It's important they are fun and energetic!

## KEY PERSONNEL AT YOUR REST STOP

- Your Volunteer Team
- Bike Mechanic

## WHAT IS MY JOB AT A REST STOP?

- Make sure each volunteer knows what supplies are available
- Set up rest stops with tables, chairs, tents, signs, and trash boxes
- Arrange site to allow room for everyone to do the things you are assigned
- Prepare and arrange food items, sports drink, water on tables
- Keep an inventory of supplies: ice, water, sports drink, snacks, and fruit
- Facilitate lines for food/hydration/port-a-lets
- Facilitate clean up
- Lost and found items can be returned to the supply driver at the end.
- **HAVE FUN – MAKE SURE THE RIDERS HAVE FUN**



## ETIQUETTE

*Be friendly, respectful, and courteous.* Show gratitude to everyone you encounter. Your friendly attitude and enthusiasm may encourage someone to become a volunteer or participate again. Please do not bring your pets to the rest stop; ONLY certified assistance animals will be allowed at the rest stop site.

## RECRUIT

Between now and the event, rally the volunteers to be a part of the fun at your rest stop. Volunteers can be co-workers, friends, or family. Each rest stop should ideally have AT LEAST 6 volunteers. The more the merrier!

## MEDICAL

Each rest stop will have first aid supplies and medical professionals from Baptist Sports Health and Metro EMS roaming the course, available for minor injuries. In case of accident, injury, or illness, consult with the medical professional onsite and report to the Rider Hotline. If an emergency, always call 9-1-1.

## PARKING/CARPOOLING

Carpooling is strongly encouraged, as parking space can be limited at certain rest stop locations. Please refer to your rest stop map in this document for location and parking details.

## WHAT TO WEAR

- All volunteers will receive a t-shirt. The shirts will be delivered on the supply truck directly to your rest stop.
- Dress in layers to anticipate weather conditions, as mornings may be cold and the afternoons warm.
- You must wear closed-toe shoes. No sandals allowed.
- Rain jackets and regular jackets or coats are encouraged.
- Hat and sunglasses
- Rain poncho or equivalent

## MAKE IT FUN!

- CREATE A THEME – Mardi Gras, Cinco de Mayo, Patriotic, Hula, Sports, Texas, etc.
- Decorate with a theme and wear costumes
- Bring your own music.
- There will be tired cyclists, young and old, so think about what might make each of them enjoy the ride and stay motivated.
- Put out encouraging signs, both at your stop and around your stop (mile marker prior, a little ways past). Be creative and fun!
- Provide additional services such as bike valet, filling up water bottles, etc. Every little bit helps!



# JOB DESCRIPTIONS

## LEAD VOLUNTEER

- Coordinates the volunteers to work at the rest stop
- Communicates general schedule and logistics
- Communicates with Rider Hotline during the ride day
- Identifies leaders for volunteer task-teams; set up, food, etc.
- Arranges for carpools and other parking issues within the volunteer group
- Set up theme
- Keeps a close watch on depleting food/beverage & call the Rider Hotline on any needs or concerns.

## SET-UP AND STRIKE

- The Rest Stop Supply team will drop and organize your equipment and supplies early in the morning prior to your arrival.
- Line up tents and tables next to each other in a straight line, cover with kwik covers
- Secure tents with zip ties and sandbags/weights
- Identify locations for food prep, hydration (set apart), ice, service line, trash, supplies
- Once the last rider has cleared your rest stop the rest stop team will closely follow and load your remaining equipment and supplies. Please assist them in the clean up efforts.

## SANITIZE

- Hand Sanitizer is in your supply tote, provide to cyclists
- Make sure food/water service are neat and sanitary
- Make sure gloves are being worn by all volunteers handling food products

## FRUIT

- Pull plastic and/or any other wrapping off of fruit
- Break bananas apart and fill basket
- Fruit should be left whole, do not cut or peel

## HYDRATION

- Louisville Water Company will be coming by and setting up water bubbler where riders can refill their bottles.
- Individual packets of sport drink mix will provided for the riders.

## WASTE MANAGEMENT

- Place “waste” boxes around the food area and in the general areas of the rest stop
- Set up boxes with liners (use tape to hold trash bag in box)
- Begin early cleanup. When the largest group is through, begin cleanup and breakdown of boxes
- Keep event area neat and trash picked up



# SUPPLIES

## DRINK

- Louisville Water Company – Water Bubbler
- Bags of ice
- SKRATCH - Individual packets of sports mix drink

## FOOD

- Clementines
- Bananas
- Salty and sweet snacks (chips/mini oreos/cookies)
- Granola bars

## SETUP SUPPLIES

- Gloves
- 2 Pop-up Tents
- (4) 6' tables
- Table “kwik” covers
- Folding chairs
- zip-ties
- Scissors, box cutter
- Tape (duct/clear)
- (8) Sandbags
- Cooler with Ice

## MISC

- Bug Spray
- Sunblock
- Cleaning Wipes
- Paper Towels
- First Aid Kit
- Hand Sanitizer



# RIDER RESOURCES

There will be Rest Stops with food, water and bike services as well as restrooms located every 15-20 miles. There will be Support and Gear vehicles (SAG) and mechanical support on the course to assist riders in need.

At intersections, **PLEASE USE EXTREME CAUTION**. There will be law enforcement assisting at particular locations, but they will not be at every turn. It is your responsibility to look both ways and use best judgment when making a turn.

## Rider Hotline

Out on the course and need assistance? It could be for reasons such as mechanical, non-emergency medical, or help with directions. Call our rider hotline and we will get a support vehicle to your location ASAP! That number is **502-572-3858** and it is also on your wristband so you always have it on you while riding.



## Ride With GPS

Cue sheets and route navigation on your device are available. We use Ride With GPS to host the event maps. If you have either the app or an account, please click on the following link - [RWGPS LINK](#). A limited number of printed cue sheets will be available. If you prefer to have them.

Please note all routes are subject to change per local law enforcement. Always follow the course signage.

## GPX Files

Riders should download the event GPX files and ensure they are ready to go on their device for ride day.

To download for your device, scroll down to the Ride With GPS map for your desired distance and select it. Then click the orange button at the top of the map that says "Send to Device."

# COURSE RESOURCES

## COURSE SIGNAGE

The course will be fully marked with signage for each distance. Be on the lookout for oversized signs with special instructions at route deviation points.



## SAG

SAG teams are responsible for patrolling designated sections of the course, offering essential support to participants throughout their journey. Whether it's assisting with a flat tire, supplying water between Rest Stops, or responding to incidents with medical aid and scene safety, their efforts are crucial to ensuring a smooth, safe, and successful event experience for everyone involved.



# REST STOP A

VENUE INFORMATION	
Location	Wayside Park
Vol Lead	Mary Ann Heckler (502) 931-2066
Address	3190 S 3rd St, Louisville, KY 40214
Mile Marker	12
Routes	20 / 35 / 62.1
Est. # Rider	900

TIMELINE	
Supplies Dropped	7:30 AM
Volunteer Hours	8:00 – 10:40 AM
First Rider Expected	8:40 AM
Last Rider Expected	10:00 AM



# REST STOP B

VENUE INFORMATION	
Location	Fairdale Fire Department
Vol Lead	Jimmy Fisher (502) 418-6031
Address	10015 Mitchell Hill Road, Fairdale, KY 40118
Mile Marker	39
Route	62.1
Est. # Rider	300

TIMELINE	
Supplies Dropped	9:00 AM
Volunteer Hours	9:30 AM – 1:30 PM
First Rider Expected	10:10 AM
Last Rider Expected	12:50 PM



# REST STOP C

VENUE INFORMATION	
Location	Kentucky Derby Festival
Vol Lead	Stephanie Fish (803) 467-0762
Address	1001 S 3rd St, Louisville, KY 40203
Mile Marker	20: 16 35: 22 62.1: 50
Route	20 / 35 / 62.1
Est. # Rider	900

TIMELINE	
Supplies Dropped	8:00 AM
Volunteer Hours	8:30 AM – 2:45 PM
First Rider Expected	9:20 AM
Last Rider Expected	2:15 PM



# REST STOP D

VENUE INFORMATION	
Location	Cherokee Golf Course
Vol Lead	Sarah Wolff (502) 432-2577
Address	2501 Alexander Road, Louisville, KY 40204
Mile Marker	35: 28 62.1: 56.5
Routes	35 / 62.1
Est. # Rider	600

TIMELINE	
Supplies Dropped	8:30 AM
Volunteer Hours	9:00 AM – 3:30 PM
First Rider Expected	9:45 AM
Last Rider Expected	3:00 PM





**THANK YOU for  
VOLUNTEERING**

