

Come fly with us across the Vincent Thomas Bridge at the 11th Annual Conquer the Bridge Race in San Pedro, CA!



Help Support Second Chances for Injured Seabirds



Join Our 2019 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 2019 Conquer the Bridge race in San Pedro, CA. Our goal is to raise awareness about aquatic birds in the LA Port area and fundraise to support our work.

Located in beautiful San Pedro, participants will cross the Vincent Thomas Bridge in a 5.3 mile (8.5K) race. This suspension bridge crosses the Los Angeles harbor connecting San Pedro and Terminal Island. These locations represent important foraging, roosting and nesting habitats for many of the aquatic birds that our organization strives to protect.

Bird Rescue operates two year-round wildlife rehab facilities, one of which is located right here in San Pedro.

Each year we:

- Raise over 2000 injured and orphaned baby birds
- Wash an average of 250 oiled and otherwise contaminated birds
- Treat and 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 have the opportunity to be a part of this important work. The contributions you bring in 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 limited edition Bird Rescue race day shirt
- 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 02, 2019

Start time: 7:00 AM

Location: The race will start and end 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 towards the peak of the bridge, then head down Navy Way where a U-turn is made tracing the same route back to the finish.

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

Parking: Parking 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 min. before the Race.

IMPORTANT DATES

Apr 30, 2019	Early bird team registration deadline (\$35)
July 31, 2019	Discounted team registration deadline (\$45)
Aug 01, 2019	Deadline to request & specify team T-Shirt size
Aug 23, 2019	LAST DAY FOR TEAM REGISTRATION (\$50)
Aug 30 - Sept 01, 2019	Packet Pickup at Road Runner Sports*
Sept 02, 2019	Race Day (\$65 cash/check)

*Registration packets MUST be picked up between Aug 31 and Sept 01 from Road Runner Sports located at:

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

REGISTRATION INSTRUCTIONS

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



How To Join The Team:

- Register and pay your registration fee on Active.com for the race (instructions below).
- Donate a minimum \$20 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 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=59760854&i=6480e4e2-1831-45d1-b739-43bf13e2fdea>
2. Create an ACTIVE.com account and fill out 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.

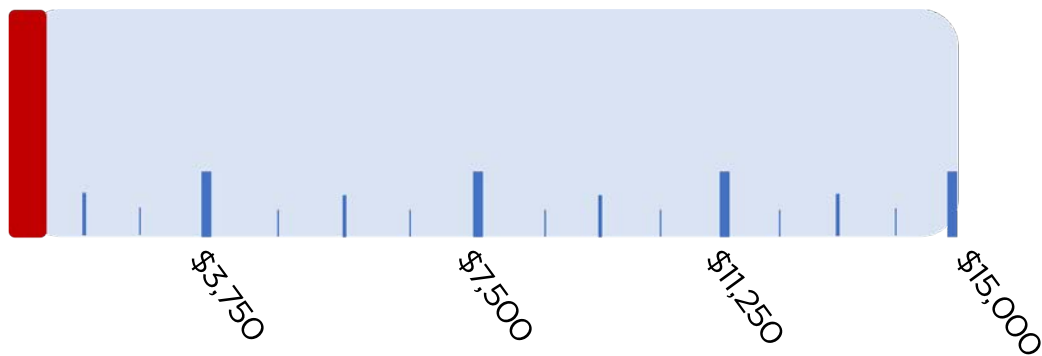
****Note:** After your registration is complete, there is an option to join the Active Advantage program. You can simply click “No Thanks” if you do not wish to join.

FUNDRAISING CAMPAIGN

Help support Bird Rescue by pledging to raise funds as member of the race team

All team participants are encouraged to fundraise in support of International Bird Rescue. Fundraising materials and donation instructions are provided on pages 6-8. Please share them with your friends, coworkers and family!

Our goal as a team is to raise **\$15,000** for International Bird Rescue. Our team fundraising progress will be tracked throughout the months leading up to the race.



The funds you raise will go to support programs at the International Bird Rescue L.A. Wildlife Center in San Pedro.

- Our rehab program treats over 1500 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 any time.
- Our staff regularly work on research studies aimed to increase our knowledge surrounding aquatic birds and improve quality of care.
- Classrooms of students from elementary to college ages visit our center to learn more about birds and how we care for them.

~Fundraising Ideas~

- Create an online fundraiser (ex. through **Facebook**) asking your friends or family members to donate.
- Ask a few **coworkers** to donate one day's worth of coffee shop drinks or vending machine snacks.
- Host a dinner party, lunch get-together, **game night**, etc., requesting a small donation at the door.
- Hold a fun **auction** to the top donor (ex. 'The top donor to my campaign wins a bottle of wine').
- Create a contest and offer a **prize**, (ex. "Donate \$50 by Friday for a chance to win a Starbucks giftcard!")
- Ask your company to **match** yours and/or your coworkers' donations.
- Do a little spring cleaning and hold a **garage sale** with proceeds going towards your fundraising goals.
- Offer up a service in return for a donation (dog walking, car wash, **cooking class**, yoga session, etc.).
- Are you artistic? Hold a sale of custom painted **greeting cards**, portrait drawing, etc.
- Provide a fun incentive if your goal is met (ex. '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

Fundraising Deadline: End of Day - Race Day
Sept. 02, 2019

Donate through any of the following methods:

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

International Bird Rescue PO BOX 2171 Long Beach, CA 90801
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- Online fundraising campaign (See Facebook fundraiser instructions on the next page)
- International Bird Rescue website:
<https://www.bird-rescue.org/get-involved/support-the-conquer-the-bridge-runners>
- Cash delivered to the Bird Rescue administrative office

FUNDRAISING HELP

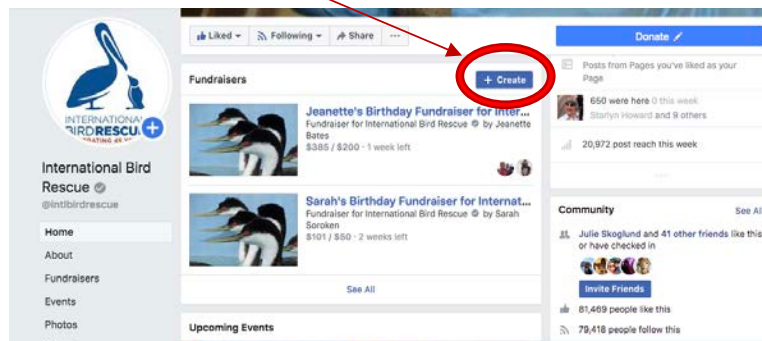
Creating a Facebook fundraiser for Conquer the Bridge

1. Go to the Bird Rescue Facebook page:
<https://www.facebook.com/intlbirdrescue/>

2. Scroll down to the “Fundraisers” panel



3. Click on the “+ Create” button



4. Follow the 3-step set up process:

1. **Let's start with the basics**

Who is organizing the fundraiser?
Angie Trumbo

Who are you raising money for?
International Bird Rescue

How much money do you want to raise? (i)
200 USD

When should your fundraiser end? (i)
Mar 25, 2019

Fundraisers are Public, so anyone on or off Facebook can see them. Only people on Facebook can donate.

Next

Set your fundraising goal and choose the date you would like the fundraiser to end. You can always update these later on!

2. **Tell your story**

What's the title of your fundraiser? (i)
Angie's Conquer the Bridge fundraiser for International Bird Rescue

Why are you raising money? (i)
Hey friends and family,
This year I am participating in a fun walk/run over Vincent Thomas Bridge in San Pedro, CA on Labor Day (September 2, 2019)! Please consider sponsoring me (even \$5!!) for this event! All you have to do is donate here to help me reach my goal of \$500 to help support the life saving work that International Bird Rescue does!

Back Next

Choose a title and write about why you are fundraising. **Be sure to include "Conquer the Bridge" in your title!**

3. **Pick a cover photo or video**

Suggested photo (i)

Drag to Reposition

More suggestions

Facebook charges no fees for donations to nonprofits. All donations will go directly to the nonprofit you choose.

Back Create

Pick a photo to represent your fundraiser. You can upload your own, or choose one from our Facebook page.

5. Click “Create” and your fundraiser will begin! Remember to share your fundraiser and thank the friends and family that donate!

Join Our Race Team!

Help Support Second Chances for Injured Seabirds



Labor Day, Sept 02



**Come fly with Bird Rescue team Yes We Peli-CAN!
across the Vincent Thomas Bridge at the 11th Annual
Conquer the Bridge Race in San Pedro, CA**

**To request a team packet and registration
information, email us at**

RaceTeamLA@bird-rescue.org

or call us at 310-514-2573