

Adaptive Sports & Adventures Program



Carolinas Rehabilitation

January 7, 2010

Dear Cyclists,

Happy New Year from the Adaptive Sports and Adventures Program! We are celebrating the 11th anniversary of Cycle to the Sea in 2010 and look forward to a great year.

Please mark your calendar for April 22, 23, 24, 2010 for this year's "Cycle to the Sea". We need your help as a committed rider and pledge organizer so we can continue to offer such a variety of programs and add new ones. The "Cycle to the Sea" 2010 ride will be supported again by our motorcycle friends and our volunteers that we rely on each year. The actual ride itself will cover approximately 180 miles from Charlotte, NC to North Myrtle Beach, SC.

We have several significant changes to the fundraising component to the ride this year. First, we are increasing the registration fee to \$60 and is due by February 15. From February 15 through April 1, 2010, registration fees will go up to \$75. The registration deadline is April 1, 2010. This increase will allow us to purchase jerseys only for those registered and in a timely fashion.

Second, with your paid registration you will be ready to develop your tribute page to solicit online donations through www.cycletothesea.org. This website will enable you to develop a profile, post pictures and set your fundraising goals. You will also be able to post your success story and thank you comments on the site upon our return.

The third item is we are requiring that all riders raise \$1000 prior to the ride. This is an achievable goal as many raise that and much more. We will have hard copy Cycle to the Sea brochures to assist you in soliciting donations as well as the online tribute page that you develop to assist you. We have included a rider brochure with some great alternative ideas to assist in raising your \$1000 as well as some general rider information. Riders that do not meet the \$1000 requirement will not be able to participate in this year's event.

Lastly, due to our number of riders anticipated for this year and the limited accommodations, we will need to limit family interested in traveling with us and encourage them to meet us at the Prince Resorts at the Cherry Grove Pier for the arrival celebration on Saturday afternoon.

Thank you for your support in advance.

Sincerely,

Jennifer Moore LRT/CTRS
Carolinas Rehabilitation, Adaptive Sports and Adventures Program
jennifer.moore@carolinashealthcare.org
(704) 355-1064 office
(704) 446-4999 fax