

...because kids can't fight cancer alone!



Candlelighters™

For Children With Cancer

Helping Families in
Oregon and SW Washington

"It is better to light one candle than to curse the darkness"

Candlelighters invites you to ride with us in this year's

2008

RIDE-FOR-A-CHILD

A fundraiser to benefit children and families impacted by
childhood cancer

Candlelighters For Children With Cancer 2008 Ride-For-A-Child

In its seventh year, Ride-For-A-Child is a fundraiser for children with cancer. If you decide to participate, this event will leave you with an incredible sense of accomplishment. You will cycle in an awesome ride, Cycle Oregon, experiencing the most beautiful scenery in the State and certainly the most hospitable people. You will cycle more miles in a week than you thought possible and arrive at the finish line with a true sense of wonderment and satisfaction at what you have physically accomplished. Finally, and perhaps most importantly, you will know that your journey has had an impact on a child who has no choice but to travel through the toughest journey of their young lives, cancer.

ABOUT CYCLE OREGON

Cycle Oregon is a weeklong ride staged this year from September 6th to the 13th. Each year Cycle Oregon selects a different route that highlights the breathtaking beauty of rural Oregon.

The week of 2008 explores the incredible beauty and majesty of Northeast Oregon. The journey begins and ends in Elgin, and offers stays in Union, Baker City, Halfway, and Wallowa Lake. Hells Canyon, The Eagle Cap Wilderness Area, and Wallowa Lake, three of the most majestic and rugged natural wonders in Oregon, are highlights of this ride. For more information about Cycle Oregon and this year's ride, visit their web site at www.cycleoregon.com.

ABOUT CANDLELIGHTERS

The money raised goes directly to Candlelighters for Children with Cancer, an organization serving Oregon and Southwest Washington. Candlelighters, supported by volunteers and staff, helps children and families cope with the struggles of childhood cancer. Through support, education and advocacy, Candlelighters reaches out to the entire family. The fight against a life threatening disease impacts parents, siblings, and the child with cancer. Some of the Candlelighters' programs that serve our children and families are:

- **Toy Boxes** – Toy boxes at Doernbecher Children's Hospital and Legacy Emanuel Children's Hospital are kept well stocked to help ease a child's pain and fear of medical procedures required for testing and or chemotherapy.
- **Monthly Newsletter and Member Directory** – Key communication tools, these publications help keep families networked and informed.
- **Monthly Activities for Parents and Children** - Children are treated each month to special fun activities and parents are supported with educational and support group meetings.
- **Camps** – Candlelighter camps are unique! The whole family is always invited. Camps are a healing process for all. They are a place where children, for a brief time, can set aside the worries of cancer and just have fun. Parents get a relaxing break, and siblings get lavished with attention. Candlelighters sponsors a 3-day camp and is invited each year to a 5-day camp hosted by the Philoptochos Society of Holy Trinity Greek Orthodox Church.

Candlelighters For Children With Cancer 2008 Ride-For-A-Child

- **Family Crisis Support**- Short-term emergency funds are provided to Candlelighters' families in financial crisis to help pay housing, transportation, utilities or other critical services.
- **Inpatient Support** – Three times a month, professionally prepared dinners and lunches are made available for children and families at Doernbecher and Emanuel. Along with providing a welcome break from hospital food, volunteers organize crafts, network with families, and introduce newly diagnosed families to Candlelighters programs and services.

With these programs and many more, Candlelighters helps to ease the burdens for a child facing cancer. Each day we strive to live up to our motto, "It is better to light one candle than curse the darkness". You can find out more about Candlelighters by visiting our website at www.4kidwithcancer.org.

WHAT DO I DO?

Just say **YES!** **Yes** I want to ride. **Yes** I want to fundraise. **Yes** I want to make a difference! We will help you make it happen, but you must be committed to do the following:

- **The Basics** - You must be healthy, in relatively good shape and have a minimum level of biking experience (comfortable with your balance and riding near other bikers and vehicles). You will need a comfortable bike (preferably a road bike but a mountain bike will work), basic biking gear (clothing, gloves, helmet), and some basic camping equipment (we supply the tent!).
- **Get in Shape** - Your legs, and especially your hinter regions, must be in shape to carry you through back to back long distance rides. The Cycle Oregon handbook suggests you log a minimum of 700 miles prior to the tour. These miles do not have to be super long trips and can be done at a pace of about 100 miles per week.
- **Raise Money** – We will help you set a goal and identify a fundraising strategy. Though many people often cringe at the thought of asking for support, fundraising is often the easiest part. You will be amazed at the support you receive and the money you raise because you are willing to make a difference.
- **Honor a Child with Cancer** – Candlelighters will match you with a child who has or has had cancer. Your ride and fundraising efforts will honor that child. We ask that you can attend a pizza party kickoff with riders, children and families (June 8th) and our Harvest of Hope dinner, auction, and awards the evening of October 25th.
- **Join the Team** - This is a team effort. We have team orientation (May 4th) and we will be leading some group training rides and helping where possible with training tips. While you may certainly ride Cycle Oregon with your own group, RFAC fully supports all riders with a designated camping spot, tents, volunteers, snacks, drinks, camaraderie, and transportation of bags.

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WHAT DOES CANDLELIGHTERS DO?

Although much of your fundraising and training will be an individual effort, Candlelighters wants to support the team whenever possible. Specifically, Candlelighters will help with:

- **Fundraising ideas** – We will hold an orientation meeting (May 4th), educate you about the mission of Candlelighters, and share strategies for fundraising.
- **Child Sponsorship** – In addition to the money you raise, your ride will honor a child with cancer. We will assist in matching you with that child.
- **Pizza Night** – Candlelighters will organize a pizza night where we meet as a team with our honored children and families (June 8th).
- **Harvest of Hope** – At our October 25th Harvest of Hope dinner/auction, a special part of our evening is an awards ceremony honoring our children and riders. We hope all riders and families will attend.
- **Training Assistance** – Candlelighters will organize some training rides and help with training tips. We will have some experienced Cycle Oregon riders who can share war stories and best practices. Candlelighters does not supply coaching or individual training programs.
- **Riding as a Team** – For those who want to ride as a team, we will have a Ride-For-A-Child team and camp/ride as a group. Volunteers will support our team with tent setup, packing gear, refreshments, and lots of TLC.

HOW DO THE FINANCES WORK?

We ask that you register with Cycle Oregon as an individual (2008 registration fee is \$825). By following this procedure, you will receive all the Cycle Oregon communications prior to September. In addition, we anticipate a cost of about \$50 per rider to facilitate the Candlelighters camp support and transportation.

When your fundraising is complete, you may be eligible for reimbursement of all or part of your registration fee. If you raise a minimum of \$2500, you can elect to have 50% of your registration fee reimbursed. If you raise over \$5000, you can elect to have 100% of your registration reimbursed.

We hope this brief description has sparked a passion in you “to light one candle” that will brighten the day of a child with cancer. If you are ready to say **Yes**, you will need to fill out and sign a Liability Waiver and Fundraising Commitment form. If you have any questions, please contact Randy Radcliffe, Dick Hartung or Melissa Quandt-Holden.

Thank you for wanting to make a difference!

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