

ALSCO Metals Corporation 2007 Mayo Lake Cyclism Bicycle Tour Mayo Park Fall Festival Rider Handbook

We are excited to welcome you to Roxboro for the third annual ALSCO Metals Corporation Mayo Lake Cyclism Bicycle Tour. In cooperation with the Person County Recreation, Arts and Parks Department, this year's tour is part of the Mayo Park Fall Festival and will include many other activities for the entire family. We hope the following information will assist you in preparing for the tour. Our goal is to raise \$15,000 for local United Way Agencies through the participation of over 150 cyclists. Thank you for your participation and for helping us reach our goal. Please spread the word about the tour and encourage others to ride. If you have any questions, please do not hesitate to call us.

Table of Contents

Person County United Way Agencies	4
2007 Sponsors	5
Schedule of Events	6
Directions	7
Accommodations – Local Hotels & Camping	8
Restaurants	9
Activities and Attractions in Person County	
Palace Pointe Family Entertainment	11
Hyco Lake	11
Golf – Roxboro Country Club	12
Relay for Life	12
Mayo Park Fall Festival	
Mayo Lake	11
Mayo Park 5K Trail Run	11
Horseshoe Tournament	11
Canoe/Kayak Tour	11
Mayo Park Music Festival - Free Concert	12
Bicycle Safety	12
Training Tips	15
What to Pack – Checklist	16
Person County United Way	17
Kiwanis Club of Person County	17
Fund Raising Tips	17
Raffle Tickets	19
Turning In Contributions	19

ALSCO Metals Corporation
2007 Mayo Lake Cyclism Bicycle Tour
Mayo Park Fall Festival
Rider Handbook

Table of Contents

Teams	19
Prizes	20
Sample Fund Raising Letter	21
Sample Thank You Letter	22
Sponsor Form	23
Liability Waiver	24



2006 Lake Hyco Cyclism



Metals Corporation



MAYO PARK FALL FESTIVAL

MAYO PARK
599 NEALS STORE ROAD

ROXBORO, NC
SATURDAY, OCTOBER 13, 2007

25K, 50K 75K BICYCLE TOUR
HORSESHOE TOURNAMENT
FOOD VENDORS
FREE CONCERT IN THE PARK

RACE IN THE PARK 5K RUN
CANOE / KAYAK TOUR
CANOE / KAYAK RENTALS
MUSIC STARTS 12:00 PM

Presented By

Proceeds to Benefit



Kiwanis Club of
Person County

Person County
United Way, Inc.
www.pcunitedway.org



<http://mayo.personcounty.net>



www.visitroxboronc.com

2007 MAYO LAKE CYCLYSM

Proceeds to Benefit

PERSON COUNTY UNITED WAY, INC. AGENCIES SERVING CHILDREN & YOUTH

United Way Agencies Benefiting Children & Youth:

American Red Cross
Energize to Evangelize
Learning Connections
Old North State Council Boys Scouts of America
Person County Arts Council
Person County 4-H Clubs
Person County Partnership for Children
Pines of Carolina Girl Scout Council, Inc.
Roxboro – Person County Rescue Squad, Inc.
Roots and Wings
Special Olympics
The Christian Help Center
Youth for Christ

Other United Way Agencies:

Home Health & Hospice of Person County
Person County Council on Aging
Person County Group Homes, Inc.
Person County Needleworkers, Inc.

Person County United Way, Inc.
Our Community Matters
Give Where You Live

203 North Main Street, Suite 208 P. O. Box 854 Roxboro, NC 27573
(336) 599-5899 www.pcunitedway.org

Thank You to our 2007 Sponsors

Title Sponsor:



Diamond Sponsor:



Wal-Mart

Silver Sponsor:

Progress Energy

Bronze Sponsors:

Allstate Insurance – M. Neal Bowes
Edward Jones – Ronald R. Bremer
James C. Overton, CPA
Roxboro Area Chamber of Commerce
Dick's Sporting Goods

In-Kind Donations:

Roxboro Media, Inc.
Golden Corral
McDonald's – Holler Enterprises, Inc.
R & S Sporting Goods
Winter Mountain Bottled Water Co.
WRXO-WKRX Radio

Presenting Sponsors:



Kiwanis Club of Person County



2007 MAYO LAKE CYCLYSM MAYO PARK FALL FESTIVAL

Schedule of Events

Sunday, September 30, 2007

Deadline for Early Registration for Bike Tour	\$25.00
On or After October 1, 2007	\$30.00

Friday, October 12, 2007

American Cancer Society Relay for Life	5:00 – 10:30 pm
Rocket Stadium Person Senior High School	
Mayo Park Campsite Gate Closes	8:00 pm

Saturday, October 13, 2007

Rider Check-In	Mayo Park Picnic Shelter	7:00 – 8:15 am
Breakfast	Mayo Park Picnic Shelter	7:30 – 8:15 am
Team Pictures	Mayo Park Amphitheatre	8:15 – 8:45 am
Welcome	Mayo Park Amphitheatre	8:45 – 9:00 am
Official Start*	Mayo Park Amphitheatre	9:00 am
75 K Riders		9:00 am
50 K Riders		9:05 am
25 K Riders		9:10 am
Horseshoe Tournament	Mayo Park	9:00 am
Registration for Trail Run	Mayo Park	9:00 am
Race in the Park 5K Trail Run	Mayo Park Trails	10:00 am
Lunch for Cyclists & Volunteers	Mayo Park Picnic Shelter	11:30 – 2:00 pm

There will be a charge of \$7.00 for lunch for those other than event cyclists or registered volunteers.

Mayo Park Music Festival	Mayo Park Amphitheatre	12:00 pm
Free Concert at Mayo Park		

Canoe / Kayak Tours	Mayo Lake	1:00 – 6:00 pm
Mayo Park Campsite Gate Closes		8:00 pm

For more information or to register for the 5K Trail Run, Horseshoe Tournament and Canoe / Kayak Tours visit Person County Recreation Arts & Parks Websites

<http://recreation.personcounty.net> <http://mayo.personcounty.net>

2007 Mayo Park Fall Festival Mayo Lake Cyclism Bicycle Tour Directions

Directions To Start / Finish Line

From North Raleigh / RTP

- Take Highway 70 West to Interstate 85 South in Durham.
- Exit I-85 onto Duke Street

From Cary

- Take Interstate 40 West to Durham Freeway 147
- Exit Durham Freeway 147 onto Duke Street at Durham Bulls Athletic Park

From Chapel Hill / Carrboro

- Take 15 – 501 North to Interstate 85 North
- Exit I-85 on Duke Street

From Durham – Duke Street

- Duke Street to Slight left at N Roxboro Street US 501 North 2.0 miles
- Continue on US 501 North through Roxboro (Madison Blvd.) 24.5 miles
- Continue straight on NC 49 North 8.7 miles
- Turn Left at Neal's Store Road
- Mayo Park 599 Neal's Store Road 1.0 miles
- Parking at Boat Ramp at end of Neal's Store Road
- Start / Finish Line at Mayo Park Amphitheatre on left
- Lunch will be at 3 Picnic Shelter beside Amphitheatre

From Hillsborough

- Take 86 North from Hillsborough 10.0 miles
- Exit (bear right) onto NC Highway 49 North in Prospect Hill.
- Follow NC 49 North to Roxboro (Burlington Road) 20.0 miles
- Turn Right on NC 49 N at First Stoplight (Leasburg Road)
- Turn Left on NC 49 N (Madison Boulevard) at Second Stoplight
- Continue straight on NC 49 North 8.7 miles
- Turn Left at Neal's Store Road
- Mayo Park 599 Neal's Store Road 1.0 miles

From Oxford

- Take Highway 158 West to Roxboro 30.0 miles
- Turn right on Old Durham Road at stop sign
- Follow Old Durham Road to merge with Madison Boulevard (US 501 North)
- Continue straight on NC 49 North 8.7 miles
- Turn Left at Neal's Store Road
- Mayo Park 599 Neal's Store Road 1.0 miles

[from: N Duke St, Durham, Durham, North Carolina, United States to: 599 Neals Store Rd, Roxboro, NC 27574 \(Mayo Park\) @36.479518,-78.874106 - Google Maps](#)

Accommodations

Hotels / Motels

Budget Inn

1033 N. Madison Boulevard
Roxboro, NC 27573
(336) 599-3151

American's Best Value Inn
1006 N. Madison Boulevard
Roxboro, NC 27573
(336) 599-9276

\$49 - \$57 / Night
47 Rooms

Hampton Inn
920 Durham Road (US 501)
Roxboro, NC 27573
(336) 599-8800 (800) HAMPTON

\$88 - \$98 / Night
80 Rooms
AAA Pool
www.hampton-inn.com

Innkeeper
906 Durham Road (US 501)
Roxboro, NC 27573
(336) 599-3800 (800) 466-5337

\$70 / Night
77 Rooms
AAA
www.innkeeperhotels.com

Bed & Breakfast

Barrister's Bed and Breakfast
400 N. Main Street
Roxboro, NC 27573
(336) 597-2848

Camping

Mayo Park
599 Neal's Store Road (off Highway 49 N)
Roxboro, NC 27574
(336) 597-7806
<http://recreation.personcounty.net>

Small Cabins \$45.00 / Night
Large Cabins \$60.00 / Night
Tents on Water \$15.00 / Night
Tents off Water \$10.00 / Night
<http://mayo.personcounty.net>
Advance Registration Required

HycO Lake
Person-Caswell Lake Authority
205 Kelly Brewer Road (off Highway 57 N)
Leasburg, NC 27291
(336) 599-4343
www.HycOLake.com

Camp Site \$15.00 / Night
Primitive Sites \$10.00 / Night
**60 camp sites available on a
First Come, First Serve basis**
Boating, swimming, fishing,
Picnic tables and shelters

RESTAURANTS – LOCAL

* All ABC Permits

Steaks & Seafood

Clarksville Station
4080 Durham Road
Roxboro, NC 27573
(336) 599-9153

Pier 35 Seafood*
35 Abbitt Street
Roxboro, NC 27573
(336) 597-3663

Homestead Steakhouse
155 Frank Timberlake Road
Timberlake, NC 27583
(336) 364-8506

Old Country Club Steakhouse*
555 Community House Road
Roxboro, NC 27573
(336) 599-8488

Italian

Vesuvio's Italian Restaurant*
1049-H Durham Road
Roxboro Commons Shopping Center
Roxboro, NC 27573
(336) 322-4300

Zeko's Italian Restaurant
301 S. Madison Boulevard
Roxboro Plaza Shopping Center
Roxboro, NC 27573
(336) 599-2207

Mexican

Torero's Mexican Restaurant*
904 N. Madison Boulevard
Roxboro, NC 27573
(336) 599-8022

La Cocina Mexican Restaurant*
241 S. Madison Boulevard
Roxboro, NC 27573
(336) 330-0300

Barbeque

Hog Heaven Bar-B-Q
2780 Durham Road
Roxboro, NC 27573
(336) 598-0447

Seafood

Outer Banks Seafood
715 Ridge Road
Roxboro, NC 27573
(336) 599-9647

Chinese

China Buffet
813 N. Madison Boulevard
Roxboro, NC 27573
(336) 599-2015

Hong Kong Restaurant - Take Out
315 S. Madison Boulevard
Roxboro, NC 27573
(336) 597-2001

Other

Stuart's Family Grill
104 S. Madison Boulevard
Roxboro, NC 27573
(336) 597-2323

Lakeside Grill – Hyco Lake*
9500 Semora Road
Leasburg, NC 27291
(336) 599-1811

Pizza

Tricia's Espresso
Abbitt Street
Roxboro, NC 27573
(336) 330-0001

Pizza Hut
315 N. Madison Boulevard
Roxboro, NC 27573
(336) 599-9231

Domino's Pizza
225 S. Madison Boulevard
Roxboro, NC 27573
(336) 597-8585

Papa John's Pizza
424 N. Madison Boulevard
Roxboro, NC 27573
(336) 503-0013

RESTAURANTS – FAMILIAR NATIONAL CHAINS

McDonald's
737 N. Madison Boulevard
Roxboro, NC 27573
(336) 599-6779

Burger King
231 S. Madison Boulevard
Roxboro, NC 27573
(336) 599-2000

Hardee's of Roxboro
S. Madison Boulevard
Roxboro, NC 27573
(336) 599-2942

Wendy's Old Fashion Hamburgers
735 N. Madison Boulevard
Roxboro, NC 27573
(336) 597-2488

Bojangles
505 N. Madison Boulevard
Roxboro, NC 27573
(336) 597-9957

Biscuitville
402 N. Madison Boulevard
Roxboro, NC 27573
(336) 597-8318

Kentucky Fried Chicken
1039 N. Madison Boulevard
Roxboro, NC 27573
(336) 599-2210

Golden Corral
40 Weeks Drive
Roxboro, NC 27573
(336) 599-1780

Subway
828 N. Madison Boulevard
Roxboro, NC 27573
(336) 322-5300

Subway
2808 Durham Road
Roxboro, NC 27573
(336) 322-5400

ACTIVITIES AND ATTRACTIONS IN PERSON COUNTY

Palace Pointe Family Entertainment Center & Theatre

Palace Pointe Family Entertainment Center is Piedmont North Carolina's premier destination for family fun and entertainment, all under one roof. Palace Theatre is an 8 screen theatre showing the latest first run movies in comfortable stadium seating. Enjoy roller skating at the Arena or bowling at Thunder Lanes. Play video games at the Power Play Arcade or shoot pool in the Billiards Room. You can also relax while watching the game in the Cheers Pub or visit City Diner for hamburgers, pizza, sandwiches and other refreshments. There is fun for the entire family at Palace Pointe. Located just five miles south of Roxboro on US 501 at 5050 Durham Road. For information and movie times call (919) 226-2300 or visit www.palacepointe.com.

Hyco & Mayo Lakes

Hyco Lake is a 3,750 acre lake located 10 miles northwest of Roxboro on Highway 57 (Semora Road). The 65 acre park on Pointer Drive provides camping, picnicking, fishing, swimming, boating and tennis courts. Boat rentals are available at Hyco Lake Marina & General Store located at 9500 Semora Road, about ½ mile from the park (336) 599-2211. Hyco Lake also features a community building with bath and kitchen facilities that is available for family outings or company meetings. For more information and rates, please contact the Person-Caswell Lake Authority at (336) 599-4343 or visit www.HycoLake.com.

Mayo Lake covers 2,800 acres including 120 acre Mayo Park located 10 miles north of Roxboro at 599 Neal's Store Road off Highway 49 (Virgilina Road). Activities available at the park include camping, canoeing, picnicking, fishing, and hiking trails. Canoes and kayaks rentals are also available. For more information and rates, please visit <http://recreation.personcounty.net> or call Person County Parks & Recreation at (336) 597-7806 or (336) 597-1755. The park also has five rental cabins available for overnight stays.

Mayo Park 5K Trail Run, Canoe / Kayak Tour & Horseshoe Tournament

On Saturday morning October 13, 2007, the Person County Parks & Recreation Department will host its annual Race in the Park 5K Trail Run at Mayo Park. This event is open to all ages. After lunch, enjoy a relaxing canoe or kayak tour of beautiful Mayo Lake. The Park will also host a horseshoe tournament Saturday morning. Space is limited for the canoe and kayak tour based on available boats. So please register in advance if you wish to participate. Rates and times for these events are shown below:

Horseshoe Tournament	9:00	Registration	\$10.00	
5K Trail Run	10:00 am	Early Registration	\$12.00	October 5, 2007
Race in the Park		Registration	\$15.00	October 6, 2007
Canoe/Kayak Tour	1:00 pm	Per boat	\$ 5.00	

Mayo Park Music Festival

After the Mayo Lake Cyclism, come enjoy the sounds of some of the areas finest musicians at Mayo Park's new amphitheater. This event will feature musicians and food vendors from around Person County. **Remember to bring your lawn chair for the concert. This is a free concert Saturday afternoon after the Race in the Park. There is NO CHARGE for admission to the festival.**

Roxboro Country Club

Enjoy 18 holes of golf at the Roxboro Country Club where players can either walk or ride carts at very reasonable green fees. Located at 260 Club House Road. For reservations and rates call (336) 599-2332.

2007 Relay for Life

Person County Relay for Life to benefit the American Cancer Society will be held at Rocket Stadium on Ridge Road in Roxboro on Friday Night and Saturday Morning October 12 and 13, 2007. Since its beginning in 1990, Person County's Relay for Life has raised over \$2.6 million in the fight against cancer. In 1998, 1999 and 2001, our County was recognized at the number 1 Relay for Life Event per capita in the country in its population division. Join the citizens of Person County for this celebration of life and enjoy the food, entertainment and other activities at the 2007 Relay for Life. For more information about Relay for Life visit <http://www.personrelayforlife.org> .

BICYCLE SAFETY

Five Rules of the Road

1. Always wear a helmet while riding.
2. Talk to your fellow cyclists.
 - a. "On your left" when passing.
 - b. "Car back" for vehicles coming from behind.
 - c. "Car up" for vehicles in front on you.
 - d. Call or point out road hazards - potholes, broken pavements, etc.
3. Be predictable. Stay as stable as possible with no sudden unannounced movements to the left or right.
4. Obey all traffic laws. Cyclists are another vehicle on the road and should operate bikes much like driving.
5. Stay to the right half of the lane when possible. Pass others on the left only. Do not pass on the right. Never cross the yellow line.

Helmets

Helmets are required at all times while riding in the event. Seventy-five percent or fatal and permanent injuries in bicycle accidents are caused by head trauma.

Traffic Laws

All riders must obey State of North Carolina and Virginia traffic laws. The route includes roads that are not highly traveled. However, there are a few short sections & intersections on major state highways. Also, some roads in Virginia are very narrow. These roads have not been blocked off or closed down. There will be automobile traffic, so stay alert and ride responsibly. The Person County Sheriff's Department will provide traffic control at the start of the ride.

Bicycle Maintenance

Please make sure your bicycle is in good working condition. Have your bicycle inspected at your local bicycle shop. Please check your bike for the following:

- Brakes - Smooth operation, cables okay, levers tight, affixed properly
- Tires - Properly inflated, good tread, no dry rot, correct size tires
- Gears - operational
- Handle Bars, Stem & Saddle - Proper height
- Chain lubricated
- Water Bottle & Cage - At least one or alternative hydration option Camel Back

Liability Waiver

All riders must sign and turn in the Liability Waiver on or before October 13, 2007, in order to participate. For children under age 18, the waiver must be signed by their parents or legal guardian, age 21 or older. Cyclists must be at least age 11 or older to participate. You can print a copy of the waiver form on page 24.

Support and Gear (SAG) Vehicles

The Roxboro Person County Rescue Squad and the Roxboro Fire Department will provide support vehicles along the route to assist riders with mechanical problems, injuries, or illness. Each vehicle will be equipped with radios, bike racks and first aid supplies. These volunteers are also trained emergency medical technicians (EMT) and first responders. SAG vehicles can take cyclists back to Mayo Park or to the nearest rest stop.

Pacing Yourself

Your body will burn lots of energy during a long bike tour. Also, you will lose plenty of fluid even if the weather is cool. Therefore, proper hydration and nutrition are essential to completing a long bike ride. Cyclists should follow these simple guidelines to avoid muscle cramps and dehydration:

- Stretch before riding
- Drink before you are thirsty
- Eat before you are hungry
- Take short breaks - 5 to 10 minutes every 12 - 15 miles
- Removing your helmet at rest stops will help you cool off

Stretching your legs, arms and neck will help to avoid sore muscles and leg cramps. Take advantage of the water, Gatorade and snacks at the rest stops. Also, drink a few sips from your water bottle every 15 minutes while riding. Do not wait until you feel thirsty or hungry. This could be too late, especially on a hot day. Please refill your water bottle at each rest stop. However, do not linger too long at rest stops. Your muscles may tighten up and make your ride more difficult.

A test of whether you are drinking enough is how often you need to urinate. It should be at least every couple of hours. Also, if your urine is dark yellow, you are not drinking enough. Rest rooms or port-a-johns will be provided at each rest stop.

Riding in Groups

Riding in a group can be dangerous. During the tour, you will be riding with numerous cyclists of varying abilities and speeds. Early in the day, cyclists are riding close together. Later in the day, fatigue tends to set in and it becomes more difficult to concentrate, especially in hot or windy weather conditions. The most common cause of cycling accidents is a lack of concentration. Stay alert and be aware of other cyclists and automotive traffic around you. Ride in single file, but do not follow too closely.

Pace Lines

Riding in a pace line helps to conserve energy by drafting off the person in front of you. Due to aerodynamics, the cyclist in front expends more energy, while those behind don't have to work as hard. By taking turns at the front, the entire group can conserve energy and also increase their average speed.

However, you should only ride in a pace line with cyclists you know and those with similar abilities. Practice riding in a pace line with your teammates or friends prior to the tour. Do not use the tour as your first attempt at riding in a pace line. Also, attempting to ride in a pace line with cyclists of varying speeds or abilities can lead to accidents and crashes.

Weather Conditions

The tour will take place, rain or shine. Also, temperatures can vary greatly in mid-October. Therefore, be prepared. Wear the proper clothing for heat or cold, rain or sunshine. Don't forget the sunscreen or insect repellent. Wearing quality sunglasses will protect your eyes from dust, airborne objects, and harmful sunrays. Shades will also protect your eyes from windburn, which can dry out your eyes. In wet or rainy conditions, please allow more distance to stop your bicycle. It may take twice the distance to stop in wet weather than dry weather. Also, the painted white and yellow lines on the highway become extremely slippery when wet.

TRAINING TIPS

Master the Basics

Learn to ride a smooth, steady line concentrating on pedaling or “spinning” at a high cadence (90-110 strokes per minute). Start your training slowly with a few short rides to increase your fitness. When you are able to ride at least three or four times per week, gradually increase the distance of your long ride to at least twice the mileage of your regular training rides. Example:

- Ride 15 miles on weekdays
- Ride 30 miles on Saturday or Sunday

Add Hills

Person County is not flat! While we have tried to use roads that are relatively flat, the route for the bike tour will include several hills, especially near Mayo Lake. The 25K route for beginning cyclists will be less challenging. Most hills on the route are short, only 2-3 tenths of a mile. However, there will be one or two hills of over ½ mile.

After several weeks of basic training, add some hills to your training rides once or twice a week. Find a hill you can climb without totally exhausting yourself. After warming up, climb the hill, recover on the way down and then climb it again. As your fitness level improves, add more hills or more repetitions on the same hill. Climb the hill in a lower gear, while maintaining a high cadence.

Intervals Develop Speed

Intervals are quarter, half or one-mile sprints during your ride. Begin with an easy warm-up and gradually increase the number of sprints, followed by an easy ride home. By following these suggestions, you will gradually increase power, speed and endurance. This will lead to a more enjoyable ride.

Vary Your Training Rides

- MODERATE DAYS – Ride 12-15 miles at a comfortable pace
- ENDURANCE DAYS – Take one long ride per week – 30-50 miles
- SPEED DAYS - Try to complete 15 miles in one hour while maintaining a high cadence of 85-90 strokes per minute

On The Route

- Rest stops staffed by volunteers every 10-15 miles with water & snacks
- If you have mechanical problems or feel you need to rest, pull off the road
- SAG vehicles will pick you up and take you to the next rest stop
- In case of emergency on the route, call 911 first, then the emergency cell phone number listed on the cue sheets

WHAT TO PACK – CHECKLIST

Please remember to bring the following items for the Mayo Lake Cyclism Bike Tour:

- Contributions to United Way - No minimum \$100 to qualify for prizes
- Bicycle
- Helmet – Required
- Signed Liability Waiver – Must be signed by parent or guardian if under age 18
- Proper Identification (including medical ID for allergies or other conditions)
- Bicycle shorts, shoes, jerseys and socks
- Sunscreen
- Insect repellent
- Sunglasses
- Water bottles (2 recommended) or other hydration system (Camel Back)
- Tire patch kit and tire pump
- Spare tube(s)
- Cash for emergencies on route

After the Bicycle Tour

- Lawn chairs to relax and enjoy the concert at Mayo Park Amphitheatre
- Canoes or Kayaks and paddles (Rentals are also available – Cost \$5)
- Life jacket or approved personal floatation device
- Fishing poles and fishing licenses

For those staying overnight, also pack:

- Change of clothes for evenings
- Toiletries
- Rain gear

If camping at Mayo Park or Hyco Lake add these items:

- Tent
- Sleeping bags
- Towels
- Pillow
- Air mattress
- Lantern or flashlight

PERSON COUNTY UNITED WAY, INC.

Person County United Way, Inc. is celebrating its 40th anniversary in 2007. It is the primary source of funding for 16 local non-profit agencies providing services to the citizens of Roxboro and Person County. These agencies focus on four priority areas:

1. Helping children and youth succeed
2. Crisis intervention and promoting self-sufficiency
3. Promoting health and wellness
4. Supporting vulnerable and aging populations

Proceeds from the ALSCO Metals Corporation Mayo Lake Cyclism will benefit those agencies providing assistance and services to children and youth. For a complete list of United Way agencies see page 2 of this handbook. To learn more about the United Way, please visit our website at www.pcunitedway.org.

KIWANIS CLUB OF PERSON COUNTY

The Kiwanis Club of Person County, a local chapter of Kiwanis International, is a group of volunteers, business leaders and concerned citizens dedicated to serving the children of the world and their local community. Kiwanis International supports numerous programs to enhance the lives of children throughout the world including a \$75 million campaign to eliminate Iodine Deficiency Disorder (IDD), the leading cause of mental retardation in third world countries.

Our local Kiwanis Club hosts an annual golf tournament at Roxboro Country Club. Proceeds from this event provide college scholarships to deserving students at Person High School and also supports numerous other charitable organizations including Duke Children's Hospital, Victory Junction Gang Camp for disabled children in Randleman, NC., the Make A Wish Foundation, Person Memorial Hospital, Boys Scouts, March of Dimes and the National Multiple Sclerosis Society. If you would like to become a member of Kiwanis International, please contact James C. Overton at (336) 599-3116 or Lee Thomas at (336) 599-4232.

FUNDRAISING TIPS

Fundraising is not required to participate in the Mayo Lake Cyclism Bicycle Tour. You may ride for only your registration fee. However, cyclists who raise at least \$100 for the United Way will qualify for prizes and gift certificates. You may choose a gift certificate to Dick's Sporting Goods, the Bicycle Chain, or the Roxboro Area Chamber of Commerce which is redeemable at many local restaurants and businesses in Person County.

There are many unique ways to raise funds for charity. Use your imagination. Your contributions will provide disaster relief assistance, food, clothing, and shelter for those in need, library books and other learning materials for children, counseling and mentoring services for youth, as well as many other necessary services. We offer the following advice along with a Sample Fund-Raising Letter and Sample Thank You Letter:

- Set a Fund Raising Goal
- Make a Plan to Achieve Your Goal
- Be Creative
- Win Valuable Prizes

My Fund Raising Goal Is \$_____.

Here are a few simple, effective ways to reach your goal.

1. Ask for Donations Face to Face

This is the most effective and direct way to raise funds. Do not feel guilty about asking for pledges. You are raising money for the United Way, not for yourself. The first step is to tell people you are cycling to raise money for United Way. Next educate them about the numerous local agencies which are supported by the United Way. If you need more information visit the United Way Website or contact the Person County United Way at (336) 599-5899. The last step is to thank potential sponsors no matter their response. Even if they say no, be courteous and thank them for their time and consideration.

2. Letter Writing

By using letters to raise money, you can expand your donor base to people you may not see on a regular basis. It can also relieve some of the pressure of asking people directly. Use these tips when writing your letter:

- Include a self-addressed stamped envelope.
- State your fund raising goal.
- Provide a brief description of the United Way.
- Consider a suggested donation amount or donation levels.
 - Example - \$5, \$10, \$20, \$25 or \$50
- Ask donors to make checks payable to the Kiwanis Club of Person County and include your name & Mayo Lake Cyclism or Bike Tour on the memo line.
- Use the sample letters on page 19 & 20 of this handbook.

3. Additional Fund Raising Ideas

- Make a poster to hang in your office.
- Place brochures on your desk.
- Inquire if your company has a charitable matching program. This is a great way to double your money!
- Start or join a team. The competition will help to increase your fund raising success. For more information on teams, see page 22.
- Have a garage or yard sale in your neighborhood.
- Hold a bake sale at your office.
- Sell raffle tickets - \$1 per ticket or a book of 6 tickets for \$5 for a \$500 gift certificate to Dick's Sporting Goods. See details on page 18.
- Ask your employer to consider becoming a sponsor of the Mayo Lake Cyclism.

- Small donations of \$5 or \$10 add up quickly. Therefore, ask your family members, friends or co-workers to sponsor you.

RAFFLE TICKETS

Purchase raffle tickets with your registration form at Rider Check-In for a:

\$500 Gift Certificate Dick's Sporting Goods

\$1 Donation or 6 Tickets for \$5

Gift Certificate Can Be Redeemed at Any Location of **Dick's Sporting Goods**

Tickets may also be purchased from any member of the Kiwanis Club of Person County. Gift Certificate will be awarded during lunch after the Mayo Lake Cyclism Bicycle Tour on Saturday October 13, 2007. You do not have to be present to win.

TURNING IN CONTRIBUTIONS

A Pledge Sheet is included on page 15 to assist you with tracking your fund raising totals. Turn in your pledge sheet along with all cash and checks and your liability waiver form at Rider Check-In. Also turn in any raffle tickets. You will receive your T-Shirt and lunch ticket at Rider Check-In. Additional lunch tickets for those other than cyclists and volunteers may be purchased for \$7.00 each.

Rider Check-In

Saturday October 13, 2007

7:00 am

Or you can mail your contributions and pledges before October 12, 2007 to:

Kiwanis Club of Person County

P. O. Box 1660

Roxboro, NC 27573

After the Bike Tour: Contributions collected after the tour must be received in our office by October 31, 2007 to be counted towards your 2007 prize totals.

TEAMS



Teams are an easy way to increase your enjoyment of the bicycle tour. A key feature of the tour is the spirit and enthusiasm of teams. The majority of cyclists state that they have more fun riding on a team than alone. Team members also typically raise more money than they would as individuals. It only takes four people and a little effort to create a team. You can form a team with members of your family, church, civic organization or friends.

Corporate teams are a great way to build teamwork among co-workers. Also, many businesses have corporate matching programs for charitable donations which will increase your fund raising totals and your chances to win valuable prizes. There are many benefits to riding as part of a team including:

- Built-in training partners
- Motivation to push yourself harder
- New bonds with friends and/or co-workers
- Fund raising support
- Support and encouragement during the tour

To create a team, just follow these easy steps:

- Designate one person as team captain
- Make up a team name
- Set a team fund raising goal
- Register your team with the Kiwanis Club of Person County
- Start having fun!

If you would like to join an existing team, contact James C. Overton, Treasurer of the Kiwanis Club of Person County at (336) 599-3116.

PRIZES

Raise money for the United Way and qualify for great prizes. Special recognition will be given to the top 5 individual fund raisers and teams with the highest total and highest average per team member.

Prize levels are based on money turned in by October 31, 2007 deadline. You may choose a gift certificate from the Roxboro Area Chamber of Commerce (valid at numerous businesses & restaurants in Person County) or a gift certificate from Dick's Sporting Goods or The Bicycle Chain.

\$200	\$20 gift certificate
\$300	\$30 gift certificate
\$500	\$50 gift certificate
\$750	\$75 gift certificate
\$1,000	\$100 gift certificate
\$1,500	\$150 gift certificate

For fund raising totals over \$2,000, individuals will receive a gift certificate equal to 10% of the total amount raised rounded to the nearest \$10.

Sample Fund Raising Letter



Kiwanis Club of Person County
P. O. Box 1660
Roxboro, North Carolina 27573

Dear Friend,

On October 13, 2007, I will join more than 150 cyclists and volunteers for the 3rd annual **ALSCO Metals Corporation Mayo Lake Cyclism Bicycle Tour** in Roxboro, NC to benefit the Person County United Way, Inc.

I will be riding to help the Kiwanis International Foundation and the Kiwanis Club of Person County in its mission to serve the children of the world by raising funds to support 16 local United Way agencies which directly benefit the children of Person County. Our goal this year is \$15,000, but we cannot do it alone.

I am asking for your help in this challenge. By making a tax deductible contribution on my behalf, you will support local programs that provide medical services, emergency assistance, education, child abuse prevention and intervention, leadership training and many other services for hundreds of children in Person County.

My goal is to raise at least \$_____. Please help me reach this goal! Any amount you can afford would be appreciated.

For your convenience, you may fill out the form below and return it to me or mail to the Kiwanis Club of Person County, P. O. Box 1660, Roxboro, NC 27573. If you wish, you can enclose your check, made payable to the "Kiwanis Club of Person County" (not me), with this form.

Thank you so much for your support of me and the United Way!

Sincerely,

Your name here

Yes, I want to support _____ and the Person County United Way.

Count on me for the following contribution for the Mayo Lake Cyclism Bicycle Tour:

\$100 \$50 \$25 \$10 \$5 Other \$_____

My donation is enclosed.

Name: _____

Kiwanis International Foundation... Serving the Children of the World
Person County United Way, Inc. Give Where You Live

Sample Thank You Letter



**Kiwanis Club of Person County
P. O. Box 1660
Roxboro, North Carolina 27573**

Dear Friend,

Thank you for your generous gift of \$_____ supporting my participation in the 2007 ALSCO Metals Corporation Mayo Lake Cyclism Bicycle Tour. The money you donated will support 16 local United Way Agencies providing services to hundreds of children in Person County. Your generosity will provide food, shelter, clothing, medical services and other emergency assistance to your neighbors in their time of need. You have also assisted local United Way Agencies in providing education, mentoring, books, and many other services to local children.

On behalf of the Kiwanis Club of Person County, and the Person County United Way, I would like to express our sincere gratitude for your contribution.

Thank you,

Your name here

Kiwanis International Foundation... Serving the Children of the World
Person County United Way, Inc. Give Where You Live

2007 MAYO
LAKE CYCLYSM
25K 50K 75K
BICYCLE TOUR

Sponsor Form
Use this form as your
personal record to
track donations.
GOAL: \$_____



Name of Cyclist: _____

Sponsor Name	Address City, State, Zip	Amount Pledged	Amount Collected	Date Paid
Total Donations				



Kiwanis Club of Person County
P. O. Box 1660
Roxboro, North Carolina 27573

2007 MAYO LAKE CYCLYSM 25K 50K 75K BICYCLE TOUR

Waiver of Liability

Having read this waiver, I, for myself and anyone entitled to act on my behalf, including heirs and assigns, waive and relieve the Kiwanis International Foundation, Kiwanis Club of Person County, Person County United Way, Inc., Person County Recreation Arts and Parks Department, the governing boards, officers and employees of these organizations, corporate sponsors, cooperating organizations and any other parties connected with this event in any way together with their respective successors and assigns from all claims or liabilities of any kind arising out of my participation in the Mayo Lake Cyclism Bicycle Tour (the "Event") and affiliated training rides even though such claim or liability may arise out of the negligence or carelessness on the part of any person named in this waiver. I, the undersigned, freely acknowledge and realize the dangers of participating in this Event, and fully assume all risks including, but not limited to, collision with pedestrians, vehicles, other riders, and/or fixed or moving objects, and dangers arising from falls, road surface, equipment failures, inadequate safety equipment, weather conditions, as well as the possibility of physical and/or mental trauma or injury.

I do hereby agree that I am physically capable of participating in this event, that my bicycle and any other equipment I may use to participate in the event is in working condition, that I will observe applicable traffic and Event rules and that I will wear a helmet. If I do not follow the rules of the Event, I understand that I may be removed from the Event. I consent to receive medical treatment, which may be deemed advisable in the event of injury or illness during the Event. I give my permission to the Kiwanis Club of Person County and the United Way of Person County, Inc. to use my name, any photographs or any other media including video or any other audio format and the United Way Web site during the course of this event.

I agree to the following Event Rules of the Road

1. Always wear a helmet while riding.
2. Talk to your fellow cyclists. Call out road hazards, on your left when passing, car back, etc.
3. Be predictable. Stay as stable as possible with no sudden unannounced movements. Try to put your self in the eyes of others.
4. Obey all North Carolina traffic laws and regulations. Cyclists are another vehicle on the road and should operate bikes much like driving.
5. Stay to the right half of the lane when possible, passing others on the left only. Never cross the yellow line.

Signature _____ Date _____

Name: _____

Address: _____

Phone number(s): _____

Signature of Parent or Guardian if under 18 years of age:

_____ Date _____

**This form must be signed and returned to Kiwanis Club of Person County
prior to October 13, 2007 in order to participate in this event.**