



Mark your calendars for ILO's most important fundraising event of the year:

Bike to the Beach July 28, 2023

Ride lengths of 25, 50, 70 or 100 miles

Hello ILO Community!

We are pleased to announce that ILO has joined with [Bike to the Beach](#) (B2B) as a local non-profit partner for the fifth year. B2B was founded in 2006 as a charity that raised money for autism research, awareness, and outreach through a bike ride from DC to the Delaware Shore. B2B has since expanded to 7 cities and is no longer just the host of charity bike events, but is a community made up of individuals, cyclists, local organizations, advocates, philanthropists, corporate companies, and national partners. As a local non-profit partner, ILO has the opportunity to participate in this community, and, importantly, raise money that directly benefits ILO.

Thanks to many of you, last year we raised over \$40,000 for ILO, a meaningful amount for our organization. In addition, with the help of over 12 ILO family volunteers, ILO was awarded a \$3,000 grant for hosting a rest stop. With your help, we hope to beat those numbers this year!

There are many fun ways in which you can participate.

1. **Ride on Friday July 28.** There are four ride options: 100, 70, 50 or 25 miles. The 100-mile ride starts in DC and ends in Dewey Beach, and the shorter options start at various points along the way. The ride is fully supported with directions, rest stops, water, etc. and there is a fun party at the end. You can spend the weekend at the beach with family or friends, but many people take the B2B supplied bus back to DC in the evening. All riders are expected to raise a minimum of \$500 in sponsorships, and each rider gets an individual Bike to the Beach fundraising webpage upon registration to make it super easy.
2. **Volunteer to host a rest stop.** As a local partner, we are expected to host a rest stop, and ILO can earn \$3,000 for our efforts. This is a great way to engage siblings and other family members that want to help. We are grateful to our board member, Mary Lawrence Philips, who has volunteered to lead this effort over the last few years. But, we also need the continued support of our community.
3. **Spread the word.** The more riders we have, the better! Please reach out to your network of friends and family to spread the word and recruit riders for our team. Perhaps, you or a family member has an employer that would either sponsor our team, or better yet, recruit riders among their employees.
4. **Support us!** If you'd like to contribute to our cause, please visit:
<https://my.biketotheseach.org/IntegratedLivingOpportunities2023>
(If you work for a company, don't forget to check if they have a corporate matching program!)

Please send your interest or questions to info@ilonow.org, and we will get you going. If you're ready to register for the ride, you can do so at www.biketothebeach.org. Choose the DC ride and, when asked, don't forget to join Integrated Living Opportunity's team.

Thank you all!

Best,

Maedi Tanham Carney (ILO Founder and Executive Director) Rider

Vijay D'Souza (ILO self-advocate brother) Rider

Gerry Dorros (ILO self-advocate parent and Board Member) Rider

Mary Lawrence Philips (ILO Board Member) Rest Stop Lead Volunteer

Jan Brown (ILO Director of Member Services) Volunteer

Maria Morel (ILO Administrative Assistant) Volunteer

