



UHCCF Velo & Vines 2019 Frequently Asked Questions

Registration Info

What: 5th Annual Velo & Vines

When: Saturday, June 8, 2019

Where: Starts and Ends at the Arnot-Roberts Winery, 33 Healdsburg, CA, 95448

Ride Day Schedule

Rider check-in opens at 7:00 a.m.

Ride starts promptly at 8:00 a.m.

Water stops along the way (beverages and snacks at each stop)

Do I have to raise money?

Each cyclist is kindly asked to raise a minimum of \$500. Fundraising is critical to support our mission to help children with their medical expenses. Your registration fee of \$150.00 counts toward this minimum. With your paid registration you will receive a consolidated sponsored Velo & Vines jersey. You and your guests/families will also enjoy the amazing celebration party after the ride.

If I'm a united health group employee, how do I submit my match request?

As an employee of UnitedHealth Group, your donation to UHCCF is eligible for a UHG match. If you want your donation to be matched by UHG make sure you select **'Yes'** to the question ***Do you consent to have UHCCF to submit your donation to UHG for a dollar for dollar match?*** and provide your work UHG, UHC or Optum email address. We will submit the information for your donation to an employee giving administrator for them to process the match request. We will also add the match dollars to the fundraising total on the event site. That means that you can double your donation without having to lift a finger!

Please contact Giving@UHG.com if you have questions about the UHG match program

What can I do to volunteer?

EXAMPLES OF VOLUNTEERING ACTIVITIES.

1. Early Bird (6am) Pre-race set up / sign-up / welcome – 5 volunteers
2. Water Stops – 3 water stops – 10 volunteers each
3. Course Guides/Directions – 3-4 people
4. Post-race – course clean-up/sign removal – Ideally, 20 volunteers

Can I bring my kids to help volunteer?

Yes, this is a kid friendly event. Kid volunteers will receive a volunteer shirt. As you identify your volunteering interests keep in mind that your kid(s) will also participate.

What should I bring?

- A helmet is required to participate.
- Wear layers appropriate for the weather.
- Bring a tire repair kit, an I.D. and medical insurance card, and an emergency contact number.
- It's a good idea for at least one person in your group to have a cell phone.
- Bring a change of clothes and shoes for the after party. There will be changing rooms available.

Help with fundraising emails

We want to make this as easy as possible for you. So, to help kick start your fundraising efforts we have provided a couple of Sample Request for Donation Emails for you to use, modify, etc. as you see fit.

Sample 1 - Request For Donation Email:

Hi [Name],

I will be riding on June 6, 2019 in the 5th **Annual UnitedHealthcare Children's Foundation Velo & Vines Ride** to help raise money for the United Healthcare Children's Foundation. The UnitedHealthcare Children's Foundation is a 501 (c) (3) charitable organization that provides medical grants to help children gain access to health related services not covered, or not fully covered, by their family's commercial health plan.

All money raised at this event will help provide medical grants for children in the Southeast Region.

I've committed to fundraise [\$Amount] for this amazing charity. Please help me reach my goal by making a tax deductible donation to my personal fundraising page at [link to your fundraising page]. My page is set up to automatically generate and email you a receipt once you've donated.

Thank you in advance for your support and generosity.

Sincerely,
[Your Name]

Sample 2 – Request For Donation Email:

Dear [Name],

On June 6th I will be cycling [insert miles] miles along with many others to raise money for the UnitedHealthcare Children's Foundation. I urge you to please sponsor me for this year's in 5th

Annual UnitedHealthcare Children's Foundation Velo & Vines Ride event and help support a great cause!

The UnitedHealthcare Children's Foundation is a 501 (c) (3) charitable organization that provides medical grants to help children gain access to health related services not covered, or not fully covered, by their family's commercial health plan.

All money raised at this event will help provide medical grants for children in the Southeast Region, so we will be helping children in our area, and maybe even someone we know. Please dig deep and sponsor my efforts by making a tax deductible donation to my personal fundraising page at [link to your fundraising page].

For more information about the UnitedHealthcare Children's Foundation please feel free check out their website at www.uhccf.org.

Many Thanks & Best Wishes,
[Your Name]

SUGGESTED TRAINING TIPS FOR LONGER RIDES EASY BASICS

1. If you are out of shape or just getting started in cycling, begin slowly. Initial rides, whether outside or on an indoor trainer, should be limited to 20-30 minutes, 3 days a week. Pedal briskly, but don't get out of breath. As fitness increases, begin riding 5 days a week for at least 30 minutes, and progress from there.

2. Indoor trainers are a good way to maintain a degree of cycling fitness in winter, but you'll do better to ride outdoors as much as possible. This way you'll develop important riding skills such as keeping a straight line, cornering, descending, etc.

3. Even a new rider who has no racing ambitions can benefit from a weekly program that includes both speed and distance. In order to firm your legs, lose weight and be healthier, use a program with:

- **MODERATE DAYS.** To lose weight, forget about the stopwatch and ride medium distances at a comfortable pace. This will burn fat, as opposed to the carbohydrates that fuel short, intense efforts.
- **ENDURANCE DAYS.** To improve your stamina, go on one long ride every week. Don't worry about time just complete the distance.

TIPS ON ENDURANCE RIDING

1. The average cyclist can ride at least 3 times longer than the average training ride.

2. Try to do at least one long training ride a week.

3. Your goal should be to increase your rides by 5-10% each week.

4. Stand up and stretch on your bike at least once every 30 minutes. Pedal standing for a minute and then coast moving your hips forward and arching your back. Sit down and finish by

rolling your neck and shrugging your shoulders.

5. Change your grip in the handlebars every few minutes. This helps to prevent upper body fatigue.

6. Eat lots of carbohydrates for 3 days prior to the Bike Tour.

7. Start snacking during the first hour. Snack throughout the ride; don't wait until you get hungry.

8. Drink before you become thirsty; if you wait to drink until you are thirsty, you are already dehydrating. Drink from your water bottle every 10 minutes.

9. Wear comfortable clothing. Snug, padded cycling shorts and padded cycling gloves are recommended.

10. Your feet may swell. If you feel discomfort, loosen your shoes.

11. Wear sunglasses to avoid squinting, which could cause headaches.

12. Divide the day's ride into 3 segments. Ride below your ability the first segment; ride your normal pace the second segment; you should be fine on the final stretch.

13. Use the rest stops to get off your bike, stretch, eat a small snack and refill your water bottle. Try not to stop for more than 10 minutes or it may be hard to resume your pace.

14. Ride with someone of similar pace. It will make the ride go more quickly.