

August 3, 2008



# August Update

## Inside this issue:

*The Jerseys are Here!* 2

*It's Not Too Late to Register!* 2

*Hotel Booking Information* 3

*Join Us for Team Rides at Haines Point* 3

*How to Volunteer in Philly* 3

*Need a Bike?* 4

*LiveSTRONG Army DC Coming Soon!* 4

## *Are You Ready for the Home Stretch?*

Hello Team Revolution,  
We are coming up on the home stretch. The Philadelphia Challenge is only three weeks away. I hope that you all are getting excited about what I promise will be a very inspiring day. As we roll through the next few weeks, I am going to ask you to step up the pace and help on a few items:

- 1) Keep fundraising! You all have been doing great. It's time for the big push.
- 2) You know that friend or family member who is thinking of coming but hasn't decided yet? Convince them to come! Recruit!

- 3) Read through this newsletter and get back to Nicole on items like jerseys, t-shirts, hotel and dinner. It's time to make all of the plans!
- 4) If you live in DC—please join us for training rides on Monday and Friday at Haines Point.

We are going to have a fun weekend in Philly. There will be additional updates as we get closer. Keep checking your e-mail and take a few minutes to read through these newsletters for information about travel schedules, carpool options, training tips, dinner updates, etc. And if you have questions,



*The feeling of crossing that finish line surrounded by survivors and fighters be matched!*

please e-mail me at [nicole.bender@rideforacure.org](mailto:nicole.bender@rideforacure.org). Thanks everyone—see you on training rides!

**LIVESTRONG!**

### HIGHLIGHTS!

- Please check for your name on the Jersey sign up list and let us know by Monday Aug 4 if you still want your jersey. And then send your \$70 checks ASAP! Page 2
- Join us on Mondays and Fridays at 6:45 p.m. at Haines Point in DC for Group Rides (and training!) Page 3
- We have a block of hotel rooms at Philly. Book by Aug. 15. Page 3



## *...And the Winner Is?*

Congratulations to Mallory Elizando who raised \$640 since the last newsletter. Mallory has won a free Team Revolution 2008 Jersey (a \$70 value!). Great work to everyone on your fundraising. We are now up to \$7,300 as a team!

The challenge continues. Between now and Aug. 24, I challenge each of you to:

- 1) Recruit at least one additional person and
- 2) Raise at least an additional \$300.

I know that you can do it. It's much easier than you think to fundraise. So many people have been touched by cancer. But you can't raise anything if you don't **ASK!** The worst thing that they can do is say no.

### Keep Fundraising!

Remember:

\$10 provides information packets to 16 survivors.

\$50 provides survivorship information, worksheets and support to 35 cancer patients.

\$155 provides a cancer patient one-on-one support through the LIVESTRONG Survivorship center.



FRONT



BACK

## *The Jerseys Are Here! (T-shirts Coming Soon...)*

At long last—the Team Revolution 2008 jerseys are here. They are \$70 each and run in sizes from S - XL. Please check the list and make sure that we have your order down right. **We need final counts by end of day Monday, Aug 4.** Please send Nicole an e-mail confirming that you want a jersey and that the size is correct. **If you didn't order one—there's still time to put your name in. If you ordered one and changed your mind, please let us know.**

Dave and Nicole will be fronting the money to order the jerseys—please be sure to put a check in the mail for \$70 as soon as possible. Please make the check out to David Bender. And send the check

to:  
211 Commons Drive, NW  
Vienna, VA 22180.

The rough mock-up of the jersey design is pasted to the left. They are nylon with zip fronts and pockets in the back for water bottles. It's a fun memento to have from the ride.

T-shirt information is coming soon. They will look similar to the jerseys and usually cost about \$10 each.

If you like the design—you can thank Dave! If you don't like it—well, you can thank Dave :)

It'll be great to have us all sporting the Team Pride in Philadelphia!

IN MEMORY OF  
THOSE WE HAVE  
LOST TO CANCER

TO HONOR CANCER  
SURVIVORS  
AND THEIR FAMILIES

## *It's Not Too Late to Register for the Challenge*

If you haven't signed up yet, it's not too late. And if your friends and family haven't registered yet, tell them to do it this week. We don't want anyone to miss out on the party. This is the week to put the pressure on! It's \$50 to register. If you walk/run 5K there is no fundraising minimum. If you

bike 10, 40, 70 or 100 miles then you will need to fundraise \$250.

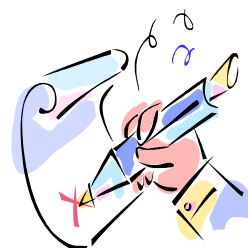
Tell them to go to [www.rideforacure.org](http://www.rideforacure.org) and follow the instructions to register.

Also, if you know someone who wants to come and cheer—ask them to sign up on

[www.rideforacure.org](http://www.rideforacure.org) as well. That way they will get on the email list for information about team shirts, team dinner, hotel rooms, etc.

Let's keep recruiting. The more people there, the more fun it will be!

E-mail Nicole with questions!



*Sign them up!*

**Book your hotel room by August 15 to get the special rate!**

## *Team Revolution Secured Block of Hotel Rooms*

We have secured 15 rooms at the Courtyard Marriot Philadelphia Downtown at \$129 a night.

You can book between Wed, Aug 6 and Fri., Aug 15.

When you call, please reference the group Team Revolution.

We stayed at this hotel last year and it worked perfectly. It's easy access to downtown sites and to the highway to get up to the Challenge site.

They have valet parking out front.

Here is the hotel information:

**21 N Juniper Street**

**Philadelphia, Pennsylvania  
19107 USA**

**Phone: 1-215-496-3200**

**Toll-free: 1-888-887-8130**

Let me know if anyone is interested in sharing a room with a fellow team mate. I will keep a list and try to connect people.

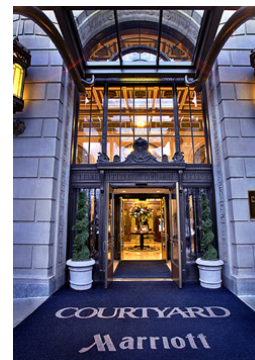
The parking is \$35 a day. As we get closer to the weekend, I will start an e-mail to connect people who may be interested in carpooling to Philadelphia.

If it looks like we may need to set aside more hotel rooms, I will call the hotel and make that arrangement.

Please do book by August 15—or I will get charged for the unused rooms!

Let me know if you have any questions!

Information about the dinner on Saturday night is coming soon!



*Courtyard Marriot  
Philadelphia Downtown*

## *Come Train With Us!*

Team Revolution will continue to meet every Monday and Friday at Haines Point at 6:45 p.m. for training rides.

Meet in the large parking lot by the pool and miniature golf—toward the right side as you face the pool complex. If you're not there by 7 p.m., we will start riding and you can meet us as we swing by on a lap.

All skill levels are welcome—that's the beauty of the 3.25 mile loop at Haines!

Following each ride, Dave will provide training tips as needed on anything from how to change a tire to how to clip into your pedals. Or if your bike is hurting—Mr. Fix-It will give it a tune up!

Dave's goal is to make every-

one's bike riding experience enjoyable. Bike riding is fun and there is no reason to be miserable on a bike. There's usually a solution for every ailment!

We usually ride for about an hour to an hour and a half. 12-20 miles. Please come out and join us, we'd love to see you on our rides!

**"Clipping into my bike pedals is a lot easier than I thought it would be!"**

**- Anne Fajon**

**"I learned more in four laps at Haines Point with Dave than I did after four months of riding."**

**- Melanie Fonder**

## *How to Volunteer in Philly*

If you are interested in volunteering, there are plenty of ways to be involved in Philly.

They still need lots of help at rest stops, at the finish line, selling merchandise, guiding people through the event site. For more information, you can either contact Nicole directly

or visit [www.livestrongchallenge.org](http://www.livestrongchallenge.org), click on the Philly-specific page and then click on volunteering.

If you do plan to travel with us and volunteer in Philly, please still visit the team Web site [www.rideforcure.org](http://www.rideforcure.org) and register with the team so we know

that you are coming!

And, if you simply want to be part of our cheering section, that is welcome as well. Please consider making an overnight or day trip to Philly with us and waving signs to help us cross the finish line. We'd love to have you there!



*If you don't want to walk/  
run/ride, there are plenty of  
ways to be involved.*



Contact Nicole Bender

Phone: 202.553.7038

E-mail: [nicole.bender@rideforacure.org](mailto:nicole.bender@rideforacure.org)

---

Visit our Web Page

[www.rideforacure.org](http://www.rideforacure.org)

---

**LiveSTRONG!**

## LIVESTRONG ARMY DC COMING SOON!!

For those of you in the Washington, DC area stay tuned for more information on the LiveSTRONG Army Washington DC ([www.livestrongarmydc.com](http://www.livestrongarmydc.com))

Led by Nicole Bender, the local LiveSTRONG Army will be a year-round group with fundraising, advocacy and awareness raising activities.

Together, we will build a presence for the Lance Armstrong Foundation in the Washington DC region.

Stay tuned for more information after the Philadelphia Challenge!

---

## Want to Buy a Bike?

...well, you're in luck because Nicole is selling her barely used bike for \$450. It's a 50-inch Scattante flat bar road bike. Nicole bought it a year ago and only used it for a few months to get her through her first LiveStrong Challenge. It's still in great shape. This will be perfect for someone 5'2 to 5'5 who is interested in something a step up from a hybrid and not quite as aggressive as a road bike. Contact Nicole directly if you are interested. (back rack not included). Here is the official description:

"Whether it's a weekend spin around the lake or the faster

tempo of a fitness ride, the R-330 is designed to give you the efficiency of a road bike with a more upright position, to eliminate weight on your hands, shoulders and back. Lightweight aluminum frame with Shimano/SRAM drivetrain and TruVativ cranks deliver a comfortable ride that doesn't slack off when the pace picks up. Dual pull brakes provide sure stopping power and the flexibility to use most any tire combination. Kenda Kwick Roller tires keep you rollin' fast in any condition."

