



**Carolina Brotherhood
Registration Packet
2017**

Carolina Brotherhood 2017 Application

This is the Carolina Brotherhood 2017 rider application. The Executive Board has placed a cap on the number of riders and when that number is reached a waiting list will be established. This is the first step in finding those interested in participating in the ride. Not only are we looking for riders, but also support personnel. **All application packets need to filled out and returned on or before March 15, 2017.**

The following is required of ALL participants in order to participate in the Carolina Brotherhood 2017 ride:

- This not a race...this is a ride to HONOR
- **The ride starts June 11, 2017 in Pine Level, NC and ends on June 17, 2017 in Beaufort, SC**
- We will be riding bicycles over 500 miles, averaging 80-100 miles per day
- You MUST understand and follow all procedures and guidelines
- You commit to meeting the minimum fundraising requirements of
 - o \$400.00 by June 10, 2017. This may be in the form of: Monetary, product donations and/or t-shirt sales
- Keep us updated to any changes
- Attend and assist at fundraising events
- Understand that all routes are subject to change and we have no control over the weather

Name: _____

Phone Number: _____

Email: _____

Agency: _____

Signature: _____

Carolina Brotherhood 2017 Ride

Rider Registration Form

All riders must be a firefighter, a police officer or an emergency responder (active or retired) and over the age of 18 years old

Each rider is required to raise \$400 in order to participate. If you do not meet that minimum amount by the 2017 ride, you will not be able to participate.

Deadline for registration is March 15, 2017

Transportation Back to Charlotte:

If provided, will you take a shuttle back to Charlotte? YES NO

Name:(last) _____ (first)_____

Address: _____

City: _____ State/zip code: _____

Phone Number: _____ Email: _____

Emergency Contact:(name) _____

Relationship: _____ Phone Number: _____

Past Medical History: _____

Medications: _____

Allergies: _____

Blood Type(if known): _____

Department: _____

Rank: _____

Years of Service: _____

Initials: _____

Waiver and Release From Liability

I freely accept and voluntarily assume the risks of personal injury or property damage that may result from this potentially hazardous activity.

I, for myself, my family, and my heirs, **waive and release all claims and liability of any kind arising out of my participation and agree to hold harmless** the Carolina Brotherhood, corporate sponsors, cooperating organizations and all parties connected in any way with this event, and their successors and assigns, from any liability as a result of my participation, including those which arise out of an intentional act or omission by a person I am releasing.

I understand the inherent risks of bicycling in groups and participating in the event. **I warrant that** I am healthy and physically capable of participating in the event. My bicycle and other equipment are safe and in working condition, as evidenced by my signature below. I will observe all the rules of the ride; I understand that I represent the Carolina Brotherhood and my respective department. The Carolina Brotherhood withholds the right to dismiss anyone that may cause a disturbance during the event or disregards the rules with respect to safety. I consent to being removed from the event and being solely responsible for my own transportation home, unsupported by event staff.

I consent to medical treatment in the event of injury or illness while participating during the event. I grant permission to the Carolina Brotherhood to use my name, likeness, any photographs or any media, including video or audio, relating to the event for any purpose and on the Carolina Brotherhood website.

I certify that I am 18 years of age or older and I have read and understood the intent of this waiver and release/

Participant Name: _____

Participant Signature: _____

Date: _____

Carolina Brotherhood 2017 Safety Guidelines

- 1) Obey ALL traffic laws
- 2) Know your body!
 - Hydrate
 - Get off your bike before you feel like you will fall off
- 3) Stay together as a group
- 4) Hand signals will be reviewed the first day
- 5) Communicate front to back and back to front of pack
- 6) Pull person does not leave the site until lead and back support vehicles are in position to provide traffic control
- 7) Pull person is responsible for keeping the pack tight
- 8) Limit pull time (know your body)
- 9) Maintain the line at all times
 - If you must drop out of the line be sure to communicate with the group
 - When riding in a double pull formation, keep both lines close to the shoulder
 - Stay off the center line
- 10) Do not eat on bikes (We will be stopping at regular intervals)
- 11) Do not wear headphones or use your cell phone while riding
- 12) Safety is a priority
- 13) Absolutely No Cell Phone use while on the bikes. (Ie. Calls, Texts, Photos, Videos) We have a great team photographer to capture the moments.
- 14) We will ride as fast as the slowest rider

I fully understand and agree to adhere to all safety rules of the Carolina Brotherhood. If I intentionally violate any of the rules, I expect to receive disciplinary action, including up to removal from the Carolina Brotherhood. If I am asked to leave the event, I will be solely responsible in finding transportation home, becoming fully unsupported by the event staff.

Print Name: _____

Signature: _____

Date: _____

Carolina Brotherhood 2017

Suggested Packing List

think you may need

- Spare tire tubes (Around 2)
- One spare tire
- Any bike repair tools you have (pump, chain lube, tire tools...)
- Pillow, bed linens, towel
- Inflatable mattress or sleeping pad
- Toiletries
- Laundry Detergent
- Chargers for cell phones, cameras...
- Police hats/fire helmets for ride in ceremony
- Road/Tri Bicycle
- Helmet
- Jersey(s) - Carolina Brotherhood riding jersey (more info to follow)
- Cycling shorts
- Cycling shoes
- Cycling gloves
- Cycling socks
- Sunglasses and clear glasses
- Rain gear
- Water bottle(s) marked clearly with your name
- Permanent marker for your clothes/gear
- Chamois Butter
- Sunscreen
- Bengay/Biofreeze/Flex-All
- Tylenol/Advil
- Change of clothes for night
- Small digital camera (place in a plastic sandwich bag in case it rains)
- Any personal snack food, power bars, or drink additives
- Personal prescription medications
- Health Insurance cards
- Spare parts for your bike that you

Please bring your own bike and nutrition supplies you may think you will need. Do not rely on us obtaining all items

Any questions you may have about what to bring, please email or call us

Initials: _____

Carolina Brotherhood

2017 Information Sheet

- All riders must be firefighters, police officers, or emergency response personnel
- This is a ride, not a race. We ride as a group
- You must have a road or a tri bike
- Most of the communication will be done via phone or email. Please keep us up to date on any changes
- We will have a shuttle that will transport you, your bike, and your equipment from Charlotte to Rocky Mount and, if needed, from Boone back to Charlotte. Let us know if you want to use the shuttle, there is a checkbox on the registration form
- If you choose not to use the shuttle, then you will be responsible for your own transportation to the starting location and from the finish location
- You are responsible for the care of your bike. Carolina Brotherhood is not responsible for any damage to your bike
- Please ensure your bike is in safe working condition
- Each rider is required to raise \$400.00. This may be from monetary donations, product donations, or t-shirt sales
- We plan to ride approximately 100 miles per day with rest stops approximately every 20 miles
- Our ride pace will be 15 to 20 mph depending on terrain
- All riders must purchase at least one Carolina Brotherhood rider jersey
- Support personnel must purchase a Carolina Brotherhood t-shirt
- A support vehicle will be available the entire ride. If you need to come off the bike, you will be able to ride with the support vehicle
- You will be expected to help load and unload the gear totes each day
- You are responsible for the care and laundering of your own clothing. We will try to find facilities for laundry, but please be aware this may not always be possible
- Private organizations will be allowing us to use their facilities to eat and sleep, please be respectful of their property and leave it as you found it
- You may be asked to speak with the media, if you do not wish to do this direct them to Jim Squittieri or Chris Tackson
- Please read all the forms sent. Fill out each form, which you are able to do on your computer, then e-mail back to the Carolina Brotherhood. We will have you sign each form on the day you arrive.

Initials: _____

Carolina Brotherhood 2017 Ride

Riding

We will be riding with a support vehicle in the front and one in the rear of the group. Police and fire departments from local jurisdictions, if possible, will be leading us through their respective communities. When they do, they will be setting the pace at which we are to follow. Be cautious, especially when we are transitioning from one town/department to another due to the movement of apparatus. Be cautious while you are riding, we will be traveling through busy intersections and down busy streets. Do not cross the center yellow line. If vehicles are trying to pass, stay close to right hand side of the road. If a rider has a mechanical problem with his/her bike, then the entire group will pull off the road in order to fix the problem. If a rider chooses to come off his/her bike and ride in the support vehicle, then the both the rider and support vehicle will stop but the ride will continue.

Totes

Each rider will be provided two totes (pictures and dimensions will follow). These two totes are your night totes. Use these totes to store bedding, clothes, extra supplements, spare bike parts, etc. These totes will be loaded up in the morning and you will not have access to them till we reach our stop at the end of the day. We will have day totes which will be available at each rest stop during the ride. This is a great place to store rain gear, sunscreen, supplements or anything you may need to access during the ride. Each day tote will be shared by a few riders, so space will be limited. These day totes are donated, so please be respectful and take care of them. All totes will be labeled with your name on a piece of tape on all four sides.

Rest Stops

We will try to have a rest stop approximately every 20 miles. These stops will last for about 15 to 20 minutes. You will have access to Gatorade, water, fruit, energy bars and other snacks. Day totes will also be out for you to access. This is a perfect opportunity to fill your water bottles, grab a snack, reapply sunscreen, use the bathroom, etc. In order to make it to our day's destination on time, these rests will be kept to the time frame. Please throw away all your trash in the provided garbage bags. Lunch time stop will last for approximately 1 hour and food will be provided to you.

Accommodations

We will be staying at a variety of locations during our journey. We will always have a roof over our heads to sleep. Our hosts will provide us with breakfast and dinner each day. You will not leave hungry. We will work to provide showers each night as well. Support personnel: When we stop at the end of the day, you may be asked to locate laundry facilities in the area.

Initials:_____

Tell Us a Little About Yourself

Information provided will help us get to know you, as well as, provide information for the website

Also, please forward a picture of yourself via e-mail

Contact Information

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