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 activity.

I hereby release, discharge, and covenant not to sue Friends of Karen, Inc. (the event coordinator) or their 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 conditional 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 __________________________

I will ride (check all that apply) □ Saturday □ Sunday

Please email completed form to GwenSalmo@friendsofkaren.org

Why do I ride in the “Journey of the Heart” Bike Tour? It is a chance to do something I love while helping people in my community. I’ve even had the opportunity to bike with parents with a very sick child that received support from Friends of Karen. These families’ stories are so moving and I know Friends of Karen makes a big impact on keeping their lives on track when their child is seriously ill. All this makes me proud to ask my family and friends to support the bike tour. The ride can be tough at times, but nothing like what Friends of Karen families are dealing with every day. It welcome each pedal stroke and can’t wait to do it again this fall. – Nancy Gurman

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.

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When you join our “Journey of the Heart” team, you’ll have:

• Unparalleled camaraderie with riders who are inspired to ride for a child with a life-threatening illness.
• Expert ride support and bike mechanics throughout the tour.
• Top notch accommodation at The Heritage Hotel, gourmet meals, a snack bag and a spa massage.
• A Personalized fundraising page to help you reach out to friends and family.
• A weekend of cycling you’ll remember for the rest of your life!
• Costs are underwritten, so 100% of your fundraising directly supports Friends of Karen children and their families.

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

Saturday, (basic route 43.4 miles, extended route 55.4 miles) We ride from the Bicycle Tour Company's Headquarters in Kent, CT on quiet country roads to Bull's Bridge (where in 1781 George Washington's horse slipped on some loose planks falling into the Housatonic River); then we briefly stop (for a possible photo op!) at the spectacular and dramatic scenic gorge. For lunch, we cycle to J.P. Gifford Cafe in Sharon, CT “a place where friends, family and foodies meet to enjoy a delicious farm fresh meal in a warm casual atmosphere.” After biking back to Kent, we drive to the Heritage Spa for a dip in the pool (and hot tub), a massage at the Heritage Spa and a hearty dinner.

Sunday, (64.4 miles) Following Connecticut's Antique Trail, we ride through Woodbury, one of New England’s best preserved colonial towns; cycling past miles of stone walls and rolling fields. You can ride 1 or 2 days – whatever's best for you.

118 Titicus Road, North Salem, NY 10560
www.FriendsofKaren.org

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supporting critically-ill children and their families

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