



AIDS Ride For Life - September 8, 2018

Indoor Cycling Option

Indoor Cycling with the AIDS Ride For Life: Initiated in 2012 as a test, this option has grown in popularity for people who want to contribute to STAP/AIDS Ride For Life But: a) Do not have a bicycle b) Don't feel they can ride 42 miles c) Are still in cycling training d) Prefer to ride inside. e) Aren't available to join us on September 8th f) Don't live in Ithaca or nearby

How it Works: Register!

- ~ Sign up at our on line registration as a Rider. www.aidsrideforlife.org
- ~ Choose your team in the drop down box or create your own!
- ~ When you see the question for discount code - enter **INDOOR1** - this will cue us to not expect you on the road in Ithaca.
- ** All registered Indoor cyclists receive the same benefits as a road Rider - goodie bag with a bib number, t-shirt, 2 dinner tickets to our fab closing ceremony at Stewart Park on September 8.
- ~ The cool thing about Indoor Cycling Teams is that you can hold your team event anytime! We encourage you to have it during the week of the actual AIDS Ride For Life.
- ~ Registration fee is \$25... fees we use to pay for and produce the Ride. All the money raised by our Riders is stays in STAP's eight county region & is used for our programs & services!

Fundraising: Each Rider is asked to raise a minimum of \$100. It's very easy! You will receive a registration confirmation with a link to our fundraising website - FirstGiving.com where you create your own, personal, very cool fundraising page that you can email, link and add to your social media pages for anyone to donate. Fundraising suggestions are located in the Download section of our website.

High Gear Club: This is a very special club for all Riders/Fundraisers who raise at least \$1000. An exclusive party is held every year in October at Agava Restaurant, in Ithaca for HGC members. All High Gear members receive special recognition and a lovely gift as a token of our appreciation for \$1000, \$2000 & \$5000 levels. Past gifts include, cycling gear, book ends, bike chain picture frames, cycling letter opener, spoke bracelets.

SILVER Sprocket Club - NEW! Win a fabulous prize by raising \$500 to \$999.

Teams

Advantages of Teams

Many riders form teams with friends, colleagues and family members. They train, fundraise and ride together. Having a team allows everyone to share their strengths and to offer something towards the team (designing riding shirts, baking cookies to sell, tabling at an event).

How Teams Work

Teams can be made up of 2 or more people. Team funds are NOT automatically pooled. If your team does want funds pooled, please notify us by Friday, August 24, 2018.

- ~ We will contact you for your gym information - where you will be cycling.
- ~ You can be a part of an established **team anywhere in the world.**

Awards: Top Indoor Cycling Team with the Highest Fundraising Dollars
The Top Indoor Fundraiser
The Indoor Team with the Most Members.

Dates: Collaborative indoor cycling event days are preferably during Ride week - Saturday, September 1 through Saturday, September 8. If you cannot join us in person just sign up and pick your own date!

Contact info:

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