

Team Revolution 2011 Registration Form

Thank you for joining Team Revolution in 2011! We look forward to your participation in the Philadelphia LIVESTRONG Challenge on August 20-21, 2011.

This annual series of cycling and running/walking events takes place in cities across the country, enabling anyone to support LIVESTRONG's mission to inspire and empower people affected by cancer. Walk or run in the 5K or 10K or challenge yourself to a 10-, 20-, 45-, 70- or 100-mile ride. It costs \$45 to register for one event OR \$75 to register to run and bike. The minimum level of fundraising is \$250 per person (no minimum for the 5K or 10K). Please note that this year the 5K and 10K will be on Aug. 20 and the rides will be on Aug. 21. We encourage you to participate in either or both of the events. The team will be in Philadelphia to cheer you on over both days.

In addition to the costs associated with signing up through LIVESTRONG, Team Revolution puts together a series of activities throughout the weekend - including a block of hotel rooms, a team BBQ lunch and a team dinner on Saturday and jerseys and t-shirts. This form outlines the costs associated with those activities. Please fill out the information below so we can sign you up as a Team member and learn which activities interest you.

There are two ways to complete this form and join the team. 1) Fill out the form electronically and e-mail it to nicole.bender@rideforacure.org and we will send you an invoice to pay team fees online through paypal (you do not need to be a paypal member to use this option) or 2) Fill this form out by hand and mail it to Nicole Bender along with a check for your total. We will send you a confirmation that we received the form and your check. **Once you complete this form, please return to rideforacure.org and click through to the official LIVESTRONG Challenge site where you must register officially through the foundation.** Even if you are not planning to run, walk or ride, you can still register (for free) through LIVESTRONG to be a virtual member of Team Revolution and participate in fundraising for the team.

As a team member we ask you to:

- * Sign up to walk, run or bike in the Challenge or volunteer/cheer in Philly;
- * Fundraise at least \$250 and recruit more team members; and
- * Consider helping with Team Revolution fundraising events leading up to the Challenge.

Please fill out the following the following information to register for Team Revolution (one form per family):

Name (s): _____	Bike (Sun)	Run/Walk (Sat)	Volunteer	Cheer
_____	Bike (Sun)	Run/Walk (Sat)	Volunteer	Cheer
_____	Bike (Sun)	Run/Walk (Sat)	Volunteer	Cheer
_____	Bike (Sun)	Run/Walk (Sat)	Volunteer	Cheer

Phone: _____	E-mail: _____
	E-mail: _____
	E-mail: _____
Address: _____	E-mail: _____

ITEM	COST	SIZE	QUANTITY	TOTAL
Team Dinner	\$35	N/A	_____	_____
T-Shirt	\$20	S	_____	_____
(New for 2011!!)		M	_____	_____
		L	_____	_____
		XL	_____	_____
Jersey*	\$65	S	_____	_____
(New for 2011!!)		M	_____	_____
		L	_____	_____
		XL	_____	_____
			TOTAL:	_____

Please Check All That Apply (Details on Page 2)

- Will book in block of hotel rooms: Indicate number of rooms needed _____
- Interested in sharing a hotel room and splitting cost with another team member _____
- Interested in carpooling to Philly: Indicate number of people needing ride _____
- Would attend afternoon BBQ, pool party and bike tune up between 12-4 p.m. on Sat, Aug 20: Indicate # of guests _____
- Interested in training rides (DC only) _____
- Would be interested in helping to plan fundraising event/s in 2011 _____

If paying by check: Please make checks payable to: Nicole Bender
 Mail completed form and check to: 211 Commons Drive, NW Vienna VA, 22180

If paying online: E-mail this form to nicole.bender@rideforacure.org. We will send you an invoice to pay with credit card.

Any questions? Please visit www.rideforacure.org OR e-mail nicole.bender@rideforacure.org



Team Revolution 2011 LIVESTRONG Philadelphia Challenge Details

(Please keep this page for your own reference)

Run/Walk: Over the past two years, LIVESTRONG has expanded its run/walk portion of the Philadelphia Challenge. We encourage you to sign up for the Saturday event. Many of us will be traveling to Philadelphia on Friday evening to either participate in the run/walk or to cheer on our friends and family. The run/walk consists of either a 5K or a 10K event. You also have the option of signing up for both the run/walk on Saturday AND the ride on Sunday for a combined fee of \$75. Or, you can sign up to volunteer at one of the events and participate in the other. Please consider making the Philadelphia Challenge a weekend event and be involved in both activities!

Bike Rides: Each year more than 4,000 people participate in the LIVESTRONG Challenge bike ride. The event offers multiple distances so you can consider joining in whether you are a novice or an expert (and our team runs the spectrum in terms of experience levels). You can sign up for a 10-, 20-, 45-, 75-, or 100-mile bike ride. Many will tell you that the longer routes are not easy (in fact, the steep climbs make them quite a challenge), but it is an incredible accomplishment to roll across that finish line. We will have team members participating in almost every distance, so you will have company with whatever choice you make. Along with signing up for the bike ride, you have a fundraising minimum requirement of \$250. If you are a runner or walker, please consider sticking around through Sunday to cheer on your teammates. You also have the option of signing up to hand out roses to survivors who cross the finish line or staffing one of the many rest stops along the route.

Volunteering: If you are not interested in an athletic event, you can also sign up to be an official LIVESTRONG volunteer over the weekend. We have had several team members sign up to hand roses to survivors as they cross the finish line or work in the merchandise store. You can also sign up to staff one of the many rest stops along the bike routes or hand out water to runners along their course. Reach out to Nicole directly and she can help you sign up.

Virtual Team Member: LIVESTRONG now gives you the option to sign up as a virtual team member through their Web site. So even if you are not riding or run/walking you can register as a team member and help us fundraise. Even if you can't make the weekend trip, but want to contribute to the fundraising efforts, please consider signing up as a virtual team member this year.

Saturday BBQ Lunch: One of our team members actually lives a few miles from the college campus where the events take place. As a new addition to the weekend events, he has kindly offered his home for a team lunch! He has a pool and a hot tub, so bring your bathing suits! Saturday afternoon is traditionally a transition day. Team members who finish their runs on Saturday morning can gather over at the house to celebrate and those team members who arrive on Saturday afternoon can stop by the BBQ after registering at the Challenge site. Although we hope that many of you decide to drive up Friday night and stay the whole weekend this year. The BBQ will be open from 12-4 and you can come and go as your please. Dave will be setting up his bike tune up station there this year (instead of in the hotel parking lot as he has done in previous years).

Team Dinner: This year's team dinner will be at the same location as last year - the Buca di Beppo about 20 minutes from the hotel. We will have our own room and a large family-style dinner with a pre-selected menu. It's a great time for the team to gather, celebrate our accomplishments, make speeches and load up on carbs for the bike rides the next morning. Please consider joining us. It's a great time every year!

Jersey's and T-Shirts: Team Revolution has team cycling jersey's and T-shirts. We have had the same shirts for the last three years; however, this year we plan to create brand new designs. Our hope is that these new designs will become our permanent "look." Please consider buying them this year and holding on to them for the next few years of the Challenges. The more people who purchase the jerseys the less expensive (and cooler) they are. It's not mandatory to purchase the shirts, but they are typically a big hit and they look great in team pictures and during the roll-outs for both the running and the cycling events. We want to look like a force to be reckoned with! Most likely we will distribute the jerseys and t-shirts either in mid-August or in Philly at the hotel.

Hotel: We have secured a block of hotel rooms at the same hotel where we have stayed the past two years. It is only six miles to the event site. We have rooms on both Friday and Saturday night. We also arrange for breakfast to be open early on both mornings. **Please book your hotel room by July 22, 2011 to secure rooms in our block.** Here is the hotel information and links to book rooms:

SpringHill Suites Philadelphia Plymouth Meeting
Plymouth Road, Plymouth Meeting, PA, 19462

King Room: \$109 or Two Double Beds: \$139

You can call **1-800-335-0651** and reference the **Team Revolution Room Block** at the **SpringHill Suites Philadelphia Plymouth Meeting by Marriott** to make your reservations at the group rate. You may also book directly online by either of the links below:

If you would like to reserve a room with **one King bed**, please use the link below:

<http://www.marriott.com/hotels/travel/phlpy?groupCode=trtrtra&app=resvlink&fromDate=08/19/011&toDate=08/21/011>

If you would like to reserve a room with **two Double beds**, please use the link below:

<http://www.marriott.com/hotels/travel/phlpy?groupCode=trtrtrb&app=resvlink&fromDate=08/19/011&toDate=08/21/011>

****Please note that if you book your reservations online and attempt to make your reservation to check in prior to August 19 or if you choose to stay beyond August 21, the system will respond that there are no rooms available.**

New to Road Cycling?: If you are new to road cycling, our resident expert Dave Bender can help get you started. Many of our team members were new to the sport when they signed up for their first Challenge. It's fun, a great work out, and easy on your body. Dave can help you get the right equipment, learn how to clip in to your pedals and give your bikes tune ups. Just send him an email at DavidBender76@gmail.com to get started. We have many team members that can testify to how great Dave is at getting you hooked to the sport. For those of you in the D.C. area, we will try to start up weekly team rides at Hains Point throughout the summer. It's a great way to get to know the team and log some miles on the bike! Runners are also welcome! And impromptu happy hours are always likely!

Team Revolution: We are a great team and a lot of fun. We try to get together throughout the summer to plan fundraisers and cycling events. And we just have a blast at the weekend in Philadelphia. Team mates will carpool to the Challenge and split rooms to save money. Just contact Nicole and she can get you set up. We really encourage you to make a weekend out of it this year and participate and/or cheer or volunteer in both events. Let's make this a team effort! And most importantly, we are all dedicated to winning the war on cancer and the team's fundraising efforts are always inspiring! Join us and challenge yourself to do something great in 2011. We can't wait to see you in Philadelphia!

If you have questions that were not answered here, please contact Nicole Bender at nicole.bender@rideforacure.org. Also, once you sign up for the team you will start receiving newsletters and more details on the weekend as we get closer to the big event. Thank you! LIVESTRONG!