



Come Join the Fun August 23rd -29th!

The Hemophilia Council of California and the four California Hemophilia Chapters (Hemophilia Foundation of Northern CA, Central CA Hemophilia Foundation, Hemophilia Foundation of Southern CA, & Hemophilia Association of San Diego County) invite you to take a picturesque ride down the California coast to raise money for hemophilia. This week-long coastal adventure with other bike riders will give you an opportunity to see and experience beautiful coastlines, meet fun & friendly people, test yourself, and gain a sense of accomplishment.

The 674-mile journey starts in San Francisco on August 23 & 24, 2009 and winds down Highway 101 through coastal towns like Santa Cruz, Big Sur, Monterey, San Simeon, Pismo Beach, Santa Barbara, Malibu, San Clemente and finishing in San Diego on August 29, 2009.

The ride is broken up into one 7-day ride and one 6-day ride for different levels of challenge. Both groups join up in Santa Barbara, ride the last two days together, and finish at the HASDC Annual Picnic in San Diego. Don't miss this spectacular week of breathtaking views and energizing bike riding!

You can request an application from your chapter. There are many different fundraising levels, and we will offer support and guidance to help you raise funds. We will hold various training rides to get you nice and fit for the long journey as well. There are only 20 spots available on each starting day, so hurry and return your registration fee.

Sincerely,

Yvette Bryant, Chair
Hemophilia Council of California

P.S. Register by April 17, 2009 to **SAVE \$50** and have \$100 credited toward your fundraising total!



***California
Coastal Race
For Hemophilia***

***Benefiting
All Four California Hemophilia
Chapters & The Hemophilia
Council of California***

REGISTRATION AND INFORMATION KIT

***A Fitness Challenge Benefiting All
Four California Hemophilia Chapters &
The Hemophilia Council of California***

**Cycle from San Francisco to San Diego,
Over 600 miles in one week for hemophilia!**

August 23/24 – 29, 2009

2009 CALIFORNIA COASTAL RACE FOR HEMOPHILIA

A Rider's Commitment to HCC & the Chapters

- Raise a minimum of \$2,500-\$3,500 (per rider) to benefit The Hemophilia Council of California (HCC) and your local hemophilia chapter. *Your fundraising dollars go directly toward programs and services provided by HCC and your local hemophilia chapter. These include advocacy, Legislative Day, Future Leaders, family outreach, summer camp, youth events, and education. Your fundraising also supports the on-going research for a cure for hemophilia.*
- Train independently and ride over 600 miles from San Francisco to San Diego, Aug. 23/24 - 29, 2009.
- Provide own equipment including bicycle, apparel and gear.
- Travel to San Francisco to begin the ride, transport bicycle and gear.
- Adhere to deadlines and HCC & Chapter policies.
- Have fun!

Our Commitment to You

- Accommodations along the ride and most meals, beverages and snacks during the ride.
- Custom California Coastal Race for Hemophilia cycling jersey and t-shirt
- Homecoming BBQ at Annual HASDC Family Picnic & Information Day on August 29, 2009
- Fundraising strategies and encouragement during the ride.
- Training tips and schedules (upon request)
- The experience of a LIFETIME!

About the California Coastal Race for Hemophilia

This six- or seven-day journey along California's majestic Highway 1 is an experience like no other! From the rugged mountains of the north to the bustling beach cities of the south, you will see it all! This "race" is truly a coastal ride adventure where you will test your ability and challenge yourself each day. Riders are supported by "SAG" (Support/Aid/Gear) volunteer drivers.

All levels of fitness are welcome to join the race. The ride demands physical endurance and having strong cardiovascular ability is a plus. Mileage varies from 60 to 90 miles per day. Ride time varies from 5 to 7 hours a day, with lunch and snack breaks throughout. There are two start days for the ride. Start on August 23 for a longer, easier ride, or start on August 24 for a shorter, more challenging ride. Both groups will join up in Santa Barbara and finish the ride together in San Diego on August 29, 2009.

Who is HCC?

The Hemophilia Council of California (HCC) is a collaboration of the four hemophilia chapters serving California. HCC's mission is to support the four California Hemophilia chapters and improve the quality of life of people with bleeding disorders. HCC coordinates the advocacy concerns of chapters and individuals with bleeding disorders, runs your leadership programs, and organizes your annual legislative day to give YOU a voice in the California Capitol.

The four chapters are: Hemophilia Foundation of Northern California (HFNC), Central California Hemophilia Foundation (CCHF), Hemophilia Foundation of Southern California (HFSC), and the Hemophilia Association of San Diego County (HASDC).

2009 CALIFORNIA COASTAL RACE FOR HEMOPHILIA

GET STARTED NOW!!! HERE'S HOW...

To get started, please provide:

1. \$100 registration fee (Payable to member chapter HASDC, *non-refundable & applied to fundraising*)
*****PLEASE NOTE:** The \$100 Registration fee is your commitment to participate in the race and is due by **April 17th, 2009** and will be applied to your fundraising total. After April 17th, registration fee becomes \$150, and **WILL NOT** be applied to fundraising.
 2. Signed Commitment Form
 3. Health History Form (with a front and back copy of your medical insurance card)
 4. Release of Liability and Authorization for Emergency Medical or Dental Treatment
- Send completed forms and registration fee to your local hemophilia chapter (see list below)

Submit all registration forms and checks to your local hemophilia chapter or HCC:

Hemophilia Foundation of Northern California (HFNC)
6400 Hollis Street, Suite 6, Emeryville, CA 94608 (510) 658-3324

Central California Hemophilia Foundation (CCHF)
PO Box 163689, Sacramento, CA 95816 (916) 734-3461

Hemophilia Foundation of Southern California (HFSC)
6720 Melrose Ave., Hollywood, CA 90038 (323) 525-0440

Hemophilia Association of San Diego County (HASDC)
3570 Camino Del Rio N., Ste 108, San Diego, CA 92108 (619) 325-3570

Hemophilia Council of California (HCC)
1507 21st Street, Suite 206, Sacramento, CA 95811 (916) 498-3780

Make checks payable to HASDC (the coordinating chapter) or make your donations on Active.com

2009 CALIFORNIA COASTAL RACE FOR HEMOPHILIA

COMMITMENT FORM

As a participant of the 2009 California Coastal Race for Hemophilia, you are committing to raise a minimum of \$2,500-\$3,500 (per level of participation) for your event by the final fundraising deadline of **Aug 14th, 2009**. These minimums were set based on program expenses to ensure we keep our costs to no more than 25% of the funds raised. Thus, your commitment is extremely important, ensuring the credibility of the fundraising program to all our donors.

If you have not met your fundraising goal by **Aug 14th, 2009** we will ask you to secure your participation with a Master Card or Visa credit card number. **HASDC (the coordinating chapter for the ride) will contact you to verify your fundraising balance at that time and determine, per your authorization, whether to charge your card for the outstanding funds.**

After the **Final Fundraising Deadline of Aug 14th, 2009**, you may continue to submit funds and the staff will discuss reimbursement options with you.

If you have any questions regarding your fundraising or securing your fundraising balance with a credit card, please contact your local hemophilia chapter. We know that it is possible to raise the funds and are here to help you reach your goal! We ask for a credit card number simply to secure your commitment to the event.

Name: _____ Phone(_____)_____

Address: _____ City: _____ State: _____ Zip: _____

Credit Card Information:

() Visa () Mastercard Card Number _____ Exp Date _____

Name as it appears on Card: _____

Signature _____

2009 CALIFORNIA COASTAL RACE FOR HEMOPHILIA

MEDICAL HISTORY & INFORMATION FORM

PERSONAL INFORMATION

Full Name _____ M___ F___ Date of Birth ___/___/___ Age ___
Address _____ City _____ State ___ Zip _____
Home Phone(____) _____ Alternate Phone(____) _____ (work/cell/other)
Social Security Number ____-____-____ E-mail Address _____

EMERGENCY CONTACT In case of an emergency, who should we call?

First Contact: Name _____ Relationship to you _____
Home phone() _____ Work Phone() _____ Pager/Cell() _____

Second Contact: Name _____ Relationship to you _____
Home phone() _____ Work Phone() _____ Pager/Cell() _____

BRIEF HEALTH HISTORY

Do you have:

- 1. Hemophilia or another bleeding disorder? Yes___ No___
If yes, please describe: _____
2. Any other medical conditions? Yes___ No___
If yes, please describe: _____
3. Any recent illnesses or operations? Yes___ No___
If yes, please describe: _____
4. Any medical restrictions from doing activities? Yes___ No___
If yes, please describe: _____
5. Are you currently taking any medication? Yes___ No___
If yes, please list: _____
6. Do you have any allergies? Yes___ No___
If yes, please list: _____

MEDICAL INSURANCE INFORMATION

Please provide information about your medical/accident insurance coverage.
Name of Insurance Company _____
Phone () _____ Policy No. _____ Certificate No. _____
GHPP Number _____ Medi-Cal Number _____

IMPORTANT: PLEASE ATTACH A PHOTOCOPY OF THE FRONT AND BACK OF YOUR INSURANCE ID CARD.

VOLUNTEERS/SAG DRIVERS: YOU ALSO NEED TO ATTACH A PHOTOCOPY OF YOUR DRIVER'S LICENSE.

2009 CALIFORNIA COASTAL RACE FOR HEMOPHILIA

RELEASE OF LIABILITY AND AUTHORIZATION FOR EMERGENCY MEDICAL OR DENTAL TREATMENT

I, _____, am a participant/volunteer participating in the California Coastal Race for Hemophilia (hereinafter the Race), sponsored by the Hemophilia Council of California and member chapters Hemophilia Foundation of Northern California, Central California Hemophilia Foundation, Hemophilia Foundation of Southern California, & Hemophilia Association of San Diego County (hereinafter HCC & Chapters). I understand that the activities involved in the Race will pose the risk of harm, injury or death. On my own behalf I hereby freely and expressly consent to release, discharge, and hold harmless, the HCC & Chapters and any participating race sponsor and their respective agents, employees, and representatives from any damage, loss, or injury sustained by me while attending or participating in any activities of the Race. This release includes within its scope any damage, loss or injury sustained as a result of any ordinary negligence, whether active or passive on the part of the HCC & Chapters or any of their respective agents, employees or representatives.

Pursuant to California Family Code §6910, I hereby authorize the medical staff involved with the Race to consent to any medical treatment, including any examination, X-ray, anesthetic, medical or surgical diagnosis or treatment, or hospital care to be rendered to me under the general or special provisions of the Medical Practice Act, or to consent to any dental treatment, including any examination, X-ray, anesthetic, dental or surgical diagnosis or treatment, or hospital care to be rendered to me or my child/ward by a dentist licensed under the provisions of the Dental Practice Act. This authorization shall be effective while I am en route to or from the Race, or involved or participating in any program or activity of the Race, or under the supervision of any personnel associated with the Race, regardless of the location where treatment or care is rendered, unless earlier revoked by me in writing and delivered to the Race Director.

The foregoing release is to be construed in accordance with the laws of the State of California. It is intended to release claims which are not yet known. Accordingly, I hereby waive on my own behalf the provisions of California Civil Code §1542, which provides:

“A general release does not extend to claims which the creditor does not know or suspect to exist in his favor at the time of executing the release, which if known by him must have materially affected his settlement with the debtor.”

I attest and verify that I am granting permission to the HCC & Chapters to use my name, photographs and likeness in any broadcast, telecast and video or print media of the event for any legitimate purpose and without compensation to me.

I have read and understood this Release and Authorization and the attached Medical History and Information Form, and the information I have given is true and correct. PHOTOSTATIC COPIES OF THIS RELEASE AND AUTHORIZATION WILL BE CONSIDERED AS VALID AS THE ORIGINAL.

X _____ X _____
Signature Date
Print Name _____

2009 CALIFORNIA COASTAL RACE FOR HEMOPHILIA

FUNDRAISING

In exchange for participation in the race, you agree to raise or donate a minimum of \$2,500-\$3,500 (depending on participation) to the HCC & the California Hemophilia Chapters. HASDC is the coordinating chapter for this ride: please make all checks payable to HASDC. As a participant in the event, you have a variety of fundraising options. Please read below for levels and amounts.

REGISTRATION

\$100 if paid by April 17th, 2009 **applied to fundraising**

\$150 if paid after April 17th, 2009 **not applied to fundraising**

Registration fee is non-refundable and will be applied toward final fundraising total if submitted by April 17th, 2009.

PARTICIPATION LEVELS (6-DAY or 7-DAY RIDE)

FUNDRAISING MINIMUMS:

\$2,500 – room paid by rider (or their sponsor / company)

\$3,000 – shared room, HCC & Chapters will cover accommodation

\$3,500 – own room, HCC & Chapters will cover accommodation

☺ **Please feel free to raise ABOVE and BEYOND these minimums!!!** ☺

If you have any questions regarding fundraising or would like to customize your fundraising, please contact HASDC Executive Director Teresa Ramirez at 619-325-3570.

Submit all registration forms & checks to your local hemophilia chapter:

Hemophilia Foundation of Northern California (HFNC)
6400 Hollis Street, Suite 6, Emeryville, CA 94608 (510) 658-3324

Central California Hemophilia Foundation (CCHF)
PO Box 163689, Sacramento, CA 95816 (916) 734-3461

Hemophilia Foundation of Southern California (HFSC)
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Hemophilia Council of California (HCC)
1507 21st Street, Suite 206, Sacramento, CA 95811 (916) 498-3780

Make checks payable to HASDC or make your donations on Active.com

2009 CALIFORNIA COASTAL RACE FOR HEMOPHILIA

FUNDRAISING STRATEGIES

First and foremost, tell people what you are doing! One of the most effective ways is through a **letter writing campaign**. The key is to write a great letter, send it to 150+ people (if possible) and get it out as soon as possible! Follow the instructions below to get the most from your letter writing campaign.

Develop a list by thinking of everyone you know: family, friends, co-workers. Look through your checkbook and identify places where you regularly spend money or have spent a large sum of money in the past. Check with your parents and family for relatives and people who knew you as a child. If you send holiday cards, use that list.

Even after you have mailed your letter, keep your eyes open for people you may not have thought of and send them a letter. Carry copies of your letter at all times to hand out to people you run into. Below are some ideas of people you may not have considered:

- Doctors
- Dentists
- Accountants
- Lawyers
- Bankers
- Mortgage Brokers
- Cleaners
- Travel Agents
- Parent's of your children's friends
- Gardener
- Co-Workers of your spouse/significant other
- Landlord
- Hair Stylist
- Manicurist
- Chiropractor
- Massage Therapist
- Acupuncturist
- Personal trainer
- Health club operator
- Vendors or Clients of the Company Where You Work (if you work with them directly)
- Your parent's friends and neighbors
- People in the office building where you work
- People you see at the coffee shop

A few sample letters are enclosed below. Feel free to personalize these letters, or come up with your own. HCC or your local Hemophilia Chapter would be happy to review your letter before you send it. Make it simple; ask for money to support programs like summer camp for kids with bleeding disorders or research to cure hemophilia.

When you send out your letter, send along with it a self-addressed, STAMPED return envelope. You'll get more responses this way! Collect all the checks you receive as donations and tally them up. Periodically send all your checks to your local chapter.

Like letter writing, an **e-mail campaign** is just as effective. Since most people have e-mail addresses and reply more quickly than to hand written letters, you can convey the same information as in a mailed letter. For added convenience, you can attach a "donor sheet" to your e-mail to be sent back to you with a donation (attached is a sample).

2009 CALIFORNIA COASTAL RACE FOR HEMOPHILIA

We will also be setting up an **Active.com web page**, which is a very organized and easy way to raise funds. We will have a main page explaining the event and you can set up your own link from that web page to raise funds on line. All monies are sent from your local chapter office to the HASDC office where monthly statements are sent regarding your account.

In all of your communication with potential donors, remind them that they are supporting a wonderful cause and a very active non-profit organization that provides valuable programs and services to the local bleeding disorders community and a statewide non-profit that provides education and advocacy for all Californians with bleeding disorders. Most importantly, remind your potential donors that donations are fully tax-deductible.

REMEMBER: PEOPLE WANT TO GIVE – You just have to ask them!

MORE FUNDRAISING STRATEGIES

Matching Gifts: Companies often support their employees by donating to non-profit organizations. If you know someone who is donating to you from a company, ask them to go to their personnel office and pick up a matching gifts form, fill it out and send it with your donation. This will double your donations!

Corporate Sponsorships: If you are associated with a company that is interested in charitable giving, offering them a corporate sponsorship is a great way to reach your fundraising goal. Sponsorships range from \$500 to \$20,000.

Music or Comedy Night: Get a music hall, nightclub, or bar to donate use of the space, then find a local band or comedian to donate a performance. Charge \$10 per ticket.

Ice Cream Social or B-B-Q: Host an ice cream party or B-B-Q at your work and charge \$5 or \$10 per sundae or a plate.

Casual or “Jeans Week”: Check with your manager at work and ask if your company will support a week of casual clothing or jeans in exchange for raising funds for your bike race.

Percentage Sales: Ask management of store you frequent (grocery, restaurant, dry cleaner, etc.) to donate a percentage of a day’s (or week’s) profits to your fundraising effort.

Community Space: Ask a local supermarket to donate space to run a bake sale, garage sale or car wash. Ask your friends to help. Ask the business for support in matching funds for the money donated.

Money Per Piece or Item Sold: Ask a local business (bagel shop, coffee shop, pizza place) to donate \$.25 to \$.50 of each sale on a given day. Advertise to your friends and neighbors to buy that specific day.

Club Donations: Go on the speaking circuit at local clubs and organizations. Contact the local service clubs (Kiwanis, Elks, Lions, Jaycee, Soroptomist, Optimist, etc.) and ask if you can

2009 CALIFORNIA COASTAL RACE FOR HEMOPHILIA

have a few minutes on the meeting agenda. These groups are very responsive and have a treasury set aside just for this type of request.

Candy Sales: Candy costs under \$0.50 and can be sold for \$1 or more at the workplace, door-to-door, or through schools.

Bingo: A team member contacted a local bingo hall and was put on their fundraising calendar. Bingo halls are required to give a portion of their funds to charity.

Local Fraternity/Sorority: Contact a local fraternity or sorority to bake and sell cookies or donate funds.

Corner Collections: Have 6-8 adults man a busy intersection and collect donations in chapter buckets. Wear chapter shirts or cycle jerseys and display our banners. Apply for a permit from the city before you invade the streets, though.

Recycling: Have people donate their empty cans or bottles. Does your office have a soda machine? Where do the cans go? Send a flyer around your neighborhood and pick up those recyclable items (check to see if your community requires a permit to do this).

Car Wash: Ask your local high school or church group to help you run a weekend car wash. Many stores and gas stations will donate the water and location.

Pancake Breakfast: Work with a local church or VFW Hall to arrange a pancake breakfast.

Picture Postcard: Halfway through your training, send a postcard (use a picture of yourself in your training gear and have it printed on postcard paper) to everyone on your mailing list updating them on your progress. Remind them to send their contribution.

Softball or Bowling Tournament: Ask your local bowling or softball league to hold a weekend tournament for the society. Or plan your own tournament and invite even your not-so-athletic friends to compete.

Let's Party: Host a theme party or happy hour for friends and charge admission. Possible themes include:

Holiday or Birthday, Gourmet Dinner Party, Ethnic Food Sample, Wine & Cheese, Desserts.

2009 CALIFORNIA COASTAL RACE FOR HEMOPHILIA

SAMPLE FUNDRAISING LETTER #1

Dear Friends and Family,

As many of you know I have been involved with the hemophilia community for many years. First as a nurse involved in caring for people affected by hemophilia in their homes, and now in multiple capacities including working with the local non profit organization, the Hemophilia Foundation of Northern California (HFNC).

As a board member of HFNC I work on a variety of projects, including volunteering at the summer camp for children as a resident nurse. The camp is the only opportunity for the majority of these kids to be with other children with hemophilia. It is so wonderful to see learn the difficult and painful skill of self-infusion, bringing them closer to independence.

This summer I will join a small-dedicated group of people on a bicycle ride from **SAN FRANCISCO TO SAN DIEGO**; over 600 miles! This will be quite a feat for me, as I have not attempted this many miles in many years! The primary purpose of this ride will be to raise awareness about hemophilia and raise money for HFNC so the organization can continue to support its worthwhile endeavors, such as summer camp, outreach and educational programs. I have committed to raise **[amount here]** so that this organization can continue to support the bleeding disorders community in Northern California. I am also going to ride to honor my good friend Bret Leach, a person currently suffering from end stage liver disease as a result of receiving contaminated product many years ago and acquiring HIV and Hepatitis C. Please join me in achieving my goals and honoring Bret and this incredible group of people. You can do so by contributing lots of cash or if you prefer, you can join me on the ride! (Either way, I will need all the support I can get!

Thank you in advance for your support!

Love,

Michelle Gilmore

2009 CALIFORNIA COASTAL RACE FOR HEMOPHILIA

SAMPLE FUNDRAISING LETTER #2

Date

♥Dear Family & Friends♥

I have exciting personal news! I have done something totally outrageous. **Last month, I bicycled more than 500 miles from San Francisco to San Diego**, down the beautiful California coastline. And, I did it in only 7 short days, in spite of all the obstacles (least of which was pain!) During the ride, I kept up with several very fit U.S. Marines (and even smoked one of them!)

You may ask, "**Why would you do that?**" I was actually asking myself the same question until I met children affected with hemophilia, who were benefiting from the fitness challenge of my life. I never knew that hemophilia was a life-long, inherited bleeding disorder that impairs normal blood clotting. I never realized that in the past, individuals with hemophilia contracted HIV and Hepatitis C by infusing medicine they thought was going to stop their bleeding. I never knew how many people were affected, until I met USMC Captain Mike Hudson (now a good friend) and found out that **his son has hemophilia**. What I do know is that there is no cure for hemophilia...yet.

Now you have a better idea of why I rode those hundreds of grueling miles. I did it to raise funds for and awareness about bleeding disorders. I did it for Mike's son, Ryan, and for all the little kids in San Diego County who have this life-long bleeding disorder. I did it so the Hemophilia Association of San Diego County (HASDC) could continue providing summer camp, youth group activities, emergency assistance and other crucial programs and services for families with bleeding disorders.

And now, I need your help. Because I have committed to not only ride more than 500 miles, but also to **RAISE [amount here] for kids like Ryan**.

Can I count on you to join me in this effort? I can't make it without your love, enthusiasm, care and financial support. Just use the enclosed form and envelope to demonstrate your support or disbelief! So that I can complete my fund-raising, please mail your contributions by _____, if at all possible. ***Please make your tax-deductible contribution*** payable to HASDC (or the Hemophilia Association of San Diego County) and send it in the enclosed stamped envelope.

I would like to thank you in advance for your generous support. ***And, thanks for being part of my life, especially during this significant personal milestone.***

And on behalf of the true distance racers – those enduring serious illness – thank you, too!

2009 CALIFORNIA COASTAL RACE FOR HEMOPHILIA

Love, Jen

SAMPLE FUNDRAISING LETTER #3

Dear Friends, Family, and Perspective sponsors,

My name is Mike Hudson and I am involved with a charity event that will raise money for the Four California Hemophilia Chapters and the Hemophilia Council of California. We will be riding our bicycles from San Francisco to San Diego, a distance of over 600 miles. We are seeking support and sponsorship in order to make the most of this endeavor.

I was made aware of the great suffering caused by Hemophilia when my son Ryan was born in On 29 July 1998. As an infant Ryan was rushed to the hospital several times a month simply because his blood would not clot. Most children his age can instantly recover from injuries, but Ryan cannot. Untreated internal bleeds can prove fatal if emergency measures are not taken quickly. I felt helpless at the mercy of this disease that seemed to be controlling my son. One day as I rode my bicycle from San Diego to Marine Corps base Camp Pendleton, I realized that I could fight back. Somehow I knew that I could use my bike as the primary weapon. This led me to Jessica Swann of the Hemophilia Association of San Diego County. Together we organized a bike ride from San Francisco to San Diego, raising money and awareness for the fight against Hemophilia. I also turned to my brother Marines. They rallied in my corner and provided all of the logistical support that we needed for the ride. On June 8, 2001 our group of four riders followed by one government van and my parents departed from San Francisco. We arrived in San Diego, at the Marine Corps Recruit Depot nine days later.

This year I intend to escalate this fight for a cure for Hemophilia, by making the same ride. This time we will have many riders and five great Hemophilia organizations behind us. You can help with your contributions and support. You can help me make a difference for children like my son Ryan. The money generated from this event will be used to fund camps and medical research. The camps help children like Ryan deal with the disease and medical research will one day end the suffering caused by Hemophilia.

Thank you in advance for your support

Mike Hudson

2009 CALIFORNIA COASTAL RACE FOR HEMOPHILIA

SAMPLE DONOR SHEET

California Coastal Race for Hemophilia
Benefiting
All Four California Hemophilia Chapters &
The Hemophilia Council of California

DONOR INFORMATION SHEET

YES! I will join [YOUR NAME HERE] to help raise funds for hemophilia by contributing a **minimum donation of \$25.**

NAME _____ E-MAIL _____

ADDRESS _____

TELEPHONE _____ CONTRIBUTION _____

- CHECK (payable to HASDC, the coordinating chapter)
 ACTIVE.COM DONATION
 CREDIT CARD DONATION

VISA / MASTERCARD (no AMEX) ****CIRCLE ONE****

NAME ON CARD _____

EXPIRATION DATE _____

AMOUNT _____

SIGNATURE _____

PLEASE MAIL or FAX THIS SHEET ALONG WITH YOUR DONATION TO:

YOUR NAME
ADDRESS
CITY, STATE, ZIP
PHONE #
FAX #
E-MAIL ADDRESS

THANK YOU FOR YOUR SUPPORT!!!
HASDC TAX ID #: 23-7252243

California Coastal Race for Hemophilia Suggested Packing & Gear List

1. Road bicycle with lots of low gears
2. Padded cycling pants/shorts with pad (2-3 pair)
3. Cycling jerseys (2 -3, preferably bright colored, *we will provide one custom California Coastal Race for Hemophilia jersey*)
4. Riding Jacket (weatherproof, water repellent)
5. Leggings/arm warmers
6. Gloves
7. Sunscreen, sunblock
8. Sunglasses
9. Skin lubricant (Vaseline, Body Glide, Bag Balm)
10. Cell phone (mandatory)
11. Bike computer (gives distance), suggested
12. Helmet
13. Rear bike light – strobe bike light kit
14. Spare Tubes
15. Air Pump (for bike and free-standing pump)
16. Chain Repair Kit
17. Hat
18. Tire irons
19. Bike maintenance kit
20. Patch kit
21. Water Bottles
22. Chain lube (White Lightning)
23. Pain reliever (Advil, Aleve, Tylenol)
24. Flashlight
25. Bathing suit

2009 CALIFORNIA COASTAL RACE FOR HEMOPHILIA

CALIFORNIA COASTAL RACE FOR HEMOPHILIA VOLUNTEER OPPORTUNITIES

The Four local Hemophilia Chapters, The Hemophilia Council of California, and the 2009 California Coastal Race for Hemophilia Committee are seeking volunteers and sponsors to assist the group as they make their way down the coast.

We need your help in the following ways:

1. S-A-G (Support-Aid-Gear) drivers

Drive the ride route and assist riders if they need food, drinks, bike repair equipment, a break or anything else. Communicate with other SAG drivers and staff during ride. Drive ahead to check road conditions.

2. Lunch or Dinner Sponsors

Host or sponsor a lunch or dinner at one of the ride's many stopping points (restaurant meals, desserts, BBQ, pizza party)

3. Food and Beverage Sponsors

Endurance cyclists consume a lot of calories! Water, sports drinks, energy bars, power gels, salty snacks and other goodies are always in high demand along the ride. Donate a few days worth or solicit a company to donate to the team.

4. Sponsor a Rider! Sponsor the Team!

Riders are always looking for financial support to add to their fundraising totals. Sponsor miles or days, supply gear or food, coordinate a party or happy hour fundraiser for the team, ANYTHING!

5. TALK ABOUT IT!!!

Spread the word about the California Coastal Race for Hemophilia. Let them know about the event and how they can help. Publicity comes in all forms and can be done anywhere, anytime!

2009 California Coastal Bike Race for Hemophilia

*Please be sure you KNOW & AGREE TO all guidelines BEFORE participating in the
Bike Race*

Guidelines

- ◆ It is your duty to know and follow the Dept. of Motor Vehicle's rules for cycling.
- ◆ We will require proof that your bike has had a safety inspection within 30 days of the ride.
- ◆ Only the riders and volunteers that have gone through the California Coastal Ride application process and been accepted are part of this bicycle ride.
- ◆ All other friends, family members will be responsible for themselves. The CCR will not be held accountable for their meals, transportation or activities during the ride.
- ◆ Snacks, water and some meals are provided – inform the co-chair if you have allergies, food concerns or special needs.
- ◆ Respect the space and property of others. If you find a possible “lost item” turn it over to the co-chair or group leader.
- ◆ You are responsible for any charges incurred outside the meal vouchers and hotel rooms that have been paid for by the CCR.
- ◆ No weapons (knives, guns, sling-shots, other weapons, etc.) are ever allowed at any time.
- ◆ Preserve the environment – throw away or recycle all waste.
- ◆ Sag Drivers must keep in communication about your location at all times.
- ◆ Double check all your equipment and bring extras of everything!

RESPECT

*Remember you are representing the Hemophilia Council of California and the
California Hemophilia Chapters - set a very good example!*

X

Signature

Date

Print Name

