

To register or sponsor

Contact Special Events Coordinator
Gwen Salmo at (914) 617-4051 or
gwensalmo@friendsofkaren.org



Friends of Karen child Mia, age four years old has
Acute Lymphoblastic Leukemia (ALL).

We thank our 2020 generous sponsors



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

Friends of Karen 17th Annual "Journey of the Heart" Bike Tour



Ride with our team!
Saturday, September 25, 2021



118 Titicus Road, North Salem, NY 10560
914-277-4547 • friendsofkaren.org



Left to right: Mark Lehman, Jason Fernbach, Wulf Lueckerath

Why do I ride in the “Journey of the Heart” Bike Tour?” I ride in the Bike Tour to support all of the children who are sick and need as much love, support and resources as they can to help reduce suffering and pain. No child should have to endure suffering; and if we can raise money for such an amazing cause as helping children fight these awful illnesses and diseases then we will. I love to ride my bike; I love the friendships and I love being able to help families and children who are in need. It’s a triple win for me! And I feel lucky that I’m heathy and in a position to help. Thank you Friends of Karen!! - Mark Lehman

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 be resilient and able to cope.

When you join our “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 jersey, two epicurean meals and snacks along the way.
- A personalized fundraising page to help you reach out to friends and family.
- A day of cycling you’ll remember forever!

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

Costs are underwritten, so 100% of your fundraising directly supports Friends of Karen children and their families.

Saturday, September 25 (basic route 49.8 miles, extended route 62.0 miles, a Metric Century!) We ride from the Bicycle Tour Company’s Headquarters in Kent, CT (voted by Yankee Magazine as New England’s #1 Fall Foliage town), on quiet country roads and sections of the newly expanded Harlem Valley Rail Trail to Millerton, “with boutique shops, cozy cafes, and bustling restaurants, the Dutchess County neighborhood is a busy community in a small package.” For lunch, we dine “Mediterranean Style” at the recently renovated Millerton Inn’s Victorian House. As our cycling outing continues, we bike parallel to the Housatonic River, and pass Connecticut’s iconic 19th Century Covered Bridge at West Cornwall. After arriving back to Kent, J.P. Gifford Gourmet Café caters our farm fresh charity wrap-up meal and awards event.



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

Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement September 25, 2021

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.

I am fully aware of the risks involved with participating in the Tour during the COVID-19 pandemic, as well as with respect to contracting COVID-19 or any related or similar infection or illness (which together are herein referred to as "COVID-19"), and I understand that Tour is not requiring me to participate and am choosing to do so voluntarily. I am entering into this waiver knowingly and on my own behalf.

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 am exposed to someone who has tested positive for COVID-19 in the fourteen (14) days prior to the Tour, I 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 acknowledge that this waiver will prevent me from filing suit, for arbitration or making any claims (including for damages) against the releasees in the event of illness, injury or death relating to my participating in the Tour in connection with COVID-19.

I acknowledge that the risks involved with participating in the Tour and being in the presence of other people during the COVID-19 pandemic include, but are not limited to, contracting COVID-19, respiratory failure, death, and transmitting COVID-19 to family or household members and others who may also suffer these effects. Notwithstanding the foregoing, I elect to voluntarily participate in the Tour with full knowledge that doing so may be hazardous to my health and those whom I may come into contact with. I voluntarily assume full responsibility for any risks of loss or personal injury, including serious illness, injury or death, that may be sustained by me or by others who come into contact with me, as a result of my participating in the Tour during COVID-19, whether caused by the negligence of the RELEASEES or otherwise.

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

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 _____

Please email completed form to gwensalmo@friendsofkaren.org



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