



Frequently Asked Questions About Participating in Race Across America With Team Donate Life

What is RAAM all about?

The Race Across America, or RAAM, has established itself as a new and dramatic American tradition, respected worldwide for the sheer magnitude of its challenge. RAAM is the most recognized and longest endurance annual cycling event in our world today. Competitors must travel over 3,052 miles in 9 days to be competitive. For an 8 person team, each team member will ride approximately 400 miles overall, or 65 miles per 24 hour period.

Unlike other famous races like le Tour de France, RAAM has no stages. There is no drafting (OK to draft within your own team!) and the race is live to the very end. From the start to the finish, it is a single stage race, a battle against the vast environmental conditions encountered and the rider's own mental and physical capacities. The men and women who compete as soloists or as team participants are dedicated and driven athletes who are comprised from an international field of professionals from all walks of life.

The Race Across America is an event so staggering that merely to finish is for most, the accomplishment of a lifetime. RAAM inspires everyone that it touches. A monumental race contested with the utmost of sportsmanship and zeal, truly, RAAM is larger than life. By participating in RAAM as part of TDL, you can help give life! A breeding ground for champions, a testing ground for elite riders and a shining example of the strength of human spirit. Visit www.raceacrossamerica.org.

Team Donate Life chose RAAM as its premier "stage" to promote organ donation awareness, as well as to raise critical funds for transplant research. In 2005, Olympic Gold Medalist and US Cycling Hall of Fame member Eric Heiden competed as a team member of Team Donate Life in our inaugural entrée in RAAM. TDL is the only organization Eric has ever publicly endorsed. Team Donate Life was founded by an organ donor and his transplant surgeon from UC Davis Medical Center, both of whom are passionate about ultra-endurance cycling events and organ donation and transplantation. TDL has had several donors and recipients both ride and crew in RAAM. In 2007, RAAM will consist of approximately 200 riders, with approximately 30 of those riders coming from TDL alone!

What are the benefits of being a rider or crew member in RAAM with Team Donate Life?

There are several very good reasons to ride or crew with TDL:

1. Be part of a dynamic, growing and passionate Cycling Community.
2. Get involved in something that allows you to achieve your ultimate fitness challenge! Make this a time in your life to *Live Well, So Others May Become Well*.
3. Contribute to a cause that is seeking to reduce the delay for 84,000 people waiting to receive a life saving organ transplant. In 2007, you will have the opportunity to ride on behalf of someone awaiting an organ transplant.
4. TDL provides you, because of our nonprofit 501 (c) (3) status, the ability to raise tax-deductible contributions to help eliminate your out-of-pocket expenses.
5. Enjoy the exposure and benefits for you and your team through Team Donate Life's corporate sponsors.
6. Receive team discounts on apparel and gear.
7. Mark your place in the future growth of Team Donate Life as we expand our presence nationally.
8. A personalized training program designed by world-renowned sports performance physician, Dr. Massimo Testa.
9. Access to the UC Davis Sports Medicine Team for athletic performance monitoring and assessment.

What is the total cost for me to ride in RAAM?

The total cost per rider is approximately \$5,900. An 8-person team can expect the total be about \$45,000 - \$50,000. Solo riders, 2-person teams and 4-person teams will be incrementally higher per rider.

What expenses are covered in the \$5,900?

Based on the past experience of Team Donate Life, a basic breakdown of expenses, per rider, is as follows (estimate of expenses):

RAAM registration fees	\$875
Food (During RAAM)	\$465
Fuel for support vehicles	\$560
Vehicle Rentals	\$985
Hotels at start line	\$200
Hotels during race	\$610
Hotels at finish line	\$400
TDL Apparel (jersey, socks and shorts)	\$200
Cycling gear (chains, tires, etc.)	\$180
Air travel home from Atlantic City	\$300
Miscellaneous travel supplies	\$225
Contribution to Team Donate Life	\$900
Total:	\$5900

How do I come up with the \$5,900 to pay for RAAM?

That is where TDL comes in. We will help you raise charitable contributions to cover the cost of riding in RAAM, through coaching, fundraising resources and ideas to raise the necessary funds. All contributions are tax-deductible to the fullest extent allowable by law. Team Donate Life is a 501(c) (3) organization. Fed. ID # 20-1868171. For those who choose to raise additional funds for TDL, incentives will be offered to you, and you will be encouraged to direct a portion of those funds to an organ donor and transplant organization in your area.

How is my financial contribution to TDL utilized?

Team Donate Life exists to promote an active and healthy lifestyle, so that others may enjoy the experience of life itself. For 2007, one of our emphases will be to urge people to register online as an organ donor, through www.DonateLifeCalifornia.org or www.DonateLifeAmerica.org. In addition, TDL raises funds for ongoing transplant research at UC Davis Medical Center, as well as community awareness initiatives in conjunction with other donor-related organizations. One of our Key Partners is Golden State Donor Services, www.gsds.org.

What does each rider need to supply on their own?

Most of what you need will be provided by the time you arrive in San Diego. Feel free to bring your favorite “race and recovery” drinks, snacks, gels, etc. Clif Bar, Jelly Belly and corporate partners will be providing plenty of their products for your use. TDL will make available (for purchase or raise additional funds) team long sleeve jerseys, wind jackets, arm warmers, etc. We ask that you wear TDL team apparel at all times while riding. It has been suggested that you bring along an extra set of pedals and any gear that you think you may need. Extra chains, tires, tubes, lube, etc. will be provided and is included in the total amount of money raised.

What time commitments are there to be a rider in RAAM with Team Donate Life?

Dr. Massimo Testa, a TDL board member and team sports physician, will be providing riders recommended training schedules. Dr. Testa suggests that you continue to ride at least 100 miles per week through the winter, along with cross training and a regular weight training program. By March 1st, it will be necessary to train 150-200 miles per week. The race itself (with pre and post race meetings and events) will require approximately 12 days, from June 10 through June 21st. The race starts (for teams) at 1:00pm on June 12th. Most competitive teams complete the race in 5-7 days. For those in the Sacramento Area, we will be holding monthly RAAM meetings to discuss fundraising, logistics, education about organ donation and how to talk about the mission of TDL. We are available to train and support riders and teams located outside Sacramento.

How do I register for RAAM?

We have made it easy for you to register on the TDL website: www.teamdonatelife.com. On the TDL homepage, click “Racer Application.” Review the Application Checklist. When completed, send ALL information to Team Donate Life. We will forward all of your information to RAAM. Please do NOT apply on the RAAM website! Your deposit of \$500 (payable to Team Donate Life) assures you a spot on a team, covers the cost of your team apparel and pays for your early application for RAAM. Your \$500 deposit will be returned to you upon completion of fundraising and/or final payment to TDL. Please remember to complete your application ASAP as we receive a significant discount by having riders apply prior to December 10th. If you are not already part of a team, don't worry. Teams will be solidified in the coming months. All monies are due to TDL by March 15, 2007.

Who provides the crew members and how many crew members does each team need?

Some crew members hear about the opportunity to do something insane and sign up. Others are attracted by the infectious enthusiasm of past crew members and riders. In fact, some of our crew members spend their own vacation time to crew for RAAM! The bulk of the crew members come from *you*. Each rider will be required to recruit at least one crew member. From our experience with RAAM, it is suggested that each 8 person team have a crew of approximately 10 people. Remember....crew members “go along for the ride” at NO cost to them.

What are the various responsibilities of crew members?

Without our cherished crew members, there would be no RAAM. They are the ones who do the most work, sleep the least, create a festive atmosphere (yes, even at 3:00am) and make it possible for the riders to do what they do best – ride! Crew responsibilities include food shopping, meal prep, race navigation, arranging sleeping accommodations along the route

(sleep?), bike mechanic, transition coordination, driving, photography and a whole bunch of other stuff that is not for the fainthearted.

Is it possible for me to raise money for Team Donate Life even though I do not plan to ride in RAAM?

Of course! Many people will choose to become a “virtual rider,” raising money for Team Donate Life by selecting the amount they wish to raise. We encourage virtual riders to ask individuals or companies to sponsor you at \$2.00 per mile. If you raise \$6,000, you have “ridden” across America! At various fundraising “stages,” incentives will be offered, such as weekend getaways, team apparel, cycling discounts, etc. We encourage crew members to raise money as well. Please inquire for more information about these opportunities.

Where can I find additional information about RAAM, Team Donate Life, cycling tips and organ donation?

Check out these websites:

Team Donate Life: www.teamdonatelife.com
Race Across America: www.raceacrossamerica.org
Donate Life California: www.donatelifecalifornia.org
Golden State Donor Services: www.gsds.org
United Network for Organ Donation: www.unos.org
The Gift of a Lifetime: <http://www.organtransplants.org>

What if I have more questions? (You will!)

As always, feel free to call the Team Donate Life office at 916.351.0407, or email us at kent@teamdonatelife.com.

TEAM *Donate Life*

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