



# Fund Raiser for the Clock Family

As you know, Darrin Clock and his daughter Katee are both fighting cancer. Darrin's amazing determination and strength is nothing short of inspirational. So much, in fact, that he motivated me to attempt an Ironman triathlon in Tempe Arizona on April 13, 2008. My goal is to use this event to raise money for the Clock family. To participate, complete the below form and send it in with your donation. (over)

\_\_\_\_\_ (Your Name) \_\_\_\_\_ (Donation Amount)

\_\_\_\_\_ (Phone) \_\_\_\_\_ (Email)

\_\_\_\_\_ Hours \_\_\_\_\_ Minutes \_\_\_\_\_ Seconds  
(Estimated finishing time for Kevin in the April 13, 2008 Arizona Ironman)

Please include a donation check payable to the "Darrin Clock Benefit Fund" and mail it to:  
Kevin Capp  
4986 N Sungold Lane  
Castle Rock, CO 80109

## Guidelines for donating:

This donation method is not an official contest. It is a personal donation effort to help the clock family. If you do not agree with this method, please do not participate (or donate directly to the Clock family). The whole goal is to help someone who has been an inspiration to me while making the process fun and interesting.

The idea is to raise money by submitting guesses for my finishing time in the Ironman. The person closest to my actual time will receive a fun gift from me. In case of a tie, a random drawing will be used. Obviously those eligible for the special gift must have their guess in the day before the event: April 12, 2008, but why not turn it in now? If, for any reason, I can't participate or complete the Ironman, then a random drawing will occur from all participants received by the deadline.

How do you guess the time? This will be Kevin Capp's first full Ironman triathlon, however, he completed a half Ironman in Boulder on August 12, 2007. His time in the half was 5 hours and 25 minutes. Typically a full Ironman time can be determined by doubling the time of the half and then adding one hour. The full Ironman starts with a 2.4 mile swim, then transitions into a 112 mile bike ride and finishes with a 26.2 mile run. Time will greatly depend on the weather conditions, strength conditioning over the cold winter months, and his ability to handle pain!

All donations received will be deposited into the "Darrin Clock Benefit Fund" bank account in which only the Clock family has access. Please do not make your checks out to me. Questions? Email Kevin at "Kevin.capp@gmail.com."

What is the value of the mystery gift? Because the goal is to help the Clock family, the gift will not be a major consideration. The monetary value will be under \$100 but the motivational value will be priceless. The gift will likely include a finishing photo from the Ironman, a picture of Darrin, and an inspirational message.