



the
ULMAN
CANCER
 fund for
YOUNG
ADULTS

Key TO Keys



The Ulman Cancer Fund For Young Adults
Key to Keys Experience 2018



WELCOME



Dear Key To Keys Teammate,

Congratulations!

Welcome to the 2018 UCF Key to Keys Team! We are very excited to welcome you to this year's journey from Baltimore, Maryland to Key West, Florida. This will be a very memorable and rewarding experience for you and we can't wait for April!

As discussed in the interview process, Key to Keys is more than a bike ride. Key to Keys is a true journey that will enable you to learn about the Ulman Cancer Fund for Young Adults, your teammates, the communities we impact, and yourself.

Unfortunately, each of us has our own unique connection to cancer that has drawn us to this FIGHT. Key to Keys is a platform that will enable you to draw strength from others in addition to allowing you to learn more about your teammates' unique connections to this cause. This "ride" is more about the people you will meet, the connections you will make, and the lives you will change than it is about pedaling a bicycle. At some point during your journey, this will become very evident.

During this experience, everyone will step outside of his or her comfort zone. Embrace this! Your schedules will be planned. Your route will be set. Your ride team will be designated. Your hotel will be reserved. Your roommate will be selected. Your meal destinations will be chosen. All you have to do is show up each day prepared to participate in - and embrace - this EXPERIENCE. This sounds hard, but go with it. The journey is structured specifically this way because it allows you to focus on your team, yourself, and the journey; NOT the everyday distractions in our lives.

You are also encouraged to interact and engage with the people and communities that you will visit and connect with. Some of these interactions will be scheduled and some just happen. One of the benefits of this format is that you are strongly encouraged to take your time and share stories about your journey and those of others.

Thank you for your trust in UCF for this experience and we hope it will be very rewarding.

With sincere gratitude,

A handwritten signature in black ink that reads 'Brian'.

Brian Satola
COO, The Ulman Cancer Fund for Young Adults

UCF & KEY TO KEYS



Our Mission

We change lives by creating a community of support for young adults, and their loved ones, impacted by cancer.

Our History

The Ulman family founded the Ulman Cancer Fund for Young Adults (UCF) in 1997 after their son, Doug, was diagnosed with cancer at the age of 19. Faced with a distinct lack of resources for young adults impacted by this disease, the Ulmans sought to address the unique needs of young adult cancer patients and their families. These concerns include fertility preservation, health insurance conflicts, employment, education, physical activity, relationship maintenance and social isolation.

Key To Keys: Basic Information



The Route

Key to Keys is a 1,500-mile cycling journey down the east coast of the United States. We will ride through six states - Maryland, Virginia, North Carolina, South Carolina, Georgia, and Florida. The terrain will vary from rolling hills to open flat roads. Our main goal throughout the mapping process is to create safe and exciting routes to our destinations that are conducive to group cycling.

Riders should be prepared to ride through moderately trafficked areas, country roads, and ocean side lanes. As with any outdoor cycling event, each participant must come equipped to handle different types of terrain, traffic conditions, and weather.



The Mileage

Each daily route is divided into sections based on the number of ride groups. Each group contains 4-5 cyclists and two support drivers, who will complete one section of that day's route. These sections will vary in topography and in distance; cyclists will ride anywhere between 40 and 60 miles per day, with the option to complete at least one century ride (100 miles) over the course of the week.

The variations in mileage will depend on each day's scheduled events and on the distance to the next destination city. For example, our team has scheduled visits to cancer centers in communities that we visit, and on those dates, mileage will be shorter (to account for time spent at the center).

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Key To Keys: Basic Information *Continued*



The Ride Groups

By design, ride groups are assembled by the Key to Keys staff, and are announced each morning. Our goal is to foster connections between teammates by allowing everyone the opportunity to ride with a different group of people each day. Your teammates will all have different riding paces, different stories to tell, and different experiences to share. We have found that this sense of variety is one of the most fun aspects of the entire ride!



Cycling Pace

We accept a diverse group of riders and support drivers with varying cycling experience and speed levels. By joining the Key to Keys ride, however, you are agreeing to achieve and maintain an average cycling pace of **15 mph**. While we require each accepted cyclist to train regularly for the ride and to learn about cycling safety, our main goal will always be to create an environment in which they can give support and get support, to and from each other and the community.



Hotels

Each evening, Key to Keys riders and support drivers will stay at a host hotel in the destination city. Key to Keys staff members will arrange rooming assignments ahead of time and rooms will be gender-based.



Breakfast

Typically, breakfast is provided by the host hotel, free of cost to you. If a rider or support driver desires an alternative breakfast, that individual will cover the cost, and they will still be responsible for assembling at the designated time each morning for announcements, the dedication circle, and departure.

Lunch

Support drivers will provide lunch along the route, at a pre-determined time and location. Lunch foods and snacks (sandwiches, fruit, Gatorade, etc.) will travel with each group in the van, and will be replenished by the Key to Keys staff throughout the week. In order to ensure that each group completes their assigned ride segment, the support drivers will be charged with ensuring the length of time spent at lunch stops are limited based on time constraints.

Dinner

Dinner plans will vary based on destination city and daily mileage. Dining formats include casual carry out at the hotel, community-hosted events, and restaurant outings. The cost of dinner is included in each support driver and rider's fundraising commitments.

Each individual rider can bring additional nutrition, if necessary, that adheres to her or his dietary needs or preferences.

Vehicles

Each ride group is supported by one large SUV and two support drivers. Riders are permitted to bring their backpack, bicycle, cycling gear, and nutrition in the support vehicles, while their duffle bags will be transported to the next host hotel by a separate vehicle. A cooler for lunch, water jug, bike pump, tools, first aid kit, and other necessities will be included in each vehicle.

FUNDRAISING

SINCE 2013
KEY TO KEYS
HAS RAISED OVER
\$750,000

TO HELP CHANGE THE LIVES OF
THOSE AFFECTED BY CANCER

When you join the Key To Keys Team, you are not only committing to play an active role in the young adult cancer fight, you are committing to raise awareness and funds to further support the mission of the Ulman Cancer Fund for Young Adults.

Our goal is to make sure you are successful in not only meeting, but also exceeding, your fundraising goals. You will be given a customized fundraising page when you register for Key to Keys, which will allow you to share your story and help you track your fundraising progress.

Fundraising Minimum Includes

- ▶ 8 Nights of Lodging
- ▶ Meals
- ▶ Customized Gear
- ▶ Bike Shipment From Key West To Your Home (For Riders)
- ▶ A Platform to Make a Difference
- ▶ Send off Dinner in Baltimore, MD and Arrival Celebration in Key West, FL

For fundraising tips and to better understand where your efforts are going please see the fundraising guide!



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Rider Packing List

Essentials

- Bike and helmet
- Bike shoes
- 2-3 pairs of cycling shorts
- 3 pairs of bike specific socks
- 1-2 long sleeve shirts to go under jerseys
- Sunglasses
- Body glide cream
- Chapstick and sunscreen
- All the K2K clothing provided*
 - 1 jacket
 - 3 cycling jerseys
 - 3 t-shirts
 - Duffel bag
- 1-2 casual outfits for dinners and relaxation
- Cellphone charger
- Sleep attire
- Toiletries
- Comfortable walking shoes (must bring 1 pair of closed toe shoes for hospital visits)

Optional

- Bike gloves
- Frame pump
- Tire levers
- Biking pants
- Bathing suit for evenings at the hotel
- Arm warmers

Key To Keys Events, Save The Date!

1 **April 13, 2018**
Kick Off Dinner
Baltimore, MD
6:00pm
Friends & family
welcome, guests must
RSVP in advance

2 **April 14, 2018**
Key to Keys Sendoff
Key Highway,
Baltimore, MD
6:30am
Friends & family
welcome

3 **April 21, 2018**
Key to Keys Arrival Celebration
Key West, FL
6:00pm
Friends & family welcome,
guests must RSVP in advance

If you have any questions please contact...

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