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June 20, 2011

Dear family, friends and supporters,

The 4TH annual **Paul Fried Charity Ride To Support The Crohn's & Colitis Foundation Of America (CCFA)** will be held at **8:30am on Saturday, August 20, 2011** . The event will once again take place at **Kensington Metropark** in Milford.

Last year, 70 riders and walkers in addition to 8 volunteers participated in the event. Over \$10,000 in donations were raised, 100% of it going to CCFA. All event expenses were covered by sponsors. This year, with your help, we hope to increase participation and contributions over the previous year totals.

Helping to support CCFA and raise awareness and contributions for this worthwhile charity has become even more important to me now since my daughter Katie was diagnosed with Ulcerative Colitis just a few days before last year's event.

If you would like to help, please sponsor me with a donation by using the enclosed form along with a check payable to CCFA, or visit the Paul Fried Charity Ride website at: <http://online.ccfa.org/paulfriedcharityride2011> to make an online donation or to obtain additional information about the event should you wish to participate.

As many of you already know, I was in a bicycle accident just two days after last year's CCFA charity ride. Although I had a long hospitalization and recovery period, I am fully healed now and finally started riding again just two weeks ago. Life is full of compromises, and mine was to switch from the road bike I had used for many years to a totally different type of bicycle, one that would be safer and reduce the chance of additional injuries in the future. I did a lot of research, and even traveled out of state to test ride some unusual bikes. I finally ordered a "Catrike 700" which is a low profile three wheeled recumbent bike specifically designed for speed. I cannot describe how wonderful it feels to be back on the road after a nine month hiatus. I really love this sport!

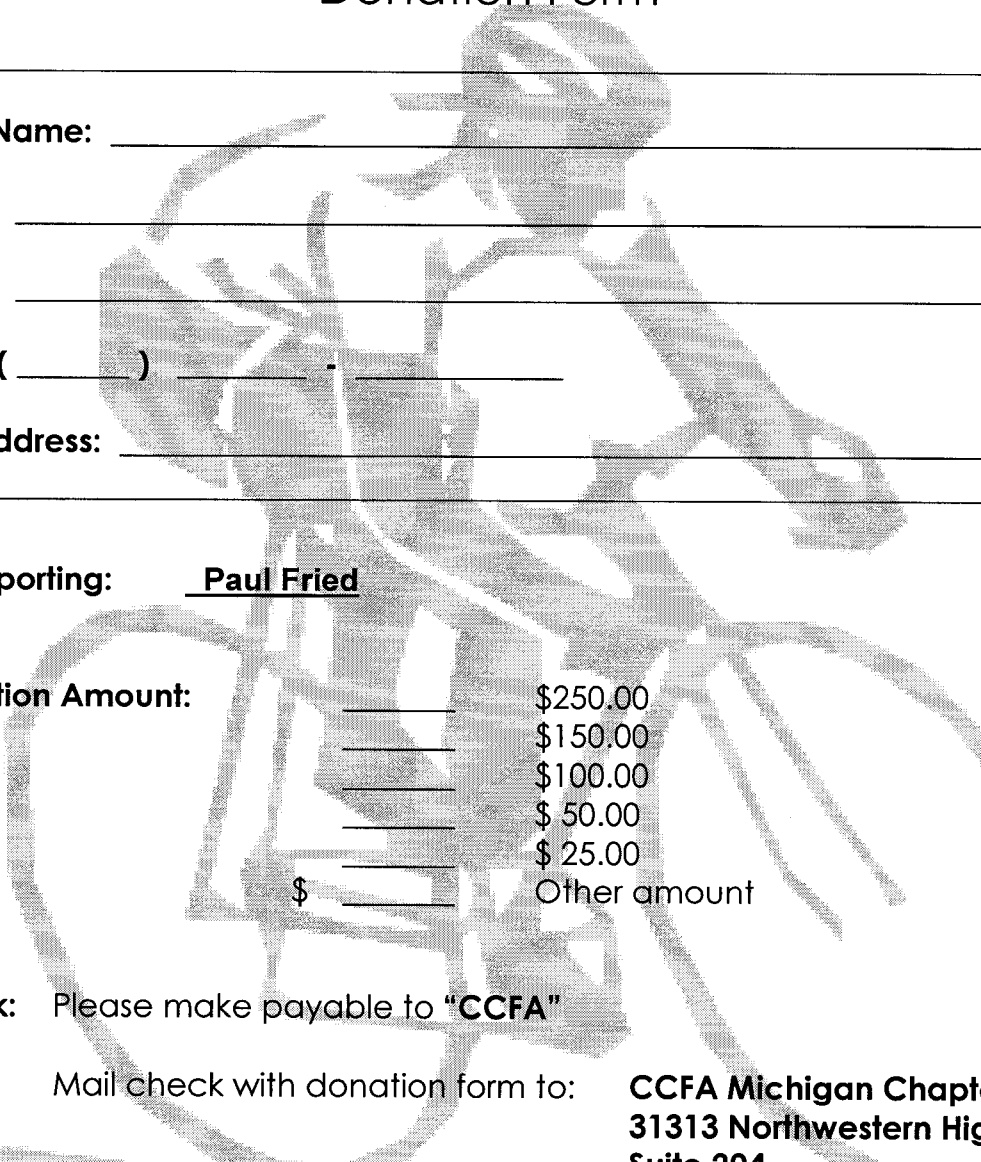
As always, I thank you for your support. Not only will you be helping me reach my goal, you will ultimately help each and every patient and their families who, like myself, have been affected by Crohn's Disease or Colitis.



Paul Fried

**Paul Fried Charity Ride to Support the
Crohn's & Colitis Foundation of America (CCFA)**
August 20, 2011

Donation Form



Donor's Name: _____
Address: _____
Phone: (_____) _____ - _____
E-mail Address: _____

I am supporting: Paul Fried

Contribution Amount: _____ \$250.00
_____ \$150.00
_____ \$100.00
_____ \$ 50.00
_____ \$ 25.00
\$ _____ Other amount

Check: Please make payable to "CCFA"

Mail check with donation form to:

**CCFA Michigan Chapter
31313 Northwestern Highway
Suite 204
Farmington Hills, MI 48334**

Credit Card: For online donation, visit website at:
<http://online.ccfa.org/paulfriedcharityride2011>
or

Call the CCFA Michigan Chapter at (248) 737-0900

**Paul Fried Charity Ride to support the
Crohn's & Colitis Foundation of America (CCFA)
Saturday, August 20, 2011
Kensington Metropark, Milford, MI**

Rider Registration Form

Name: _____
Address: _____
City: _____
State: _____
Zip code: _____
E-Mail: _____
Phone: () _____

Please indicate how many miles you anticipate riding :

25 Miles Less than 25 Miles (a full lap around the park is 8.4 miles).

All registered riders will receive an event T-shirt. Please indicate size:

Small Medium Large X-Large XX- Large

Safety Regulations: All riders understand they are responsible for their own safety in this event and agree to wear a properly fitted cycling helmet while riding (approved by SNELL, ANSI, ASTM, or CPSC).

To submit the registration form online, visit the ride website at:

<http://online.ccfa.org/paulfriedcharityride2011>

If not submitting online, please mail completed registration form to:

**Paul Fried
6960 Orchard Lake Road
Suite # 310
West Bloomfield, MI 48322**

Paul Fried Charity Ride to Support the Crohn's & Colitis Foundation of America (CCFA)

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**Saturday, August 20, 2011
8:30 a.m.**

Kensington Metropark, Milford, MI 48380

.....
25 Mile Ride

to raise funds for research, programs, and
awareness for CCFA

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For more information about the event, how to
participate, or to make a donation, please visit the
website at:

<http://online.ccfa.org/paulfriedcharityride2011>

or send an e-mail to:

PAF123@aol.com

Kensington Charity Ride Information

- ◆ The purpose of this event is to raise funds for research, programs and awareness for **CCFA** while giving participants the opportunity to complete a slightly challenging but fulfilling ride.
- ◆ On the morning of the event, participants will meet at the first parking lot entrance on the left after going through the toll booth at the front of the park (take Kent lake road exit off I-96). The entrance to the parking lot has a sign that reads "East Boat Launch". A booth will be set up for registered riders to check in before the event starts. The entrance to the bike trail will be to right of the parking lot.
- ◆ All riders should plan on arriving at the event between 8:00am – 8:30am in order to check in at the registration booth (required) and pick up event T-shirts and nutritional supplements. Riders can start out on the bike trail at 8:30am or anytime thereafter.
- ◆ Crew volunteers should plan on arriving at 7:30am to help set up for the event.
- ◆ Bagels and cream cheese, donuts, and other snacks provided by event sponsors will be available for riders and crew volunteers prior to the starting time and throughout the morning.
- ◆ The route will follow an 8.4 mile paved bike trail around the entire park. Participants will be riding through beautiful wooded areas and alongside scenic Kent Lake at various points along the trail. Riders will receive a map of Kensington Metropark and the bike trail.
- ◆ This is not a competitive event. Participants can ride at their own pace. There is no time limit for completing the distance. The route has rolling terrain with a few steep hills, but even a novice bike rider should be able to complete the route with some basic training before the event.
- ◆ A rest stop will be set up at the starting point of the event so that riders can pause between laps. The rest stop will be equipped with Gatorade and snacks.
- ◆ Restroom facilities are available in a building located close to the event starting point. Additional facilities are located at various spots along the route.
- ◆ 25 miles = approximately 3 laps around the park.
- ◆ Individuals who want to participate but would like to complete less than 25 miles can ride either 1 or 2 laps around the park (8.4 miles per lap).

- ◆ All riders understand they are responsible for their own safety in this event. Kensington Metropark regulations state that anyone riding on the trail **must** wear a bike helmet. Any rider who does not bring a helmet to the event will not be allowed to participate.

- ◆ It is anticipated that all riders opting for 25 miles should complete the route by no later than 11:00am to 11:30am (more than adequate time for 3 laps, including rest breaks). We hope that all participants will stay and relax for quite a while after the event. It will provide a perfect opportunity to enjoy the beautiful park scenery while conversing with fellow riders and volunteers. Please bring folding camp chairs to the event, if you have any.

- ◆ Volunteers are needed to transport supplies to and from the event, help staff the registration tent and rest stops, set up tables and snacks for riders and supporters, and help clean up after the event. If anyone would like to participate as a crew volunteer, please send an email to Paul Fried at: **PAF123@AOL.COM**

WAIVER AND RELEASE

I wish to participate in the **Paul Fried Charity Ride to Support the Crohn's & Colitis Foundation of America (CCFA)** on August 20, 2011.

I understand that accidents may occur during this event and I am voluntarily participating in the Ride with knowledge of the dangers involved. In consideration for being permitted to participate in the Ride, I agree to assume all risks and to release, hold harmless, and covenant not to sue Kensington Metropark, CCFA, Paul Fried, and any sponsors, organizers and friends of the event, including the event staff and crew volunteers for any claim, loss or liability that I may have arising directly or indirectly out of my participation in this event. I understand and agree that this Waiver and Release is binding upon my heirs, assigns and legal representatives.

I will read the event description and agree to abide by all the rules and regulations established by the Ride organizers and by Kensington Metropark. I also agree to wear a properly fitted bicycle helmet at all times while on my bicycle.

I agree that my name and photograph may be used by CCFA, The Paul Fried Charity Ride for CCFA, and the Ride's sponsors. I consent to and authorize in advance, such use and waive all rights to privacy I have in connection therewith, and I understand that I will not benefit financially from any use thereof.

If any provision of this waiver shall be deemed unenforceable by a court of competent jurisdiction, the remaining provisions shall remain in full force and effect as if the unenforceable provision does not exist. I have carefully read this Waiver and Release and fully understand its contents. I am aware that by signing this Waiver and Release, I am waiving substantive rights and knowing this, I sign it of my own free will.

Signature

Date

Print Name: _____