



LEUKEMIA &  
LYMPHOMA  
SOCIETY®

**RACE TO  
ANYPLACE**

**GETTING STARTED....  
TEAM DETAILS &  
INSTRUCTIONS**

### **Register & Build Your Team:**

- Begin recruiting riders for your team!
- Fill in the Team Captain Form with your riders; return form prior to event or at registration the day of the event (make a copy of the roster for yourself)!
- Be sure to have EACH RIDER fill in the liability release; submit forms with your completed roster.

### **Money Matters... \$400 Team Minimum Ideas:**

- Everyone can FUNDRAISE to reach a \$400 minimum!!! Collect donations from friends, family & co-workers to help support your team's efforts. Fundraising sponsor forms are available for teams to utilize. Remember: Donations can be made to your team on your online fundraising page, via credit card (on sponsor form) and by check...turned in either in advance or on race morning! Top fundraising team will be rewarded!
- Enlist a Corporate Sponsor to make the tax-deductible contribution to sponsor your team!
- Divide the minimum among your 8 riders by each making a donation to participate: \$50 each.

### **Reminders...**

- Race to Anyplace riding begins promptly at 8:00 a.m. on Sunday, February 26, 2012 at Universal Athletic Club, 2323 Oregon Pike, Lancaster, PA. Teams will keep their spin bike moving from 8:00 a.m. - 12:00 p.m.!
- Team Registration Begins at 7:00 a.m. Please have your first riders arrive at 7:00 a.m. SHARP to sign in so they are in place for the official 8:00 a.m. ride start!

**This year's Race to Anyplace is presented by:  
Universal Athletic Club  
2323 Oregon Pike  
Lancaster, PA 17601**



<http://www.universalathleticclub.com/home>

**Official Race Rules and Regulations are attached below (keep scrolling down).  
Please review this information with your team. We want to ensure a happy and  
safe race day for everyone!**



# Deflate Cancer

- This new, competitive, addition to the Race to Anyplace program allows teams to “deflate” their competition while continuing to out pedal cancer.
- Each team will be provided with 1 mile of tokens in their registration goodie bags
- One mile is composed of ten tokens worth 1/10 of a mile each
- You can subtract miles from your competition by depositing your tokens into their bike boxes during the race. Keep in mind that your competition can do the same to your team!
- At the end of each 15 minute heat, the tokens will be cleared from each team’s bike box.
- You must accept the tokens when they are deposited in your team’s box; however, you can purchase additional tokens at the event to have more miles to hand out!
- Each additional mile purchased will be \$20 and will go towards your teams fundraising totals!
- We will have a limited supply of miles at the event so purchase early and Good Luck!

# The Leukemia & Lymphoma Society's 2012 Race to Anyplace

## OFFICIAL RULES & REGULATIONS

1. Team Captains must have each participant complete a liability release due on or before the morning of the race. If a participant fails to complete the release, they will be unable to participate.
2. Participants must be at least 16 years of age to compete and anyone under the age of 18 must be accompanied by a legal guardian. The guardian must be present for the race and must also sign the liability release in order for the minor to participate.
3. Teams should consist of no more than 8 riders; each cycling at least one 15 minute heat. Riders only need to be present during the time scheduled by the team captain for them to ride. Participants are welcome to be present for the entire day.
4. Each race team rides from 8:00 a.m. to 12:00 p.m. A "switch" will be called every 15 minutes so that teams may change riders. Any teams that are switching at times other than the designated switch times will receive one warning from a race official. If a switch occurs again, after that warning, the team will be disqualified from competition but may stay and finish just for fun. The only exception to this rule is if there is a medical reason for the switch in which case we ask you notify a race official that the change has been made.
5. Teams that are disqualified for infringing on the set rules will be immediately notified by a race official.
6. **Deflate Cancer:** Teams may deposit their tokens in the collection box on other team's bikes to take away distance pedaled from that team's total at the end of that particular 15 minute heat. At the end of each heat, a volunteer will clear out each bike's collection box and turn the tokens into the Scoring Official. Both the actual distance covered and the distance covered minus the tokens, will be recorded. However, only the distance covered, minus the tokens, will be counted towards the team's total distance.
7. Clips, cages, resistance, and pedals: All bikes have been calibrated and set to be identical. No alterations to the bikes will be permitted on race day in order to ensure a fair and safe race.  
\*Please note: Spinners are set at a minimum resistance.

8. Fundraising competition will end at 10:00 a.m. Only donations received by that time can count toward the team total for the team award. Pledges will not count; matching gifts however will be counted.

Please note that all rules and regulations are issued to ensure that all participants have a fun and safe race. Any decisions regarding these rules will be determined by the Race to Anyplace Committee. **(Keep scrolling down)**.

## FUNDRAISING MADE EASY!

1. **ASK FOR \$25:** Write a letter explaining that you will be part of a team riding a stationary bike for 4 straight hours! People to include: your dentist, dry cleaner, hairdresser, doctor, real estate agent, accountant, veterinarian, attorney, sorority/fraternity/band alumni, financial advisor, parents of your kid's friends, insurance agent, lawn service company, neighbors and the employees of other companies in your office building (put up a sign in lunch/break rooms!).
2. **GET A COIN CANISTER OR BUCKET:** Put a Race to Anyplace sign on a bucket or canister at your local laundromat, pizza joint, lunch room at work, etc. Stop by and pick up the money weekly. (Just make sure to ask the manager for permission!)
3. **BROWN BAG DAYS:** Have employees bring a brown bag lunch and donate the cost of what they would have spent at the cafeteria or a restaurant. You can even provide drinks, munchies and music to make it a nice break from the regular routine!
4. **RESTAURANT PROGRAMS:** Restaurants will usually give you 10–25% of a night's profits if you provide information on the event for which you are fundraising .... Ask your local manager today!
5. **GUEST BARTENDER:** Friends with your local bartender? Ask him/her to put a sign up one night that says all tips get donated to LLS. Or talk to a local bar about being a "guest bartender" for a night for a cut of the profits or cover charge (as long as you help promote attendance!)
6. **GARAGE SALE:** Collect old "stuff " from friends & family. Auction "stuff" on EBay, or hold a garage sale.
7. **WALL OF FAME:** Put up large, colorful "Look Who's SPINNING on Our Team" posters with baby pictures of teammates who agreed to sign-up to ride, along with current pictures of riders. Have everyone donate \$1(or \$5) to guess whose baby picture is whose. The winner could receive a small prize (lunch on the company, an extra break, designated parking for a day, or whatever incentive you think will encourage participation...and your manager will approve!)
8. **RAFFLE A DAY OFF OR FREE GYM CLASS!:** Ask your boss or the owner of the company or Health Club to donate a paid day off to the winner of the drawing or a FREE class at a Health Club. Sell tickets for \$5–\$25 to your co-workers or fellow gym goers (this is an easy way for most companies to contribute without donating cash!)
9. **LOCAL BINGO GAMES:** It turns out local Bingo games are required to give some of their profits to charity. Why not yours? Make sure to help promote the night you get!
10. **WORK FOR A LARGE COMPANY (OR DOES YOUR SPOUSE)?** Send around a big manila envelope with your letter taped to the one side and a donor form on the other. Send the envelope in rotation and have people place the checks right in the envelope.
11. **HOST A TOURNAMENT** (tennis/ bowling/ basketball 3 on 3): For bowling, you pay a flat fee for the night, you provide lanes and snacks. Charge per person or team, and set the round robin going. Give prizes for the winner or worst bowler.
12. Ask your boss if you can host a **"DRESS DOWN FRIDAY."** Employees buy a sticker for \$5 and get to "dress down" on an assigned day.
13. **MATCHING GIFT PROGRAMS:** Many local companies "match" donations made by their employees. If a friend gives you a donation – make sure to ask if their company will match it.
14. **Use Social Media Sites:** Facebook, My Space, Linked-In and post a shortened version of your fundraising letter on your site with a link to your team's fundraising page.

**(Keep scrolling down for Team Roster and prize info)**



**RACE TO ANYPLACE**

**2012  
Race to Anyplace  
TEAM CAPTAIN ROSTER**

**Team Name** \_\_\_\_\_

**Team Captain Name** \_\_\_\_\_

**Team Captain Phone Number** \_\_\_\_\_

**Team Captain Email Address** \_\_\_\_\_

Each rider will receive an event shirt on event day! DriFit t-shirts are available in the following sizes...**PLEASE specify!**

**Sizes available:** SMALL MEDIUM LARGE XLARGE XXLARGE

| Rider Name  | Ride Time   | T-shirt Size | Donations | Pledge                              | Enclosed                 |
|-------------|-------------|--------------|-----------|-------------------------------------|--------------------------|
| Name Sample | 8:00 & 8:45 | XL           | \$ 50.00  | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 1.          |             |              | \$        | <input type="checkbox"/>            | <input type="checkbox"/> |
| 2.          |             |              | \$        | <input type="checkbox"/>            | <input type="checkbox"/> |
| 3.          |             |              | \$        | <input type="checkbox"/>            | <input type="checkbox"/> |
| 4.          |             |              | \$        | <input type="checkbox"/>            | <input type="checkbox"/> |
| 5.          |             |              | \$        | <input type="checkbox"/>            | <input type="checkbox"/> |
| 6.          |             |              | \$        | <input type="checkbox"/>            | <input type="checkbox"/> |
| 7.          |             |              | \$        | <input type="checkbox"/>            | <input type="checkbox"/> |
| 8.          |             |              | \$        | <input type="checkbox"/>            | <input type="checkbox"/> |

Remember, your team will be riding from 8:00 a.m. to 12:00 p.m.

In order to guarantee that your team members get the right shirt size, please fill in the Team Roster and return to The Leukemia & Lymphoma Society Office as soon as possible; use the second copy for your own schedule keeping on the day of the event.

Donations may be turned in with the team roster, online, via mail or the day of the event.



**RACE TO ANYPLACE**

**2012  
Race to Anyplace  
TEAM CAPTAIN ROSTER**

**Team Name** \_\_\_\_\_  
**Team Captain Name** \_\_\_\_\_  
**Team Captain Phone Number** \_\_\_\_\_  
**Team Captain Email Address** \_\_\_\_\_

Each rider will receive an event shirt on event day! DriFit t-shirts are available in the following sizes...**PLEASE specify!**

**Sizes available:**      SMALL                  MEDIUM                  LARGE                  XLARGE                  XXLARGE

| Rider Name  | Ride Time   | T-shirt Size | Donations | Pledge                              | Enclosed                 |
|-------------|-------------|--------------|-----------|-------------------------------------|--------------------------|
| Name Sample | 8:00 & 8:45 | XL           | \$ 50.00  | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 1.          |             |              | \$        | <input type="checkbox"/>            | <input type="checkbox"/> |
| 2.          |             |              | \$        | <input type="checkbox"/>            | <input type="checkbox"/> |
| 3.          |             |              | \$        | <input type="checkbox"/>            | <input type="checkbox"/> |
| 4.          |             |              | \$        | <input type="checkbox"/>            | <input type="checkbox"/> |
| 5.          |             |              | \$        | <input type="checkbox"/>            | <input type="checkbox"/> |
| 6.          |             |              | \$        | <input type="checkbox"/>            | <input type="checkbox"/> |
| 7.          |             |              | \$        | <input type="checkbox"/>            | <input type="checkbox"/> |
| 8.          |             |              | \$        | <input type="checkbox"/>            | <input type="checkbox"/> |




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| <b>Dollars Raised Over the \$400 TEAM Fundraising Minimum</b> |   |
|---|---|
| <b>\$200</b>  | Your team gets an extra mile in the "Deflate Cancer" course.  |
| <b>\$400</b>  | Everyone on your team gets a Race to Anyplace rally t-shirt.  |
| <b>\$500</b>  | Your team gets its own electric fan in front of your bike through out the race.   |
| <b>\$1,000</b>  | Your team will get a team shout-out by Emcee RJ Harris during the race and the award ceremony.  |
| <b>\$1,500</b>  | Your team will choose the location of your bike in the gym; receive a shout-out by RJ Harris during the race, and a plaque at the award ceremony. |

## Top Individual Fundraisers

|  |   |  |
|--|---|--|
| <p><b>1<sup>st</sup> Place</b></p>  | <p><b>2<sup>nd</sup> Place</b></p>  | <p><b>3<sup>rd</sup> Place</b></p>  |
| <p>Apple iPad</p>  | <p>37" - 42" Flat Screen TV<br/>*brand subject to change</p>  | <p>DVR<br/>*brand subject to change</p>  |

## Team Distance Awards

|  |   |  |
|--|---|--|
| <p><b>1<sup>st</sup> Place</b></p>  | <p><b>2<sup>nd</sup> Place</b></p>  | <p><b>3<sup>rd</sup> Place</b></p>  |
| <p>Each team member will receive a<br/>Garmin Forerunner</p>   | <p>Each team member will receive a<br/>heart rate monitor watch<br/>*brand subject to change</p>                      | <p>Each team member will receive a<br/>Universal Athlete<br/>with...</p>   |

**GREAT PRIZES TO WORK FOR!**