



The Spoke & Wheel Newsletter

June 2009

2008 Ride 5 – Big Success!



You can, can, can!

SMART Ride 5 in 2008, was a huge success. We had over 500 participants made up of riders and crew. Through the efforts of all, we raised an amazing \$594,725, and **100%** went to our benefiting agencies! Thank you to all riders, crew and sponsors for making SMART Ride 5, our most successful ever.

SMART Ride 6 – January 8th & 9th, 2010

Registration is Now Open

Dates have been set for SMART Ride 6. This year, due to conflicts in our lodging sites, we will hold the ride on Friday January 8th and Saturday January 9th, 2010. Registration will be on Thursday January 7th, 2010.

If you are a returning crew or rider, or perhaps joining us for the first time, you can go to our website and register online at:

<http://www.thesmartride.org/3/registration>

If you are from outside of U.S. or want to manually register you can still go to the registration page on website and download the manual registration form.

New Rider or Crew?

New Participant and Have Questions?

SMART Ride has lots of ways to get your questions answered. Regardless if you are a new or returning participant, there are always questions. We have several resources for you.

On our website, there is a Frequently Asked Questions menu that explains our most asked questions. Go to: www.thesmartride.org/3/faq/

Also make sure to check out the rider and crew manuals. The manuals are located on the website for your convenience. This will provide a lot of information about what to expect.

www.thesmartride.org/3/participants/

If you are interested in crewing, our Crew Manager, Crici Stroy-Martin is here to help. Feel free to contact her at crici@thesmartide.org

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Every rider will receive a call from your rider rep, shortly after you register. These folks are a wealth of information. We will have more info on Rider Reps in the next edition.

Every agency is sponsoring New Participant Information Sessions, where in a 1 ½ hour session you can get all your questions answered about riding and crewing for SMART Ride. Here are sessions currently scheduled:

AIDS Help: Karen Frank-Noll, 305-296-6196

- 1) May 14th, 5:30-7:00pm at Stay Fit Studios
- 2) July 15th, 6:00-7:30pm at AIDS Help Offices

Broward House: Nikki Adams 954-522-4749 ext 1222 or Carmine Mortorilli 954-522-4749 ext 1208

- 1) August 11th, 6:30-8:00pm at New Moon Bar
- 2) August 14th, 7:00-8:30pm at Chic Optique
- 3) September 15th, 6:30-8:00pm at New Moon Bar

Center for Positive Connections: Crici Stroy-Martin, 305-951-1355

- 1) May 29th, 7:00-8:30pm at Center for PosConnections
- 2) July 31st, 7:00-8:30pm at Center for Pos Connections
- 3) Sept 25th, 7:00-8:30pm at Center for Pos Connections
- 4) Nov 20th, 7:00-8:30pm at Center for Pos Connections

Hug Me: Cindy Bridges, 407-895-4106

- 1) July 9th, 6:00 – 7:30 pm at Hug Me
- 2) August 24th, 6:00-7:30pm at Hug Me

Metropolitan Charities: Tracy Rader, 727-321-3854 ext. 221

- 1) June 11th, 6:00 – 8:00pm at Metro Charities St. Pete
- 2) June 12th, 6:00 – 8:00pm at Metro Charities Tampa
- 3) September 23rd, 6:00 – 8:00pm at Metro Charities St. Pete
- 4) September 24th, 6:00 – 8:00pm at Metro Charities Tampa

For directions to the location, and additional sessions continue to check out the online calendar on our website <http://www.thesmartride.org/3/calendar>

Lodging - SMART Ride 6

We continue to improve your stay

The unique aspect of SMART Ride is that we DO NOT camp! We actually stay in a luxury resort during the ride itself.

What do you do about Thursday night 1/7/2010 and Saturday night 1/9? You are responsible for making lodging arrangements for Thursday 1/7/2010 and Saturday 1/9/2010. We have improved the lodging in the Dadeland area (Miami) to be close to Morningstar Renewal Center. This year we are using the Marriot Hotel and you have two options. We also have several hotels in Key West that are working with us for special group rates. All of the hotels that we list have agreed to give a % of your room rates, back to The SMART Ride. Go to: www.thesmartride/3/faq/ or www.thesmartride.3/hotel/ to get all the pre/post hotel information.

This is the 3rd year we will utilize the Hawks Cay Resort for our Friday night stay. We have learned a lot from the previous two years, and continue to improve. Know that Hawks Cay Resort is the only facility in the Marathon area that can handle a group of our size and is willing to let us do all we do while onsite. There are a couple of changes this year to improve the process.

- Hawks Cay Resort will only allow us to house 4 individuals per Villa, no exceptions. We have increased to 120 Villas, so there is plenty of room for all our participants.
- For roommate & room upgrades, we will email you instructions on how to make these requests, once you have registered.

Jerry Algozer is our Housing Coordinator and can be reached at jalgozer@browardhouse.org if you have questions or concerns.

SMART Ride goes Green

Check your SPAM Folders

In an effort to cut down on paper and mailing expenses, this year SMART Ride goes Green. We are no longer snail mailing your registration packets, but now all the information you need, after you do your online registration, will be emailed to you.

We receive a lot of questions about folks not receiving their emails or getting SMART Ride electronic information. 90% of the time it is because your virus scanner made the email go to your SPAM Folder. Make sure that you allow "@thesmartride.org" extension as a safe recipient and that you check your SPAM Folders. If you have any questions about registration information, call 866-696-7701 or email Michael Lamarre at michaella@thesmartride.org

Stay Connected

SMART Ride uses the power of Facebook

This year we are using Facebook as a way for riders and crew to stay connected. If you are looking for a riding buddy, training ride, carpool, etc, this is a great way for you to connect. Go to www.facebook.com and do a search for thesmartride@gmail.com to link up.



Training Rides

Preparation in a group is better

Is your riding group doing a training ride? If you want to lead a training ride, you must be willing to be the contact person, follow all safety rules, and get participants to sign a training ride waiver (located on website). We can advertise the training rides on the website calendar. Send a note to David Spacht at davidspacht@thesmartride.org with your information.

Sponsors Needed

Know a business that would like to get involved?

One of the ways we are able to donate 100% of what riders and crew raise in pledges, is because of our sponsors. Every year a significant number of sponsors return to help us produce this event. Even with the great sponsor involvement, there are many things that we need. If you happen to know a business or community organization that wants to get involved, let us know. Here is a *sample of some* of the items we are looking for:

- Thursday 1/7 Night Dinner at Morningstar Renewal center for 500+ participants
- Saturday 1/9 Lunch in Key West for 500+ participants
- Pit Stop Sponsors
- Supplies for Registration, Dining and Pit Stops
- 1000 gallons of Water (we use 5 gallon and 1 gallon jugs)
- Fruit – 25 cases of Oranges and 20 cases of Bananas
- Energy Drink – 75 3lb cans of various flavors
- Giveaways for Participant Goodie Bags

If you have a contact and can introduce us, contact Cindy Bridges at cynthia.bridges@orlandohealth.org and she can get the ball rolling. Also check out www.thesmartride.org/3/sponsors for our sponsorship brochure.

Healthy Tips for Training.....

A common notion is to avoid consumption of foods high in fat content. While this is true, in large amounts, some types of fats are bad for you, while there are others that hold great benefit to our bodies. Omega-3 fatty acids play a vital role in the construction of our body's cell membranes and aid in protecting from various health threats. What does this mean for us athletes? Omega-3's reduce inflammation helping to decrease the risk of injury, improves recovery time, and may lead to improved performance by increasing blood circulation throughout the body. So next time you go to the grocery store don't forget about the big O...mega!

Great Sources of Omega-3's: Fish Oil, Flaxseed, Flaxseed Oil, Walnuts, Avocado, Olive Oil, and Herring

Have nutrition or training concerns? Contact Josh Illig at jmillig@gmail.com

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"Never doubt that a small group of thoughtful committed citizens can change the world, indeed: it's the only thing that ever has"
-Margaret Mead