

The Story Behind Claire's Ride for a Reason

Claire was a precious, happy, perfectly healthy little girl at age 2. She had a mild ear infection and upset stomach with typical kid stuff symptoms on a Wednesday and died only two hours after kissing her daddy good bye for work on Friday morning, October 24, 2003. Her cause of death remains unexplained and has been categorized as SUDC (Sudden Unexplained Death in Childhood).

In June 2006, Claire's father and a friend, created Claire's Ride for A Reason. The event was a cross-country bike tour from San Diego, CA to Hackensack, NJ - connecting the site of the SUDC research hospital to the home of the SUDC Program.



Claire's Ride for A Reason is an annual cycling event to raise awareness and to support research for the SUDC Program.

Sudden Unexplained Death in Childhood (SUDC)

The SUDC Program was created in September 2001 as part of the CJ Foundation for SIDS. It was developed to provide a centralized resource for information, support, research and advocacy. It serves families and professionals effected by the tragedy of SUDC and promotes awareness of SUDC in communities across the country.

SUDC Fast Facts

- SUDC occurs in children beyond the age of twelve months.
- The cause of death remains unexplained after a thorough investigation and autopsy.
- SUDC is a diagnosis of exclusion, when other causes of death are not identified.
- SUDC incidence is approximately 1 death per 100,000 children.
- Incidence of SIDS (Sudden Infant Death Syndrome) is 50 times greater.

www.sudc.org

1-800-620-SUDC

The SUDC Program

c/o The CJ Foundation for SIDS

The Don Imus WFAN Pediatric Center

30 Prospect Avenue, Hackensack, NJ 07601



Raising Awareness
and Support for
Sudden Unexplained Death
in Childhood

Tour of Ringwood Metric Century

62 mile and 10 mile routes

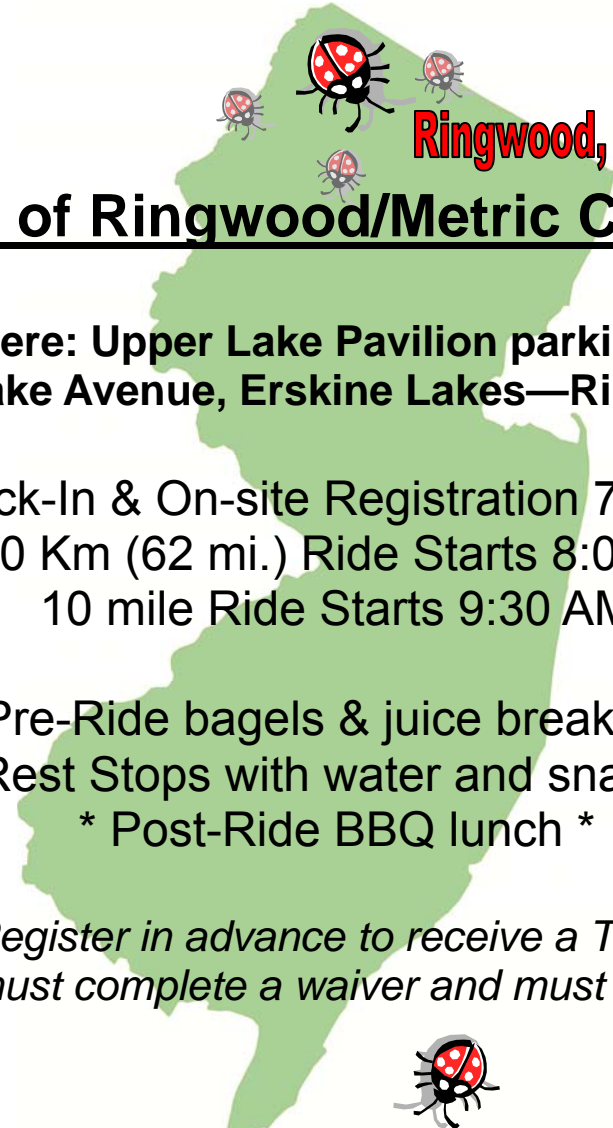
Sunday, October 16, 2011

Upper Erskine Lake, Ringwood, NJ

WWW.CLAIRESIDE.ORG



Claire's Ride for A Reason 2011 is a scenic bike tour through the surrounding highlands area of Ringwood, N.J. There is a 100 Km (62 mile) Metric Century route of moderately hilly and challenging roads thru Ringwood, Greenwood Lake, and Sterling Forest for experienced cyclists; and there is a 10 mile "Tour of Ringwood" thru Skylands Garden for the novice and beginner cyclists.



Ringwood, Erskine Lakes

Tour of Ringwood/Metric Century

**Where: Upper Lake Pavilion parking lot,
Upper Lake Avenue, Erskine Lakes—Ringwood, NJ**

**Check-In & On-site Registration 7:30 AM
100 Km (62 mi.) Ride Starts 8:00 AM
10 mile Ride Starts 9:30 AM**

- * Pre-Ride bagels & juice breakfast *
- * Rest Stops with water and snacks *
- * Post-Ride BBQ lunch *

*Register in advance to receive a T-shirt
All riders must complete a waiver and must wear a helmet*



Contact us at: donski1@optonline.net or 201-214-7881

How You Can Help

- Become a Tour Volunteer**
- Become a Rider**

A complete Ride Packet will be sent to you upon registering. Volunteers will be contacted by phone or email.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Registration Fee is: \$20 per Rider.
List additional riders on a separate sheet.
A family of 3 or more riders pays only \$50

of Riders: _____ Amount: \$ _____

Payable to:

Claire's Ride for A Reason / ULMC

Proceeds benefit the ULMC

Claire Tomaszewski Scholarship Fund

- Make a donation to SUDC**

Enclosed is my tax deductible gift

of: \$25 \$50 \$75 \$100

other \$ _____ Payable to:

Claire's Ride for A Reason / CJF



Mail all correspondence to:
Claire's Ride for A Reason
c/o 27 Pequot Road
Ringwood, N.J. 07456