

# Participant Packet

**CYCLE UNITED.**

**RUFF** fit **NESS**



February 11, 2012  
Valley Mall, Hagerstown  
7 a.m. - 3 p.m.

Sponsored by



Let's Ride.

# Welcome

Thank you for being a part of this year's Cycle United fundraising event. Last year, thanks to the incredible vision of leadership of Dave Ruff, Cycle United raised almost \$30,000 in just eight hours! That's incredible. We want to beat that for 2012.

United Way is a local organization dedicated to improving lives by mobilizing the community to take action. Through United Way you can make a dramatic impact in Education, Income and Health - the building blocks of a better life and stronger community.

United Way urges everyone to be a part of the change they want to see in their community. Thank you for taking part of a movement to truly affect the lives of neighbors.



Change Your Body. Change Your Life.



The area's top cycling instructors and gyms will come together to teach eight hours of cycling to benefit United Way of Washington County, MD.

## QUESTIONS?

United Way of Washington County, MD  
33 West Franklin St., Ste 203  
Hagerstown, MD 21740  
[www.unitedwaywashcounty.org](http://www.unitedwaywashcounty.org)

Leah Gayman, Executive Director  
301.739.8200 x 11  
[Lgayman@unitedwaywashcounty.org](mailto:Lgayman@unitedwaywashcounty.org)

Addie Nardi, Development Director  
301.739.8200 x 12  
[Anardi@unitedwaywashcounty.org](mailto:Anardi@unitedwaywashcounty.org)

# United Way

GIVE.  
ADVOCATE.  
VOLUNTEER.



How will the funds benefit the community?

Great question! Cycle United funds will be invested in programs right here in Washington County. An all-volunteer group makes funding decisions based on program outcomes and the needs of the community.

United Way's focus is in three areas:

- **Education:** School readiness, Learning Loss, and Student Access to Emotional and Social Supports
- **Income:** Affordable housing and Sustainable Employment
- **Health:** Healthy Choices, Risk Behaviors



LIVE UNITED.

GIVE. ADVOCATE. VOLUNTEER.

Living United is about creating opportunities today that will provide for a better future, for a better tomorrow. We all win when a child succeeds in school, a family becomes financially stable and when people have good health. By reaching out a hand to help someone or by using our

voice to champion an issue, ripple effects are experienced by the community as a whole. Everyone has a talent or skill they can lend. When you mix those talents - what a powerful force! Together, we can accomplish more than any single group can on its own.

## United Way's Health Goals.

Health: Improving individual and family health, safety and security.

### Healthy Choices

1. Decrease the barriers that prevent people from accessing screening and preventative quality health care services.
2. Enhance community efforts toward improving healthy lifestyles while supporting programming that focuses on healthy eating and physical activity.

### Risk Environments

1. Decrease the occurrence of domestic violence.
  - a. Increase the number of victims and perpetrators that complete comprehensive domestic violence programs.
  - b. Providing program funding to meet demand for services.
2. Decrease the occurrence of child maltreatment.
  - a. Providing program funding to meet the demand for services.
  - b. Create community awareness campaign that targets signs and symptoms of child maltreatment.
  - c. Strengthen coordination of exiting child maltreatment intervention services.



# Building Your Team

## Recruitment

- Form a team with your business, school, sports team, family, friends or community group.
- You will need eight people on your team. That's one person every hour (classes are 45 minutes with a 15 break between).
- Can't find enough riders? No problem. We'll partner you up with another group or you can join one of our "drop in" bikes.
- Too many riders? Start more than one team. We'll work with you.

## Team Captain

- Use the Team Roster (page 6) and start recruiting.
- Register your team either online at [www.unitedwaywashcounty.org](http://www.unitedwaywashcounty.org) or by calling Addie Nardi at 301.739.8200 x 12.
- Provide your team member with a pledge sheet (page 8) and they can start asking for sponsors.
- Save time on event day by collecting all money, registration and liability forms prior to the event.

## Flying Solo?

Are you interested in participating, but can't put together a whole team?  
**DO NOT WORRY. WE HAVE A PLACE FOR YOU.**

Call or email us at 301.739.8200 x 12  
[anardi@unitedwaywashcounty.org](mailto:anardi@unitedwaywashcounty.org)

- Get excited. Put up posters, post flyers and send out emails. Tell everyone you're putting together a team for Cycle United.
- Take the worry away. Cycling isn't scary. In fact, for those interested in seeing what a cycling class really looks like, Cycle United is a great introduction. There will be people from all fitness level participating.
- Get as many people involved as possible. Engage your workplace, recruit your family and friends. Bring the neighbors!
- Have fun. Create a theme. We have all sorts of awards for team spirit. Come up with a fun name, wear costumes or decorate a bike.
- Motivate your team. Keep reminding yourself why you're doing this. Each dollar you raise goes right back into our community, into the lives of people who need our support.
- Try to surpass your goal. While the goal is to raise \$1,000 per team, don't hesitate to set your own team fundraising goal.

# Endurance Riders

**So you want to be a part of Cycle United, but don't think an ONE class is enough? You'd prefer to ride...all day? You sound like an endurance rider. Let's get you on a bike and raising money!**

What is an endurance rider?

Anyone who signs up for Cycle United has an option of participating for any period of time. If you want to go for two classes, perfect. Maybe three classes makes more sense for you; that works for us too. Then again, maybe you want to spend the entire day cycling...that puts you at the front the class.

An endurance rider is any rider who signs up to ride for more than four hours. These riders get special treatment ( I mean, they're really showing their community spirit). We do need you to seek sponsorships. We can help you to identify the right sponsor for your ride. If you're riding an entire day, let's make sure we invite area businesses to sponsor you in support of the United Way mission.

Endurance riders get a dedicated bike and will be promoted in all Cycle United marketing pieces and will get a special award during the wrap-up celebration and award ceremony.

For more information on becoming an endurance rider, contact Leah Gayman at 301.739.8200 x 11 or [lgayman@unitedwaywashcounty.org](mailto:lgayman@unitedwaywashcounty.org).



**Raise Money**

**Raise Awareness**

**Raise The Bar**

# Informed Consent

Last:

First:

Address:

Phone:

Email:

## EMERGENCY CONTACT INFORMATION

Emergency Contact Name:

Phone:

Emergency Contact Name:

Phone:

Please list all medical conditions:

## Informed Consent

I, \_\_\_\_\_, declare my intent to participate for a minimum of 1/2 hour up to my agreed upon time in the Cycle United cycle event. I understand that each person has a different capacity for taking part in this form of exercise. I assume full responsibility for my participation in this event. I understand that I am participating at my own risk.

I recognize that by participating in this event sponsored by the United Way of Washington County, MD and our affiliated fitness professional partners, I may experience potential health risks such as light-headedness, fainting, abnormal blood pressure, chest discomfort, leg cramps and nausea and I assume full responsibility for those risks. I understand that it is my responsibility to check with my doctor before starting or participating in the Cycle United cycle event.

I acknowledge my obligation to immediately inform the instructor or event representative of any pain, discomfort, fatigue or any other symptoms that I may suffer during and immediately after my participation. I understand that I may stop or delay my participation in any activity or procedure if I do desire and that I may also be requested to stop and rest by the staff if any symptoms of distress or abnormal response are observed.

I understand that I may ask any questions or further explanation at any time.

I acknowledge that I have read this form in its entirety and understand my responsibility in the Cycle United cycle event in which I will be engaged. I accept the risks, rules, regulations set forth in this document. Knowing these, and having had an opportunity to ask questions which have been answered to my satisfaction, I consent to participate in the Cycle United cycle Event.

Furthermore, I for myself and my heirs, fully release from liability and waive all legal claims against United Way of Washington County, MD, our affiliated fitness professional partners, the Valley Mall and the staff for all entities for any injuries or damage that might incur during participation in the Cycle United cycle event.

Participants Name:

Signature:

Date:

Please mail or drop off form to: United Way, 33 W. Franklin St., Ste 203, Hagerstown, MD 21740

# Team Roster

Team Name:

Company/Organization:

Team Captain:

| Ride Time | Rider Name | Phone/Email | Shirt Size |
|-----------|------------|-------------|------------|
| 7 a.m.    |            |             |            |
| 8 a.m.    |            |             |            |
| 9 a.m.    |            |             |            |
| 10 a.m.   |            |             |            |
| 11 a.m.   |            |             |            |
| 12 p.m.   |            |             |            |
| 1 p.m.    |            |             |            |
| 2 p.m.    |            |             |            |

Please submit all team or multi-team rosters to Addie Nardi by January 27, 2012.  
anardi@unitedwaywashcounty.org or by fax 301.797.2293



# LIVE UNITED™

Dear Community Member,

Thank you so much for considering a sponsorship to benefit United Way. The Cycle United event is a great way to get involved and give back. In addition to raising funds for our neighbors, we are also focusing on the challenges we face regarding healthy choices and active living. Your generosity will go a long way to improving lives and changing community.

United Way is really unlike any other nonprofit – our work is not centered on one person, one agency or one area of need. Instead, our focus is on Washington County. We are a local nonprofit run by local leaders. We are able to realize our mission through strategic investments of resources – funding programs, volunteer-raising, and community visioning. We aim to give everyone an opportunity to be the change they want for this community. From giving money, volunteering time and advocating for change, day in day out United Way is forwarding the message that we can do so much, improve the lives of so many, when we LIVE UNITED.

If you have any questions or need anything further, please don't hesitate to contact me directly.

Sincerely,



Leah Gayman  
Executive Director  
301.739.8200 x 11  
lgayman@unitedwaywashcounty.org

# You're not just raising \$1,000

*You're changing lives*

## What does \$1,000 do for the community?



- Provides **45 prescriptions** for families who can't afford health insurance.
- Supplies **39 dental care kits** for disadvantaged youth.
- Gives **school supplies** to 5 county students in need.
- Serves **7 hot meals** to medically homebound senior citizens.
- Buys **2 pairs of shoes** for someone who lost everything in a disaster.

And

- Provides for **385 pounds of food** for working families right here in Washington County.

Everyday offers us an  
opportunity to make a difference  
in the life of another.

Live United.

