



AIDS Ride For Life

September 7, 2019

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 100, 90, 69, 42, 25, 14 miles on the road c) Are still in cycling training d) Prefer to ride inside. e) Aren't available to join us on September 9 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!

~All registered Indoor cyclists receive a goodie bag with a bib number, t-shirt, 2 dinner tickets to our fab closing ceremony at Stewart Park on September 8 (one for you & one for a friend). ~The cool thing about Indoor Cycling Teams is that you can hold your personal team event anytime! We do encourage you to have it during the week of the actual AIDS Ride For Life in celebration of the overall spirit & comradery!

~Registration fee is \$25 - fees we use to pay for and produce the Ride.

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. All the money raised by our Riders is stays in STAP's eight county region!

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...or more! Past gifts include, cycling gear, book ends, bike chain picture frames, cycling letter opener, spoke bracelets, original art.

SILVER SPROCKET CLUB - Win a fabulous prize by raising \$500 to \$999.

HANDLE BAR CLUB - Win a fabulous prize by raising \$300 to \$499

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, fundraising knowledge, 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 30, 2019.

- ~ 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 preferable during Ride week - Saturday, September 1 through Saturday, September 7. If you cannot ride during these dates or with your team, just sign up and pick your own date!

For more information on STAP and why we Ride, go to: <http://www.aidsrideforlife.org/>
Thank you for your support!

Contact info:

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