

ride ataxia

March 16 - 19, 2009



PRE-RIDE INFORMATION PACKET

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www.rideataxia.org
www.active.com/donate/rideataxia



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Ride Description

Ride Ataxia III will start in Portland, OR on March 16, 2009. The Ride will travel 200 miles in 4 days to the NAF Annual Membership Meeting in Seattle, WA. The ride will be fully supported with freshly stocked rest stops every 25 miles and Sag vehicles roving the course for safety. The team will have meals together in the morning and the evening and will stay in low cost motels to keep expenses low. Participants will be responsible for securing their own lodging the night before the ride begins and at the end of the event. The three nights lodging during the ride are included in your application fee. The fundraising goal for Ride Ataxia III is \$100,000.

SPECIAL NOTE

This ride is taking place in the Great Northwest, a section of the country known for its wet, rainy weather. Be prepared, as the famous “Uncle Steve” likes to say: “there is no such thing as bad weather, only bad gear.”

Route: Itinerary

Start	Stop	Daily Mileage	Running Mileage
3/16 Portland	Longview	55	55
3/17 Longview	Chehalis	45	100
3/18 Chehalis	Puyallup	60	160
3/19 Puyallup	Seattle (Sea-Tac)	25	185

Specific route info courtesy of Cascade Bicycle Club
Updated 12/23/08



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Fundraising Details

Ride Ataxia overall fundraising goal: \$100,000

Individual Minimum: \$500 or \$125/day

In order to reach our goals, we must be diligent in raising support between now and March 16. Although we have a substantial monetary goal, the awareness that we bring to this rare disease and our efforts, will pay larger dividends in the future. Of course, every participant is encouraged to go above and beyond their minimum to help reach the RAll goal of \$100,000. Receipt/proof of reaching your minimum must be provided at registration on March 16, 2009

Remember, the more awareness we can raise, the more money we can raise. The more money we can raise, the closer we get to a cure.

Thank you for your interest in Ride Ataxia III!

Donations & Giving

Online Giving: RAll Team Members can setup a personal Active.com fundraising website for your fundraising efforts. This website allows you to give your donors a 'personal' touch-point for online giving. This site is free to its users, secure, and an excellent way to watch the results of your efforts.

All funds raised online or otherwise will contribute to the team fundraising goal of \$100,000. All team funds benefit the collaborative research efforts of the National Ataxia Foundation (NAF) and the Friedreich's Ataxia Research Alliance (FARA).

Note: 6.25% of every online donation is retained by Active.com

If you have not already you can create your personal fundraising page at:
www.active.com/donate/rideataxia

NAF: Direct giving to NAF may be done by visiting www.ataxia.org and navigating to the "Donate Now" link. Remind donors to reference Ride Ataxia III and YOUR name. This designation must be made for the giving to benefit the efforts of your ride.

FARA: Direct giving to FARA can be done by visiting www.curefa.org and navigating to the "Donate Today" link. Remind donors to reference Ride Ataxia and YOUR name. This designation must be made for the giving to benefit the efforts of your ride.

Mail: Your donors can give directly to the Friedreich's Ataxia Research Alliance (FARA) or the National Ataxia Foundation (NAF), both are non-profit 501(c)(3) organizations. Checks must be payable to the respective organization, and must reference "Ride Ataxia" for proper credit.



National Ataxia Foundation
2600 Fernbrook Ln Ste. 119
Minneapolis, MN 55447



102 Pickering Way, Suite 200
Exton, PA 19341



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Fundraising Ideas

- 1) **Send out pledge letters to friends and family** – Remember to have all the pertinent information in the letter: What you're doing, why you're riding, the amount of money you're trying to raise, the deadline for raising the money, a pledge form with your name and, return envelope to make it easy for them to send in the \$\$.
- 2) **Send people to your "active.com" website** – If you decide to use an online method for help in raising funds, be sure to tell everybody about your site.
- 3) **Hold a theme party/dinner for 10 or more of your friends** – Donation of \$50/person. Spend no more than \$20/person on food and alcohol and you'll have at least \$300 in pledge \$ by the end of the night. (Be creative with themes, costume parties, wine & cheese, etc.)
- 4) **Host a House Party** – (Have fun with themes, i.e.: wine & cheese, costume party, etc).
- 5) **Corporate Matching Gift** – Ask your company if they will match the amount of money you receive from fellow co-workers.
- 6) **Corporate Sponsorship** – Identify one big company and contact them directly. They may be willing to sponsor you completely.
- 7) **Garage Sale** – Know all that stuff that's been hanging out in your garage...in your attic...in your basement? Gather it up and ask your friends to do the same. Put it in your front yard and sell, sell, sell! Put all the money raised toward your pledge minimum!
- 8) **Ask local restaurants or grocery stores** if you can place "Tip" jars in high traffic areas so lots of patrons can see it and donate. Be sure to ask business managers for permission.
- 9) **Host a movie night at your house** – Grab a few classics and some popcorn. Charge admission.
- 10) **Christmas Gift Pledge** – I know, I know. This might be tough for those who like to open gifts, but it's an easy way to make \$\$.
- 11) **Delegate** – Give 10 friends 10 pledge forms and ask them to get donations for you!
- 12) **Radio Station** – Call a local station and ask them to make an announcement on the air. They may even give you an interview. Pledges can be sent directly to FARA or NAF earmarked "Ride Ataxia III"
- 13) **Extra change?** Set a jar aside and put all of your extra change in it. Ask your friends and family to do the same. Be sure to set a deadline when you collect everyone's \$\$.



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- 14) **Ask your Neighbors** – Write a letter and give it to all of your neighbors, asking for donations.
- 15) **Game Night** – (Or if you prefer, drinking game night?). Get everyone together and charge \$10/person.
- 16) **Ask local businesses** if they'd be willing to donate 10% of sales towards a particular item towards your cause.
- 17) **Teachers** – If you are a teacher or know a teacher, ask them to put a coin jar in their classroom. Get their students to participate in a coin drive.
- 18) **It's Football Season!**- It's the perfect time to get some good football parties going! Organize a football pool and have all the proceeds go to pledges.
- 19) **Super Bowl Party** – Same idea- have half of the better pool go to the pot and the other half go to the Ride.
- 20) **Free Rent** – Ask your landlord to donate one month's rent to the cause.
- 21) **Alumni Organizations** – Call your own college or university and ask them to place an ad in the alumni newsletter asking for donations.
- 22) **Host a Poker Party** – Set your buy in & decide how much can be "won" and how much will go towards the cause. (i.e. \$25 buy in - \$10 to the pot, \$15 to the fundraiser).
- 23) **Church Bulletin** – Put an announcement in your church bulletin letting your entire congregation know what you are up to.
- 24) **Bicycle Companies** – Contact a couple of the big bike companies. Tell them what you're training for and ask them if they would like to sponsor you for the entire amount! You may even get some cool riding gear, too. Ask big and ye shall receive!
- 25) **Start NOW!** The earlier you begin fundraising the better off you'll be. You'll be able to go way beyond your pledge minimum and then can focus on your training

Fundraising is the gentle art of teaching the joy of giving.
- Hank Rosso



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Ride Ataxia Gear Guide

Adapted from Bike & Build (www.bikeandbuild.org)

What you need to survive the Pacific North West

Life is like riding a bicycle. To keep your balance you must keep moving.
-Albert Einstein

The best rides are the ones where you bite off much more than you can chew
and live through it.
-Doug Bradbury



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Let's Pack!

Find a good, durable duffel bag that will fit all your stuff. Now put that one down and find one that's a reasonable size (no bigger than 4,500 cu. inches). Ride Ataxia has limited cargo capacity; please pack light – the bag you bring should be big enough to fit all of the required gear, but not much more. Everything must fit into your bag. When you arrive for the ride, bring your bike and all of your gear in the duffel.

When you pack, remember:

1. Write your name on all of your gear, from your bike to your underwear. Everyone will have similar stuff.
2. Ride Ataxia is not a fashion show. Pack clothes that are comfortable and functional, and that you won't mind getting dirty.
3. Bring lightweight layers that are warm when wet, like polypropylene. It can be cold on the road. If you're biking through the rain on a cold day, you could be at risk for hypothermia if you don't have the proper gear.
4. Think of how you're going to carry things like your camera and an extra warm layer with you on your bike. You may want to invest in a handlebar bag or seat bag.
5. There are tricks to improvising with dual-use items and condensing your belongings to better fit them all into your duffel. For example, to save room, instead of packing a pillow, fill your stuff sack with your fleece and some soft clothes. A compression sack for your sleeping bag is an inexpensive way to create more space.



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Sample Gear Checklist

** Strongly recommended*

CLOTHING

- 4 pairs underwear*
- Women:* 3 sports bras, 3 non-sport*
- 1 pair of pants (jeans, etc.)*
- Bathing suit*
- Sweater/Sweatshirt*
- 2 T-shirts*
- 3 pairs socks*
- 1 pair sneakers*
- Hat or cap
- Pajamas or sleepwear*
- 2 pairs shorts*
- Sandals or flip-flops*

CYCLING CLOTHING

- 3 pairs cycling shorts*
- Cycling Rain booties
- Cycling shoes*
- Arm warmers
- Warm layer (e.g. long-sleeve jersey)*
- 3 pairs cycling socks*
- Bright colored wind breaker
- Cycling gloves*
- Leg warmers or cycling tights
- 1 Ride Ataxia cycling jersey
- Rain jacket*
- Rain Pants*

PERSONAL ITEMS

- Toiletries*
- Camera
- Saddle cream / Chamois Butter
- Sunscreen*
- iPod
- Quick-dry towel*
- Book or journal

EQUIPMENT

- Sunglasses*
- Flashlight or headlamp*
- Laundry bag
- Compression sack

CYCLING EQUIPMENT

- Bicycle
- 2 or 3 water bottles and cages*
- Hydration pack (e.g. Camelbak)
- Handlebar bag or seat bag
- 3 spare inner tubes*
- Aero bars
- Helmet*
- Patch kit*
- Clipless pedals
- Ergonomic saddle
- Multi-use bike tool*
- 3 tire levers*
- Air pump*
- Bike lock*
- Cycling computer
- Rearview mirror
- 2 extra spokes
- Chain lube*

A bicycle does get you there and more...And there is always the thin edge of danger to keep you alert and comfortably apprehensive. Dogs become dogs again and snap at your raincoat; potholes become personal. And getting there is all the fun. -Bill Emerson



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Additional Items

Digital cameras and laptops:

If you have a digital camera, feel free to bring it. If you'd like to bring your own laptop with you, you may do so. You do so at your own risk; Ride Ataxia will not be responsible against damage and/or theft.

Cell phones:

You are welcome to bring your cell phone with you on the trip. Not only is it a good way for friends and family to reach you directly, but it's also an important safety precaution while on the road. Much of our route will have coverage. If you bring your cell phone, we recommend contacting your service provider to find out which plan would work best. Most carriers will let you switch to a national plan and then switch back after the summer.

Group Items

Cyclists may be permitted to bring an item for the group that won't fit in your duffel, such as a guitar, football, Slip 'n Slide set, etc. If you have such an item that you'd like to bring, please contact an RAIII representative. The extra item will travel in the support van or trailer at your risk, and it must be available and potentially useful to everyone. (For instance, just because you're willing to make your entire volume of German encyclopedias available to everyone doesn't mean that it's a good group item.)

Where to Get It

Here are some resources to check out when shopping around for gear. Let us know if you come across a good supplier.

Local:

- Bicycle Chef (www.bicyclechef.com); 3184 N Street, Sacramento, CA 95816.
(916) 447-9118

Not-so-local:

- Bike Nashbar (www.nashbar.com); Nashbar carries their own line of clothing and equipment and resells selected brands. Probably the best prices you'll find on the web.

- Performance Bicycle (www.performancebike.com); "For people who love bikes."
Performance has especially good deals on their line of bike clothing.

- REI (www.REI.com): Excellent place for clothing, especially cold-weather gear



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Transportation

The ride will be taking off from the Oregon Health & Science University Center for Health and Healing located at: 3303 S.W. Bond Ave. in Portland, OR. Go to <http://www.ohsu.edu/xd/about/visiting/directions/index.cfm> for directions. The team will finish the ride at the National Ataxia Foundation Annual Membership Meeting in Seattle at the Airport Double Tree Inn, 18740 International Blvd., 206.246.8600. The meeting will be in progress when we arrive so if you want to stay at the Double Tree make your reservations early. If you are interested in attending the NAF Annual Meeting go to www.ataxia.org for information.

Please sign in to the Google groups page "Team Ride Ataxia". We will post updated information regarding the ride on this page. You can also use this page to communicate with other participants who may want to share a ride to Portland from your home or back to Portland from Seattle after the ride.

The Amtrak Cascades route runs 4 times daily between Portland and Seattle. The trains have bike racks but you need to reserve space on the racks when you make your reservation. The cost for a one way ticket ranges from \$28 to \$38 dollars. The Greyhound bus also runs several times a day between the two cities. For schedules and fares go to www.amtrak.com or www.greyhound.com.

More Info

Within a week of submission of registration each participant should receive an invitation to join the team Google Group. This online group will allow each participant to meet new team members, ask questions, get relevant answers and receive the latest news regarding exact times, locations, transportation options etc. If you do not receive an invitation within a week of your registration submission please contact kyle@rideataxia.org.

Liability and Medical Release

On the following two pages you will find the Ride Ataxia Liability and Medical Release forms. Please print these forms, fill them out and bring them with you to the event registration on March 16, 2009 at OHSU in Portland. Each rider will be required to have their medical release form on file in order to participate.



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RAII PARENTAL CONSENT, CERTIFICATION, & MEDICAL AUTHORIZATION

A Parent or legal guardian must accompany underage participants

*Required field

Child's Last Name* _____ First* _____

Street Address* _____

City* _____ State* _____ Zip* _____

Child's Father/Guardian* _____ Child's Mother/Guardian* _____

GENDER: M F

D.O.B.: ____/____/____

Parent/Guardian
PHONE* () _____
() _____

MEDICAL LIABILITY RELEASE

Insurance Company or Healthcare Provider covering child*: _____

Policy/Medical Record #* _____

Physician's Name*: _____ Physician's Phone: () _____

() _____

Additional person to notify in case of emergency:

Name* _____ Relationship* _____ PHONE*: () _____ () _____
Day Evening

Street Address _____

City _____ State _____ Zip _____

Consent and Certification:

I, the undersigned, being the parent or legal guardian of the child named above, do hereby consent to the participation of my child in Ride Ataxia. Further, I certify that my child is physically fit and adequately trained to participate in Ride Ataxia.

If it should become necessary for **my child** to receive medical treatment for any reason during this ride, I understand that his/her medical insurance is the only coverage he/she will receive. I hereby release the representatives, committee members, sponsors, affiliates, all participating groups, and all participating individuals associated with Ride Ataxia from any liability related to personal damage or injury.

In consideration of acceptance of my child's entry to Ride Ataxia, I hereby, for my child, myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against Ride Ataxia, FARA, NAF, all participating groups, sponsors, and any individuals associated with this event, their representatives, successors and assigns, and will hold them harmless for any and all injuries and/or damages suffered in connection with this event. I understand that the risks of a lengthy bicycle ride include, but are not limited to, head injuries, fractures, dehydration, hypothermia, heat exhaustion, heat stroke, heart attack and other possible minor and major injuries and I assume full and complete responsibility for any injury or accident which may occur during my child's participation in this event. Furthermore, I take full responsibility for **my** child's actions and will pay for any damages caused by my child.

Signature

Print Name

Date

