

## Friends of Karen Bike Tour, "Journey of the Heart"

### Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement September 14 – 15, 2024

In consideration of participating in the Friends of Karen Bike Tour (the "Tour"), I represent that I understand the nature of cycling events and that I am qualified, in good health, and in proper physical condition to participate in such an activity. I acknowledge and agree that if I believe event conditions are unsafe, I will immediately discontinue participation in the activity. I will ensure that my bicycle is in good working condition and I will wear a protective helmet at all times while riding. Furthermore, I will comply with instructions as provided by the Tour supervisors, I will follow the stated Tour route, and I will not embark until support crew is in place and the Tour route is officially opened.

I fully understand and agree that cycling events are inherently dangerous activities that involve risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "RELEASEES" named below or other causes; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Tour.

As a condition of my being allowed to participate in the Tour I will fully comply with: (i) all local, state and federal requirements and (ii) any other health and safety requirements communicated by the Tour. If I test positive for COVID-19 or feel ill, I will follow the CDC guidelines and agree that I will not participate in the Tour.

I hereby release, discharge, and covenant not to sue Friends of Karen, Inc. (the event coordinator) as well as its respective administrators, directors, agents, officers, volunteers, employees, other participants, additional sponsors, advertisers and, if applicable, owners and lessors of premises on which the activity takes place (each considered one of the "RELEASEES" herein) from any and all liability, claims, demands, losses, causes of action or damages of whatever kind or nature, arising from or related in any way to my participation in the Tour caused or alleged to be caused in whole or in part by the negligence of the "releasees" or other causes, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk I make a claim against any of the RELEASEES, I will indemnify, save, and hold harmless each of the "RELEASEES" from any loss, liability, damage or cost which may be incurred as the result of such claim, including reasonable attorney's fees.

I have read this Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement. I understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all claims and liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid the balance notwithstanding shall continue in full force and effect.

Signature of Participant

Date

## Why we ride the Friends of Karen Bike Tour...



Friends of Karen child Ellis, age five years old has  
Acute Lymphoblastic Leukemia (ALL)

To register online scan this QR code



For more information contact  
[gwensalmo@friendsofkaren.org](mailto:gwensalmo@friendsofkaren.org)

We thank our 2023 generous sponsors

**J & JODY DURST**



[friendsofkaren.org](http://friendsofkaren.org)



Friends of Karen is a registered 501 (c)(3) charity.  
All contributions are 100% tax-deductible.



## 20th Annual "Journey of the Heart" Bike Tour



September 14 – 15, 2024  
One or two day options available!

Celebrate  
the 20th  
Anniversary with a new route,  
lunch spot and fundraising  
goal for new riders  
on the bike tour!

## WHAT

The "Journey of the Heart" Bike Tour is up to an 80 mile journey through the backroads of Litchfield County, CT and is one of the largest fundraising events for Friends of Karen.

## WHEN

**September 14 – 15, 2024**

*You can choose to ride one or two days.*

## WHERE

**Saturday, September 14th (basic route 45.5 miles, extended route 52.8 miles)** Our cycling outing starts

from The Bicycle Tour Company in Kent, CT, featured by Yankee Magazine as New England's #1 fall foliage town two years in a row. We ride on rolling country roads and past majestic farm fields to Lakeville's Boathouse for lunch. Our return loop includes a ten-mile segment of the recently expanded Harlem Valley Rail Trail as we travel through Millerton, Dutchess County's eclectic village, a throwback to the sixties and quintessential Americana. After cycling back to Kent, we drive to The Heritage Hotel for a dip in the pool (and hot tub), a massage at the spa, and a gourmet dinner.

**Sunday, September 15th (28.1 miles)** We bike along the Housatonic River, through the well-preserved eighteenth-century countryside, past miles of stone walls and a section of a National Historic Trail (following in the "footsteps" of King Louis XVI's 1781 French Army, five-thousand soldiers with muskets, siege cannon and oxen carts allied with General George Washington and American Revolutionaries for Independence). We return for a barbeque lunch at The Heritage Hotel before heading home after an inspiring weekend of riding!

## WHY

Since 2005, the "Journey of the Heart" Bike Tour has raised more than \$2.8 million to support

the mission of Friends of Karen - providing emotional, financial and advocacy support for children with life-threatening illnesses and their families, in order to help keep them stable, functioning, and able to cope.

## HOW

Participants are expected to raise a minimum of \$2,500 in donations.

New participants are expected

to raise \$2,000 in donations to celebrate 20 years! Each participant will get a fundraising page to share with their contacts to help make their fundraising goal.

## JOIN!



**When you join the "Journey of the Heart" team you will receive:**

- Unparalleled camaraderie with riders who are inspired to ride for a child with a life-threatening illness.
- Expert ride support and bike mechanics from The Bicycle Tour Company throughout the tour.
- Newly designed Friends of Karen bike tour jersey, gourmet meals and snacks along the way.
- Top notch accommodation at The Heritage Hotel and a massage at the hotel spa.
- A personalized fundraising page to help you reach out to friends and family to help you reach your fundraising goal.
- Two days of cycling you'll remember forever!

No family is prepared to cope with a child's life-threatening illness. Friends of Karen is the only organization in the New York Tri-State area that provides comprehensive support – at no cost – to families caring for a child battling cancer or another life-threatening illness.

Our work is built on compassion for our families and personal advocacy by our team of experienced professionals to ensure they receive the financial, emotional and practical support they desperately need throughout their child's treatment. Our services are tailored to each family, enabling them to remain stable, functioning, and able to cope.



## Why do I ride in the "Journey of the Heart" Bike Tour?

*"There are several reasons why I continue to participate in the Friends of Karen (FoK) annual bike tour, chief among them is my belief in FoK's heartfelt mission, their caring and dedicated staff, and the sense of community and fulfillment*

*I experience in supporting this great organization. Unfortunately it's almost impossible not to meet anyone these days that hasn't had to deal with a family member or friend stricken with a life-threatening illness. These situations are life altering and emotionally challenging for both the patient and family. The distraught parents not only have to focus their attention on the sick child, but also have to maintain the relationships and care for their other children. The last thing these families need is an added financial burden when trying to offer their loved ones the best chances for a positive outcome. Each year we hear firsthand heartwarming accounts from parents about the very vital support they receive from FoK staff and the social workers. The FoK staff work tirelessly to help these families and raise funds to support their mission in what is truly a labor of love. The people I ride with form a community with a common bond. Some of the riders are parents that benefitted from FoK's support and are returning and "giving back" for others, which makes it even more special. For myself, it's personally very rewarding to be associated with a group of people who are united to support such a worthy cause. We all take pride that we are helping support FoK's mission to help the families of critically ill children to cope and remain stable. I look forward every year when we get back together for the FoK bike tour. But it's much more than a bike ride for me, and I strongly suspect that my fellow riders feel the same way." -Russell Rosenberg*



## Friends of Karen "Journey of the Heart" Rider Registration Form

First name \_\_\_\_\_

Last name \_\_\_\_\_

Home address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

*We respect your privacy and never share your information with any third party.*

Phone \_\_\_\_\_

Home  Work  Mobile

Bike jersey size \_\_\_\_\_

I will ride (check all that apply)  Saturday  Sunday

Please email completed form to [gwensalmo@friendsofkaren.org](mailto:gwensalmo@friendsofkaren.org)