

Come fly with us across the Vincent Thomas Bridge at the 10th Annual Conquer the Bridge race in San Pedro, CA



INTERNATIONAL  
**BIRD RESCUE**  
YEAR OF THE BIRD

**Help Save Injured, Oiled, and Orphaned Seabirds**



Join Our 2018 Race Team!



**International Bird Rescue  
Race Team Packet**

## JOIN OUR TEAM

## *Join International Bird Rescue's Race Team: Conquer the Bridge race in San Pedro, CA*

International Bird Rescue has created a team to represent our organization in the 2018 Conquer the Bridge race in San Pedro, CA. Our goal is to raise awareness about aquatic birds in the LA Port area and raise funds to support our work.

Participants will cross the Vincent Thomas Bridge in beautiful San Pedro in a 5.3 mile (~8.5 km) race. This suspension bridge crosses the Los Angeles harbor, connecting San Pedro and Terminal Island—two areas that are important foraging, roosting and nesting habitats for many of the aquatic birds that Bird Rescue strives to protect.

Bird Rescue operates two year-round wildlife rehab facilities, one in Northern California, and one that is located right in San Pedro.

### Each year we:

- Raise over 2,000 injured and orphaned baby birds
- Wash an average of 250 oiled and otherwise contaminated birds
- Treat an average of 145 fish hook/line related injuries
- Release an average of 2,300 birds after successful rehabilitation

Bird Rescue has also responded to over 200 oil spills worldwide since it first began in 1971.

By joining the Bird Rescue race team and fundraising along the way, you will become an integral part of this important work. Your contributions will directly impact the care of our local birds and help Bird Rescue continue its mission of inspiring stewardship of our global waters—both marine and fresh—by rescuing and protecting the birds that live, swim and feed there.



### Other team benefits include:

- Discounted registration for the event
- A custom Bird Rescue race day shirt
- Prize baskets for the top fundraisers
- Networking opportunities

## RACE DETAILS

*Join International Bird Rescue's Race Team:  
Conquer the Bridge race in San Pedro, CA*

Distance: 5.3 miles (~8.5 kilometers)

Date: September 03, 2018

Start time: 7:00 AM

Location: The race will start and finish at 5th and Harbor Blvd in San Pedro, CA, and includes crossing the Vincent Thomas Bridge twice.

Course: Participants will run/walk north on Harbor Blvd, enter the Vincent Thomas Bridge at the on-ramp, climb uphill toward the peak of the bridge, and then they head down Navy Way, where they will make a U-turn and trace the same route back to the finish.

CalTrans rules: No dogs, strollers or backpacks are allowed on the race course.

Parking: Parking is available from 5th St to 7th St off Harbor Blvd and in empty lots (holiday); Ports O'Call lots can be entered at 6th St up to 30 minutes before the race.

### ~Important Dates~

May 31, 2018	Early team registration deadline (\$35)
July 31, 2018	Discounted team registration deadline (\$40)
Aug 01, 2018	Deadline to request & specify T-shirt size
Aug 24, 2018	LAST DAY FOR TEAM REGISTRATION (\$45)
Aug 31, 2018	Last day for individual online registration (\$55)
Aug 31- Sept 02, 2018	Packet pickup at Road Runner Sports*
Sept 03, 2018	Race day (\$65 cash/check day-of registration)

\* Runner packets **MUST** be picked up between **August 31, 2018, and September 02, 2018,** from Road Runner Sports located at:

25359 Crenshaw Boulevard  
Torrance, CA 90505  
Phone: (310) 326-8530

## **How To Join The Team:**

- Register and pay your registration fee for the race (instructions below).
- Donate a \$15 minimum team fee to International Bird Rescue. This fee covers basic costs related to participation on the race team, including your race day shirt.
- Look for an email from [RaceTeamLA@bird-rescue.org](mailto:RaceTeamLA@bird-rescue.org) with the International Bird Rescue team participant form.

## **Registration Instructions:**

1. Click the link below, or copy and paste it into your browser <https://endurancecui.active.com/event-reg/select-race?e=52694953&i=88a7c4c7-7d5f-4a09-9d8f-fad27c3b8f30>
2. Fill out the form to create an ACTIVE.com account with your information.
3. Select team Yes We Peli-CAN! And enter the password "pelican".
4. Process payment for the registration fee. Your team discount will be applied at checkout.

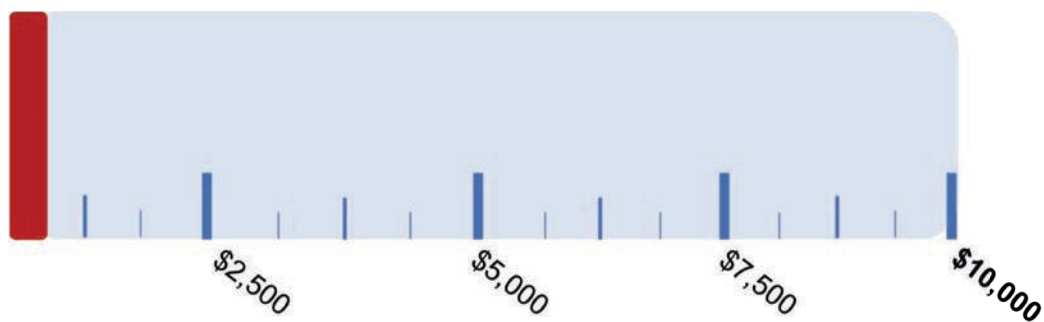
NOTE: After your registration is complete, an option to join the Active Advantage program appears. Simply click "No Thanks" if you do not wish to join.

## FUNDRAISING CAMPAIGN

*Help support Bird Rescue by pledging to raise funds as a member of our race team*

All team participants are encouraged to fundraise in support of International Bird Rescue. Fundraising materials and donation instructions are provided on page 8. Please share them with your friends, coworkers and family!

Our goal as a team is to raise **\$10,000** for International Bird Rescue. Prize baskets will be awarded to the top 5 fundraisers. Our team fundraising progress will be tracked throughout the months leading up to the race.



The funds you raise will go to support efforts and programs at the International Bird Rescue Los Angeles Wildlife Center in San Pedro:

- Our rehab program treats over 1,500 patients each year, spanning more than 70 different avian species.
- We are home to California's premier oil spill response wash room and are ready to activate for an emergency response at all times.
- Our staff regularly work on research studies aimed at increasing our knowledge of aquatic birds and improving the quality of our care.
- Classrooms of students—from elementary to college age—visit our center to learn more about birds and how we care for them.

## **~Fundraising Ideas~**

- Create an **online fundraiser** (for example, through Facebook), asking your friends and/or family members to donate. If you have questions about setting one up, contact us at RaceTeamLA@bird-rescue.org.
- Ask a few **coworkers** to donate one day's worth of coffee shop drinks or vending machine snacks.
- Ask your company to **match** your donation and/or the donations of your coworkers.
- **Host** a get-together (e.g., dinner party, lunch, game night), requesting a small donation at the door.
- Hold a top-donor **contest** with a **prize** (e.g., "The top donor to my campaign wins a bottle of wine").
- Hold a specific-amount **contest** with a **prize** (e.g., "Donate \$50 by Friday for a chance to win a Starbucks gift card!")
- Do a spring cleaning and hold a **garage sale**.
- Offer a **personal service** in return for a donation (dog walking, car wash, cooking class, yoga session, etc.).
- Are you artistic? Hold a **sale of your art** (e.g., custom painted greeting cards, portrait drawings, handmade items).
- Provide a **"daring" incentive** for meeting your goal (e.g., "If my campaign raises \$500, I will race in a Superman costume!").



## DONATION METHODS

*Support a race team member's fundraising campaign by donating today to Bird Rescue*

By my participation as a member of the International Bird Rescue Race Team in the 10th Annual Conquer the Bridge Challenge in San Pedro, CA, I, \_\_\_\_\_, have pledged to raise funds supporting Bird Rescue's efforts in mitigating human impacts on aquatic birds and other wildlife.

International Bird Rescue is a not-for-profit organization that focuses on the rescue, rehabilitation and release of sick, oiled and injured wildlife throughout California, as well as internationally all around the world.

While racing across the Port of LA via the Vincent Thomas Bridge, participants will enjoy spectacular views of an area that is home to many of the avian species that Bird Rescue works to protect every day.

During my campaign, I have pledged to raise \$\_\_\_\_\_. Please consider a donation today. Every dollar helps. Thank you for your support.

**Fundraising Deadline: 8:00 A.M. Sept 04, 2018**

### Donate through one of the following methods

1. Check made out to "International Bird Rescue" with "CTB RACE - Participant Name" in the FOR section, and delivered to:

International Bird Rescue  
PO BOX 2171  
Long Beach, CA 90801

2. My online fundraising campaign at: \_\_\_\_\_
3. Donate online through International Bird Rescue's website with the following link:

<https://www.bird-rescue.org/get-involved/support-the-conquer-the-bridge-runners>



**FUNDRAISING  
PROGRESS**

*Thank you for supporting International Bird Rescue  
as a race team member for Conquer the Bridge*

Race Participant Name: \_\_\_\_\_

Fundraising Pledge: \$ \_\_\_\_\_

Page # \_\_\_\_\_

Amount	Date of donation	Donation method	Donator's name	Optional (email for newsletter sign-up)
<i>PAGE TOTAL</i>				
<i>CUMULATIVE TOTAL (including all previous pages)</i>				