

Dear Friend,

You're invited to attend our 2nd Annual Stepping Out Retreat for young men ages 16-24 who have a bleeding disorder. The retreat will take place April 15-17 in Hocking Hills, OH. We've got full run of a couple of monstrous log cabins (or log mansions as I like to call them) and we've got an action-packed agenda of fun and valuable things to do over the course of these three days.

So what's in it for you? First, it's just a helluva lot of fun! We're going to go on zip-lines, traverse some high ropes courses, and maybe play some cornhole or disc golf ... these are just a few of the many things we'll do. Second, you're going to come away from the weekend with a better sense of who you are, who you want to be, and what you need to do right now to make those dreams a reality. Finally, and I think most importantly, you're going to walk away having made some seriously good friends who know what it's like to be you. Having done several retreats now, it's clear to me that the best outcome of these weekends is the ongoing relationships between the people that attended the retreat together. I see them talking on Facebook to each other all the time!

Your parents are invited to drop you off and stay for the first evening where we'll have a meal and take some time to talk with them about letting go (you do want them to let go of you, don't you?). However, the rest of the retreat will be just us guys.

Depending on how many guys sign up for this event, you may have a roommate, but don't let that deter you from coming ... it's half the fun! Registration is limited, so don't delay in sending back your registration form. Also, please know that there will be no out-of-pocket expenses you'll have to incur over the weekend. You just have to get yourself here.

If you have any questions, comments, or concerns, don't hesitate to contact our office at (614) 429-2120 or e-mail me at ralexander@hemophilia.org.

Sincerely,

Robert E. Alexander
Executive Director

2011 Stepping Out Retreat Agenda

Friday

April 15, 2011

5:00 – 6:00 PM

Arrive & unpack (go to Buffalo Falls lodge
to get room assignment)

6:00 PM

Introductions and Icebreakers

6:30 PM

Dinner

7:00 PM

“Roots & Wings” Presentation

8:00 PM

Hot-tubbin, Bon-firin, Conversatin, etc.

Saturday

April 16, 2011

9:30 AM

Breakfast served in each cabin

10:15 AM

Becoming the Boss of You

11:30 AM

Q&A w/ the Experts

12:30 PM

Lunch

2:00 PM

Field Trip: Hocking Peaks Adventure Park

6:00 PM

Dinner

6:30 PM

Becoming What You Want to Be

7:30 PM

Lettin loose, havin fun, relaxin, etc.

Sunday

April 17, 2011

9:30 AM

Breakfast served in each cabin

11:00 AM

Check out of your lodge

11:30 AM

Optional trip to either

Cantwell Cliffs (hiking)

Or

Zipline Canopy Tour’s “Super Zip”

Saturday Afternoon Excursion to

Hocking Peaks Adventure Park

- ▶ Zip-lines
- ▶ Ropes Course
- ▶ The “OGO Ball”
- ▶ Disc Golf



Buffalo Lodging Company

www.buffalolodgingcompany.com

“Home of the NHF Weekend Retreat Program”

Three 5,000 Square Foot Cabins
Billiards/Game Rooms
Media Rooms with 106” screens
In-ground pools
Hot tubs

Flat-screen TVs with DirecTV
Fire pits & volleyball court
Handicap Accessible
Huge indoor & outdoor common areas
Brand-new construction



Bedroom Options



Double - Standard

- 2 queen beds
- Availability: 6 rooms

Double - Extended

- Perfect for large families
- 2 queen beds
- Room for extra mattresses & cribs
- Private bathroom
- Availability: 2 rooms



Triple

- 2 Queen Beds
- 1 futon (folds out into 3rd bed)
- Availability: 1 room

King

- 1 King Bed
- 1 w/ private bathroom
- 1 w/ private deck
- Availability: 4 rooms



2011 Stepping Out Retreat

What to bring:

- YOUR CLOTTING FACTOR
- Warm clothes and old shoes (for hiking & outdoor activities)
- Swimming suits for the hot tub
- Personal toiletries
- Unusual snacks and/or drinks that you can't live without (we will be providing a wide variety of more common snacks and beverages)
- Cameras and/or camcorders

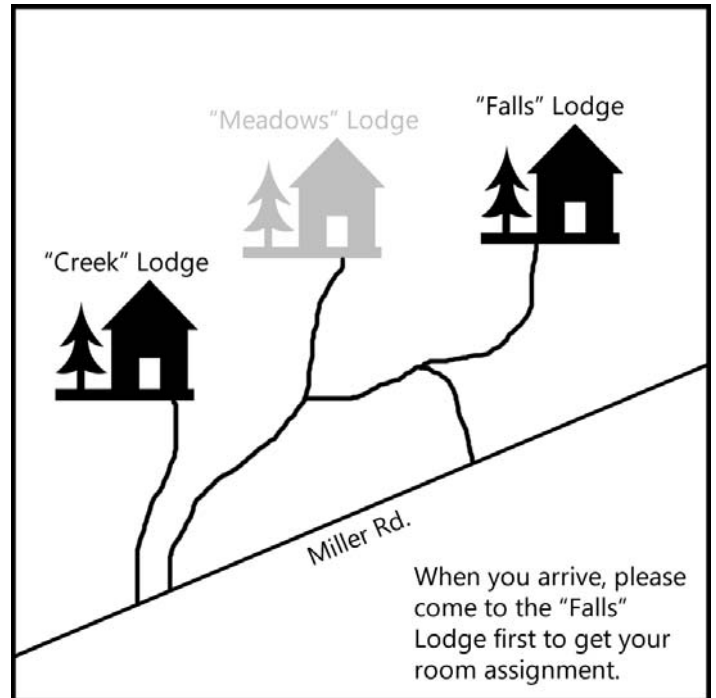
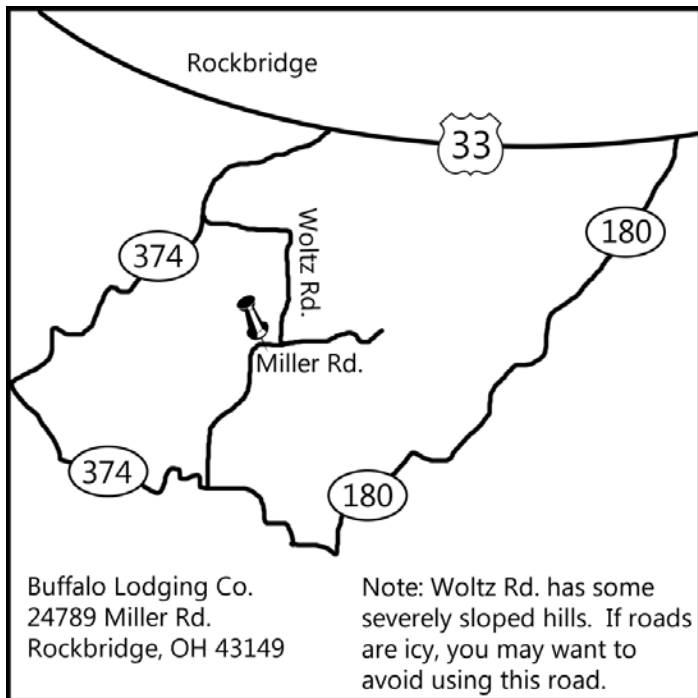
What not to bring (because we're bringing it or the retreat site already has it):

- Air mattresses
- Bed linens, blankets, and pillows
- Bath and hot tub towels
- Laptop computers with Internet access
- Alcohol, tobacco, or weapons

Some of the **games and activities** we have planned include (but are subject to change):

- Cornhole
- Card games
- Billiards
- Foosball
- Disc golf
- Zip-lining
- Ropes course
- OGO Ball
- Hiking
- Bonfire
- Construction project
- Video games/movies

Directions to the Retreat



From Columbus:

- Take I-70 or I-270 to 33 East (toward Lancaster)
- Take 33 East all the way into the town of Rockbridge
- Turn right on Rt. 374.
- Turn left on Woltz Rd.
- Turn right on Miller Rd.
- Cabins will be on the left side of the road not long after turning on Miller.

Note: There will be directional signs once you get off the highway that will guide you to the cabin



2011 Stepping Out Retreat Registration

Retreat Participant:

Name: _____

Address: _____

City, State, Zip: _____

Phone: () _____ - _____

Email: _____

Age: _____ Male/Female? _____

Type of Bleeding Disorder:

- Hemophilia A (Factor VIII)
 Hemophilia B (Factor IX)
 Von Willebrand Disease
 Other type of Bleeding Disorder

Severity of Bleeding Disorder:

- Mild
 Moderate
 Severe

Parent/Guardian #1

Name: _____

Relationship to Participant: _____

Phone: _____

E-mail: _____

Attending First Night? Yes No

Parent/Guardian #2

Name: _____

Relationship to Participant: _____

Phone: _____

E-mail: _____

Attending First Night? Yes No

Check any of the following that apply:

- I have special dietary needs that need to be considered (we'll contact you if so).
 I want to come, but need to arrive late or leave early due to other obligations (that's perfectly fine).
 HELP! I want to come, but I need a ride to and from the retreat (we'll help arrange this).

Room Preferences (check one) see "Bedroom Options" document for examples:

- Double - Standard Triple
 Double - Extended King

- I AM willing to share a room with someone if space is limited.
 I am NOT willing to share a room with someone.

Release of Liability & Photo Release

By signing below, my family members and I hereby agree to release the Central Ohio Hemophilia Foundation, doing business as the Central Ohio Chapter of the National Hemophilia Foundation, as well as the event sponsors, from liability for harm occurring during the 2011 Stepping Out Retreat. Furthermore, I agree to release any photos and/or video bearing my likeness and agree to my name being used to identify myself in any photos/video taken during the event.

Signature of Participant (18+)

Date

Signature of Parent/Guardian
(if under the age of 18)

Date

The 2011 Stepping Out Retreat is sponsored by



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Without the support of companies such as these, our weekend retreat program wouldn't likely exist. Please take a moment during the retreat to thank them for their generosity.