

The Arc of York County's



Bike &
**Hike**

**Saturday, May 3, 2008
At John Rudy County Park
York, PA
10:00 am– 12 noon**

**TEAM CAPTAIN'S
PACKET**



What is The Arc of York County's Bike & Hike?



The Arc of York County's Bike & Hike is a community event, consisting of teams of between 5 and 10 people. Teams raise money and then come to the event on May 3 to walk, ride or run around the path at John Rudy County Park. At the event, there will be many fun activities as well as great food and fantastic prizes to win!

It's a great team-building event and is the perfect activity for businesses, families, church groups or any other group of people who want to have fun while supporting a great cause. 100% of the Bike & Hike proceeds stays in York County.

It is the goal of The Arc of York County to raise over \$40,000 through the 37th annual Bike & Hike

How can I join in on the fun?

Simply find a group of five to ten people who want to make a difference in their community. Then **fill out the registration form attached to this packet and send to: The Arc of York County, Attn: Bike & Hike, 497 Hill Street, York, PA 17403 (fax- 852-8842).**

Once The Arc receives your registration form, you will be given all the tools to be a successful team at the 2008 Bike & Hike (ie. pledge forms, fundraising ideas, invitations to Bike & Hike rallies, etc.). As the Team Captain, you are responsible for getting this information in the hands of your team members.

What are you waiting for? **Send in your registration form today!!**

Where do the funds raised through Bike & Hike go?

All funds raised will benefit The Arc of York County's services for people with mental retardation and their families in York County.

The Arc of York County is committed to securing for all persons with mental retardation and other disabilities, the opportunity to choose where and how they learn, live, work and play. The Arc envisions a day when our community recognizes the value of people with mental retardation, makes equal opportunities available to them, and supports them in whatever manner is necessary for their full participation.

For more information on The Arc of York County, please call (717) 846-6589 or visit www.thearcofyorkcounty.org.



Important Things To Know About The Arc of York County's Bike & Hike



Date: Saturday, May 3, 2008

Time: Check-in begins at 9:00 am with the walk-off at 10:00 am.

The event will end at 12 noon.

Location: John Rudy County Park in York, PA

Goal: The goal is **to raise over \$40,000** through the 2008 Bike & Hike.

Other important things to know...

- There will be prizes for the top individual fundraisers (min. of \$500) as well as the top fundraising teams (min. of \$1,000).
- All money raised from Bike & Hike stays in York County.
- The goal is for each individual to raise a minimum of \$75.
- Any individual who raises over \$75 will receive an official 2008 Bike & Hike t-shirt. Additional incentive prizes will also be awarded. All incentives will include those awarded from previous levels.
- There is no set distance for the Bike & Hike. Walk, ride, or run as far as you feel comfortable with (each lap around the John Rudy Park track is 0.8 miles).
- If you have any questions about the Bike & Hike, or would like to form a team, please contact The Arc of York County at (717) 846-6589.
- Do you have more than 10 people who would like to participate? Why not form two teams?
- The event will be held rain or shine.
- Since 1972, the Bike & Hike has raised over \$1.3 million for The Arc of York County.
- For more information on The Arc of York County's Bike & Hike, please visit www.thearcofyorkcounty.org.
- Other activities at the Bike & Hike this year include: free chair massages from Baltimore School of Massage, a large "bounce house," face painting, balloon animals, and great food!

Please join us in 2008!!



The Arc of York County's
37th Annual

Bike & Hike

Team Captain Instructions



Please read all instructions carefully. Some things have changed since the 2007 Bike & Hike Event.

1. Register your team by completing the enclosed registration form(s) and returning it to The Arc of York County, 497 Hill Street, York, PA 17403; Fax: 852-8842.
2. As the Team Captain, you can register your team by January 11, 2008 and receive an official "Team Captain" baseball cap.
3. Make sure all of your team members are supplied with a pledge form to track donations. You can also download the form from The Arc of York County's website, www.thearcofyorkcounty.org, under 'Publications.' All participants under the age of 18 must have a parent or guardian sign the pledge form before the day of the event.
4. Encourage your team to raise as much money as possible for the Bike & Hike by collecting donations from friends, family, neighbors and co-workers, and by holding unique and fun fundraisers.
5. As your team collects money, ask them to turn all of their collections in to you. Record each team member's amount on the Team Total Sheet. It is the Team Captain's responsibility to keep track of team member's totals before turning over funds to The Arc.
6. To qualify for incentives, all Bike & Hike money must be turned in before the day of the event (by May 2). Any money turned in the day of the Bike & Hike Event (May 3) will not count toward earning any incentives.
7. Deposits can be made any time before the Bike & Hike. Money may be dropped off at The Arc's office (497 Hill Street) during office hours (M-F 8:30-4:30), or mailed to The Arc of York County, 497 Hill St, York, PA 17403. Be sure to indicate your team name when making a deposit. The Arc will be holding several Bank Nights in the days leading up to the event for teams to make deposits after hours. When making your final deposit, please supply The Arc with the final Team Total Sheet for recordkeeping purposes and awarding incentives.
8. If a deposit is made that earns a participant an incentive, The Arc will provide the incentive(s) at that point in time. If you or your team member are unable to pick up your incentive(s) from The Arc, then your incentive(s) will be made available at the event.
9. We like to reward all participants for all of their hard work and support during the Bike & Hike fundraising phase. That is why we created the incentive levels. Incentive prizes are earned on an individual basis, not according to how much a team raises as a whole. If any members of your team wish to opt out of incentives, then please indicate on the registration. Opting out of the prizes allows more funds to be used to serve the York County population with mental retardation and their families.
10. As Team Captain, it is your responsibility to keep your team members informed about the Bike & Hike and track their donations. Bike & Hike information will be distributed to the Team Captains.

Enclosed Forms:

Registration—Team Captain completes and returns it to The Arc

Pledge Forms—Each team member receives one; Must be turned into the Team Captain with all money prior to the event; Parent/guardian must sign for participants under the age of 18

Team Total Sheet—Team Captain tracks and records team's collections; Must be turned into The Arc with completed Pledge Forms prior to the event



2008 Bike & Hike Team Registration



Team Name: _____

Company (if applicable): _____

Captain: _____ Shirt size (adult sizes): S M L XL

Address: _____

City/State/Zip: _____ Phone: _____

Email: _____

- I want to opt out of receiving all incentives
- If earned, I want a t-shirt, but will opt out of receiving the remaining incentives

Co-Captain: _____ Shirt size (adult sizes): S M L XL

Address: _____

City/State/Zip: _____ Phone: _____

Email: _____

- I want to opt out of receiving all incentives
- If earned, I want a t-shirt, but will opt out of receiving the remaining incentives

Member 3: _____ Shirt size (adult sizes): S M L XL

Address: _____

City/State/Zip: _____ Phone: _____

Email: _____

- I want to opt out of receiving all incentives
- If earned, I want a t-shirt, but will opt out of receiving the remaining incentives

Member 4: _____ Shirt size (adult sizes): S M L XL

Address: _____

City/State/Zip: _____ Phone: _____

Email: _____

- I want to opt out of receiving all incentives
- If earned, I want a t-shirt, but will opt out of receiving the remaining incentives

Member 5: _____ Shirt size (adult sizes): S M L XL

Address: _____

City/State/Zip: _____ Phone: _____

Email: _____

- I want to opt out of receiving all incentives
- If earned, I want a t-shirt, but will opt out of receiving the remaining incentives

Team Name: _____

Member 6: _____ Shirt size (adult sizes): S M L XL

Address: _____

City/State/Zip: _____ Phone: _____

Email: _____

- I want to opt out of receiving all incentives
 - If earned, I want a t-shirt, but will opt out of receiving the remaining incentives
-

Member 7: _____ Shirt size (adult sizes): S M L XL

Address: _____

City/State/Zip: _____ Phone: _____

Email: _____

- I want to opt out of receiving all incentives
 - If earned, I want a t-shirt, but will opt out of receiving the remaining incentives
-

Member 8: _____ Shirt size (adult sizes): S M L XL

Address: _____

City/State/Zip: _____ Phone: _____

Email: _____

- I want to opt out of receiving all incentives
 - If earned, I want a t-shirt, but will opt out of receiving the remaining incentives
-

Member 9: _____ Shirt size (adult sizes): S M L XL

Address: _____

City/State/Zip: _____ Phone: _____

Email: _____

- I want to opt out of receiving all incentives
 - If earned, I want a t-shirt, but will opt out of receiving the remaining incentives
-

Member 10: _____ Shirt size (adult sizes): S M L XL

Address: _____

City/State/Zip: _____ Phone: _____

Email: _____

- I want to opt out of receiving all incentives
 - If earned, I want a t-shirt, but will opt out of receiving the remaining incentives
-



2008 Bike & Hike Incentives

All Incentives include gifts from previous levels.

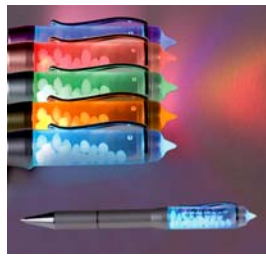
2008 Official Bike & Hike T-Shirt



\$75

Liqui-Light Pen

featuring 7 light colors and PDA stylus tip



\$150

Clock Photo Frame

featuring digital clock w/day, month and temp. Open it 360 degrees and the clock and frame magically switch sides



\$250

Large 58" folding umbrella with auto-open



\$350

Embroidered Fleece Vest Jacket with full front zipper



\$500

George Foreman Indoor 'Champ' Grill with Bun Warmer



\$750

Prizes will be awarded to the top fundraising team (min. of \$1,000) and the top fundraising individual (min. of \$500).

Location of Bike & Hike: John Rudy County Park

Date & Time of Bike & Hike: Saturday, May 3, 2008, Registration at 9am, walk-off at 10am

Why The Arc of York County Needs Your Help...

- Three out of every 100 people have mental retardation, with 1 in 10 families directly affected by it.
- Mental retardation is 12 times more prevalent than cerebral palsy, 30 times more prevalent than neuro defects (i.e. spina bifida), and 50 times more prevalent than total blindness and deafness.
- The Arc of York County provides services to more than 1,000 individuals every year.

- Obtain as many sponsors as possible, explaining to them that you are riding/walking to raise money for The Arc to help people in York County with mental retardation.
- There is no set distance for the Bike & Hike, and it is not a race. This is not an event where you will be collecting pledges after the event.
- After collecting your pledges, turn in this form with your money to your team captain before the event day.
- Additional forms and information are available from The Arc of York County office. For more information about the Bike & Hike, contact The Arc of York County, 497 Hill St., York, PA 17403, or call (717) 846-6589.



York Daily Record
YORK SUNDAY NEWS
THE YORK DISPATCH
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The Arc of York County
497 Hill Street ♦ York, PA 17403

717.846.6589 ♦ Fax: 717.852.8842 ♦ www.thearcofyorkcounty.org
Serving individuals with mental retardation and their families since 1952.

The Arc
of York County

The official registration and financial information of The Arc of York County may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania 1(800) 732-0999. Registration does not imply endorsement.

