



World Lymphoma Awareness Day Virtual Cycle Event

Frequently Asked Questions

1. What is a virtual event?

A virtual event is just like a regular race or event, but can be done anywhere at any time by anyone. They are virtual in name only. To participate, you complete the event at the distance you select during the event dates. The big difference between a virtual event and a traditional event is you can participate from any location in the world, at a time, place and pace that is convenient for you. You can even cycle in another local event and have it count towards this virtual ride. Simply set your own course and ride anywhere on the planet at a date and time convenient for you. No need to cycle on cold/rainy or hot/humid days unless you choose to. You have the freedom and flexibility to fit it into your schedule.

2. How Can I Participate?

It's simple! Virtual riders will sign up to participate in the event as a fundraiser. Funds raised will be used to support the programs and services offered to the cutaneous lymphoma community free of charge. Participate from anywhere at any time between Friday, September 13 through Sunday, September 22. Results are due by **5:00 p.m. Eastern Standard Time** on Monday, **September 23** via email to tasha@clfoundation.org.

This event offers individuals an opportunity to fundraise for the CLF via donations. All participants are asked to raise funds with a suggested goal of **\$200**. A minimum suggested donation of \$25 is required to complete the sign-up process, which will go towards your individual fundraising goal.

To sign up as a participant, complete the online registration at <https://bit.ly/33wZa3F> and submit the \$25 donation.

Once you've signed up, you will have until **Sunday, September 22** to complete your ride. All results will need to be submitted via email by no later than **5:00 p.m. Eastern Standard Time, Monday, September 23** via email to tasha@clfoundation.org.

3. How can I show evidence of my cycling results?

The suggested minimum number of miles participants are encouraged to cycle is **10**. If you would like to consider riding for a longer distance to raise more dollars for the Foundation please feel free to do so, and thank you in advance!

This event will use the honor system to acknowledge completion of your route. Show your miles traveled via posts and pictures on your social media channels using the hashtag **#clf**, **#clfvirtualride2019**, **#clfbikeride2019**, and on your **peer fundraising pages**. Share aspects of your

journey using pictures, mementos, accomplishments, and personal stories about how cutaneous lymphoma has impacted you and why you are riding.

Miles cycled should be submitted via email to tasha@clfoundation.org by no later than **5:00 p.m.**, Eastern Standard Time, **Monday, September 23**. Anything received after this date will not be accepted.

4. What Do You Mean by Race Evidence?

This event will use the honor system to acknowledge completion of your route.

For those individuals who use cycling applications, watches or various cycling machines to track rides, feel free to send us a screenshot of your results and email that evidence to tasha@clfoundation.org. Please ensure that the information submitted includes your name, as well as an indication of the miles you have completed. Pictures and other types of information submitted will be posted to our CLF Facebook Page for promotional purposes.

Miles cycled should be submitted via email to tasha@clfoundation.org by **5:00 p.m.**, Eastern Standard Time, **Monday, September 23**. Anything received after this date will not be accepted.

5. Where Can I Check to See if I Have Entered the Ride as a Participant?

You can search for your registration on the website. Please allow 48 hours from the time of entry for processing information.

6. Can I Enter with a Group?

Yes! Group participation in this event is welcome. Invite friends, colleagues, and family members to take part. Please contact Tasha Williams via email (tasha@clfoundation.org) for more information.

7. What Will I Receive for Participating in This Event?

Everyone who takes part in this event will receive a certificate of participation from the CLF as a small token of appreciation for your efforts.

Certificates will be emailed to each person who participates and will be sent to the address provided upon registration. Certificates will be emailed following the event. Allow 4-6 weeks for your certificate to be received. The option to have certificates mailed will also be available.

8. I'm Not in the United States, Can I Still Participate?

Yes of course! Just be sure to choose your country during the registration process and you will be all set to participate.

9. Who Can I Contact with Additional Questions?

For web/technical questions, please contact Deb Van Zegeren, debra@clfoundation.org

For all other questions, please contact Tasha Williams, tasha@clfoundation.org