

# Team Summit

## 1st Annual "Denver Bike-A-Thon"/Mixer

### Saturday, October 3, 2009, rain or shine

Team Summit's Bike-A-Thon is a great opportunity for you to have some fun, earn money for your 2009/10 program fees, and benefit the Team Summit Scholarship Fund. Riders will meet at the Bear Creek Lake Park Beach Parking Lot (BCLPBPL) at 9:30AM.

Please select from three rides to suit your individual ability and preference. *All riders under age 9 must be accompanied by a parent.*

**Ride #1, "Green" - Beginner:** Begin at the BCLPBPL on the bike path. Ride the outer trails of the Park to Mt. Carbon, through the Golf Course and back. 10 miles round trip, approximate time 2 hours.

**Ride #2, "Blue" - Intermediate:** Begin at the BCLPBPL. Ride the outer trails of the Park to the Bear Creek Greenbelt to Lakewood Sister City Park and back finishing the outer trails of Bear Creek Lake Park. 18 miles round trip, approximate time 3 hours.

**Ride #4, "Black" - Most Difficult:** Begin at the BCLPBPL. Ride the C470 South trail through Chatfield State Park to South Platte Trail intersection and take that north to Bear Creek Trail and back to the BCLPBPL. 28 miles round trip, approximate time 4 hours.

**Please meet at the BCLPBPL at 9:30am to sign in, turn in necessary forms and pledges, and be placed with a group. All rides must be back at the BCLPBPL by 4:00pm to have your mileage verified by an official and sign out.**

Groups of six to seven athletes will be placed with a group leader. The group leader will be in charge of their riders and the group must stay together. Each group leader will carry a cell phone to contact our base at the Frisco Marina in case of an emergency. A pick-up truck will be dispatched from the Frisco Marina to assist anyone in an emergency.

**Anyone interested in riding an alternate route must contact [Nicole@TeamSummit.org](mailto:Nicole@TeamSummit.org)**

#### **How it works:**

**Registering:** Complete the entry form and return it to Team Summit at [Nicole@TeamSummit.org](mailto:Nicole@TeamSummit.org), P.O. Box 3307, Copper Mountain, CO 80443, or drop by the office. Entry forms must be received by Friday, September 25, 2009.

**Race day:** Be at the BCLPBPL at 9:30am with your completed pledge form, pledges (preferably in check form), and a signed copy of your Team Summit 2009/2010 waiver found at [www.teamsummit.org](http://www.teamsummit.org). Riders will be released at 10:00am sharp! All riders must return by 4:00pm to sign out and get pledge forms signed by an official.

**Getting your pledges:** Prior to the event, participants obtain donations or pledges for donations for each lap or mile completed. Pledges can be obtained from family members, friends, neighbors, local businesses, or anyone else you can think of! All pledges are collected by the riders and their parents. Pledge checks are payable to Team Summit.

**Your pledge log:** Use the Bike-A-Thon log to record your pledges and contributions. You can use one log, or make as many copies as you need of the attached form. If you are sending the letter and log by mail (say to your Grandparents) make sure they return the log to you so you can get them to us with complete mailing addresses.

**Contributions and your percentage:** Our Federal Tax ID number is #74-2529909. 60% of your total pledges will be applied directly to your individual 2009-10 Team Summit program fees.

**Your sponsors:** Donors enjoy knowing how many laps or miles athletes complete. A suggested letter to send or give your sponsors is enclosed. Make as many copies as you need. Pledges are due on event day, preferably in check form. Exceptions can be made with the Team Summit office.

### **Details!**

**What to bring:** A backpack, plentiful snacks, tons of water or a hydration pack, adequate clothing including rain gear, a tuned bicycle, sunscreen and strong legs! **Helmets are mandatory.**

**Mileage not time!** Remember, this is not a race. Although you may want to challenge your teammates or coaches to a "race" to add interest to the event, the purpose of the Bike-A-Thon is to ride for miles, not for time. We expect neighborly and appropriate use of the recreational paths and a respect of all trails and closures.

**Weather:** We will ride rain or shine so be prepared for inclement weather!

**VSF hours:** This is a great way to train and one of the most fun opportunities for parents to obtain VSF Hours. Anyone interested in being a group leader, please contact Nicole ASAP. Group leaders must be at least 21 years of age and have a cell phone. Group leaders must be strong bikers.

**Risk:** All riders must understand that there is inherent risk to biking. Team Summit is not liable for any injuries sustained while riding in the Bike-A-Thon. All riders assume all responsibility and risk involved in participating in the Bike-A-Thon.

**Guest riders:** Parents and friends are invited to ride with the groups as long as everyone signs a Team Summit waiver found at [www.teamsummit.org](http://www.teamsummit.org).

**More Information:** Call Nicole at 970.968.2318 x40010(O) or 970.310.5288(M).

**Start getting in shape, get your bikes tuned, get out and get some pledges, and let's have lots of fun with the "Bike-A-Thon 2009" followed by a Mixer for Team Summit!**

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### **Easy Steps to Raise \$300 in One Week! By the Great Strides Fundraising Tool Kit**

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| Day 1 | Make your own \$25 contribution <b>(\$25)</b>        |
| Day 2 | Ask five neighbors for \$10 each <b>(\$50)</b>       |
| Day 3 | Ask your boss to contribute \$25 <b>(\$25)</b>       |
| Day 4 | Ask five co-workers for \$5 each <b>(\$25)</b>       |
| Day 5 | Ask three family members for \$25 each <b>(\$75)</b> |
| Day 6 | Ask two businesses for \$25 each <b>(\$50)</b>       |
| Day 7 | Ask five friends for \$10 each <b>(\$50)</b>         |

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### **BIKE-A-THON GROUP LEADER RESPONSIBILITIES**

1. Keep the group together throughout the ride.
2. Take needed rests and breaks.
3. Leaders must have a cell phone. (Leave number with the coordinator at the Frisco Marina)
4. The leader rides only as fast as the slowest bike, or the groups must have another adult to follow behind the group.
5. Supervise all highway crossings until last rider is crossed.
6. Bring a back pack to carry first aid supplies and snacks.
7. Remind your riders that the Bike-A-Thon is not a race.
8. Observe all bike path and off road trail rules and courtesies.
9. For small children, the Lake Dillon ride is all downhill. Please take appropriate time on the return as it is a long uphill ride.
10. Call the base at the BCLSPBPL if you have an injured rider, or bikers experiencing mechanical problems. A Team Summit vehicle will be dispatched to pick up the rider or assist in whatever way possible. The base number will be distributed at check in.