

# **Bike for Tikes 2010**



## **What is “Bike for Tikes?”**

Bike for Tikes is a 160-mile bike ride that is directly in conjunction with Dance Marathon. Each rider will bike the entire 160 miles from the Cincinnati area to Bowling Green’s Dance Marathon. We will depart for Cincinnati via bus on the evening of Thursday, April 8<sup>th</sup>, begin biking the morning of Friday, April 9<sup>th</sup> from Cincinnati and arrive at Dance Marathon on Sunday, April 11<sup>th</sup> in time to see the closing ceremony.

## **Do I need to train?**

Absolutely!!! Training is essential in order to partake and be successful with this bike ride. You will be provided with a recommended and proven training schedule to ensure you are prepared for this ride.

## **Do I need to raise money?**

Yes. Each rider is responsible for raising \$275. All money raised will go towards Dance Marathon, which benefits the Children’s Miracle Network.

## **How do I raise money?**

Each rider will be given a letter template that you can personalize and send to family, friends, relatives, churches and anyone else. This letter will explain what “Bike for Tikes” is, how to donate money and what the money benefits. You are also welcome to go to canning events around Bowling Green and Perrysburg.

*If you have any further questions please contact me at [bike4tikes@gmail.com](mailto:bike4tikes@gmail.com)*

Thanks, I cannot wait to get started!  
Matt Barber  
Bike for Tikes Chair 2010

*“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”*

*~Leo Buscaglia*

# Bike for Tikes 2010 List of Items To Bring

- ✓ Warm Clothes – This includes warm socks, hat, gloves, scarf, long sleeve t-shirt, jacket, warm pants (sweatpants). The temperature will be anywhere from 25 degrees to 65 degrees. We WILL ride if it is snowing or raining! I would recommend that you dress in layers. You can always take clothes off but you will not be able to put them on during the day.
- ✓ Spare Tire Tubes -- at least 2 and make sure they are the appropriate size for your bike tires
- ✓ Shoes – tennis shoes
- ✓ Clothes to sleep in: PJ's
- ✓ Sleeping bag, pillow, and blanket. We are sleeping on gym floors, which may or may not have mats
- ✓ iPod/CD player – music can pump you up and help the time go by faster
- ✓ Games, cards, books – any other activities down time at night
- ✓ Water Bottles preferably that fit on your bike
- ✓ Bathroom Supplies: toothbrush, soap, face-wash, towel, shampoo
- ✓ Sandals to walk around in when we reach our destinations and for the showers
- ✓ Cell phone....It will be important if you get lost!!!!
- ✓ The most important item: **YOUR BIKE**

## Itinerary

Wednesday (April 7). – Drop off your bike (put in U-Haul) at Ice Arena parking lot and pick up garbage bag.

Thursday (April 8) – Meet at Ice Arena parking lot and turn in all clothes. Everyone needs to be there by 5:45pm. All of your friends and family are invited to the send-off. We are going to leave at 6:30pm on a charter bus. We should arrive in Fenwick High School around 8:30-9:00pm.

Friday (April 9) – Get up early and ride about 65 miles to Graham Middle School (St. Paris)

Saturday (April 10) - Get up early again and ride about another 55 miles to Ada High School (Ada)

Sunday (April 11) – Get up early once again and ride the last 45 miles. We will be stopping in Portage (about 5 miles outside BG) and eating lunch with the family of our miracle child and his family. All of your family and friends will be invited to attend the lunch. Then we ride into Dance Marathon at 2:30pm.

# Route will be provided at a later date.

# BIKE RIDE TRAINING PROGRAM

To complete the full 160 miles of biking from Cincinnati to Bowling Green, one must properly be trained and be in good physical condition. This basic training program is very simple and easy to complete. The training period will cover a span of 8 weeks.

## FIRST FOUR WEEKS- STRENGTH PHASE

(Before each workout, make sure you ride or jog 5 minutes before stretching, this will inhibit blood flow to the muscles and make for a better stretch.)

2-3 sets per exercise, 8-12 repetitions per lift

### LEG EXERCISES

1. Leg press or squat
2. Leg extensions
3. Dumbbell lunges
4. Leg curls
5. Calf-raises

### LOWER BACK EXERCISES

1. Back extensions
2. Supermans (Lay on stomach, alternate raising opposite arms and legs)

\*\*Workouts should be at least 3 days a week, allowing one day between lifts for muscles to recover. If weight gets easier later in the workout, increase weight by 5-10%.\*\*

## SECOND FOUR WEEKS- ENDURANCE PHASE

You must ride a stationary bike or outdoor bike at least 3 times a week during the eight-week training period. A sample biking routine is as follows:

Monday: 30 min, very easy biking

Weds: 30 min, moderate biking (more difficult than Monday's ride)

Sat: 1 hour ride, go as hard as you can go.

\*As biking becomes easier with time, increase time, change intervals, and use more difficult programs such as advanced endurance or advanced strength.

\* If weather is nice, ride outside!

**This is a simple and basic training program for everyone to follow. Keep a training log so you can chart your progress. Training is a necessity! The more you push yourself and work, the better off you will be for the long ride ahead of you. Good Luck!**

*"A person's true wealth is the good he or she does in the*

*world.”*

*~Mohammed*

(Date)

Dear Friends or Family,

I am currently preparing for a big spring semester event here at Bowling Green State University. At the beginning of April, I am participating in the annual Bike for Tikes Bike Ride, which benefits Children's Miracle Network. This event began several years ago with twenty-five students riding their bicycles from Cincinnati, Ohio to Bowling Green over three days, and raised over \$11,000. The amount raised has increased over the years to \$17,000 and then \$20,000. This year we hope that we can raise even more money and continue the success.

The bike ride is done in conjunction with Bowling Green State University's Dance Marathon. The 32-hour Dance Marathon is the largest student run philanthropy in the state of Ohio. The students of BGSU, through Dance Marathon, help raise money for Mercy Children's Hospital, a partner of Children's Miracle Network, in Toledo. Children's Miracle Network is an organization that collaborates with hospitals that treats young children that have terminally ill diseases. So, the weekend of April 10-11 there will be hundreds of BGSU students on their feet for this cause and approximately one hundred and twenty students riding across the state of Ohio to raise money for these brave children that fight a battle everyday.

I am asking for your support in this great event. The children, families, and I would greatly appreciate it. You can make donations online at <http://www.kidsmiracles.org/bgsu> or send supportive comments and check donations to this address (*place your address here*). If you are sending a check please make them payable to BGSU Dance Marathon. Please return supportive comments or donations by Sunday, March 8<sup>th</sup>, 2008. Thank you once again for your support. Myself, along with the children appreciate it.

Sincerely,  
(name)

# **Bike For Tikes 2010**

## **Contact Sheet**

### **Matt Barber - Bike for Tikes Chair 2009**

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Emily Martin - Biker Morale  
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# DO IT FOR THE KIDS!

Some call us a family and we are I would say,  
'Cause we all came together in the vary same way.  
To help these young children that just may not live,  
And to look in ourselves to see what we can give.  
We're not here for the fame of involved for the glory,  
We're here 'cause these kids are a unique kind of story.  
See, some will stay with us, but some surly will die,  
And I wish I could tell you, but I don't know why.  
Frowns on their faces, spending most of their lives in hospital  
type places,  
It tugs at your heart when those big tear-filled eyes  
Are looking up at you and asking you why.  
Why cant they live at home with their mommy and daddy.  
So, keep working hard people, for those sick little ones  
And you know deep down in your heart that good's being  
done.  
Because what you are doing helps make miracles each day,  
For you give yourselves in an unselfish way.

