



2020 Rider Application

Dear Prospective Rider,

Thank you for your interest in riding in a Bike & Build tour. We would be very excited to have you join us for a summer, but urge you to put some thought into whether this program is for you, and what your motivations are to ride, fundraise, and build for almost 10 months of your life (Nov '19 – Aug '20).

As we explain on the website, we have an early registration period from July 8th through September 30th. We'll collect all the complete applications from this period, put them in a random order, and start assigning people to routes by mid-October. We will do our best to enroll you on one of your top route choices, but if that is not possible, we will enroll you on a route that has open spots and put you on the waitlists for your top three routes. If you apply after October 1st, we will put you on a route/waiting list on a first come, first served basis.

This application is also for riders applying to Drift West. While the pre-trip tasks and expectations align with those of the cross country trips, there are a few differences between the programs. When applicable, these differences are noted with an asterisk and are further addressed in footnote format below each page.

Please read on to find further instructions, expectations, and the rider application. If you have any questions regarding the application process, please contact us at (267)-331-8488 or applications@bikeandbuild.org.

Best regards,

Erik Wright
Program Director

Casey Eisenreich
Director of Development

Lily Goldberg
Director of Outreach and
Alumni Relations



Rider Application Instructions

Bike & Build events are open to young adults who are between the ages of 18-26 at the time of their trip's start date. Bike & Build alumni may join Drift West at any age.

The application consists of eight sections. You will not be considered a part of the applicant pool until we receive Sections 1 - 6 of the application. Section 8 is required to participate, but does not need to be completed until the spring. You will be provided Section 7 in the spring.

<u>Section:</u>	<u>How to Submit:</u>	<u>Due:</u>
1) Registration & Application Fee	Online	Immediately
2) Rider Requirements	Online Upload	Immediately
3) Agreement & Waiver	Online Upload	Immediately
4) Personal Pledge & Photo Release	Online Upload	Immediately
5) Rider Essays	Online Upload	Immediately
6) Medical History	Online Upload	Immediately
7) Health Ins. / Medical Examination	Online Upload	TBA

Things we like:

- PDF files. All application sections need to be PDF files. If you're unsure of how to make PDF files there are a ton of great websites (ie primopdf.com, easypdfcloud.com) and Google is always a helpful tool for finding out how to, say, "convert file to pdf" and things of that nature. There are even fun smartphone apps that will let your phone act as a scanner (ie ScanToPDF).
- Applications sent all at once.
- PDF files are reviewed by staff after upload. Please check your account 1-2 business days later to check if they are approved.

Things we dislike:

- Low resolution scans where the text is unreadable.
- Fake signatures on the legal forms. You must print, sign, and upload the forms. Don't use the Adobe pen tool or digital signatures.
- We do not accept email, snail mail, or faxes for any part of the application. No exceptions.

Trip Leaders

Bike & Build is hiring exceptional young adults to serve as Trip Leaders to produce and run our events. Trip Leaders work with Bike & Build's central office from the fall through the completion of our trips to recruit and support trip participants, coordinate fundraising efforts, plan trip logistics, and lead the event during the summer. They receive a small stipend for their efforts. If you would like more information about becoming a Trip Leader, please check our website for a written job description and application.

If you have any questions regarding the application, please contact Erik at (267) 331-8488 or via e-mail at applications@bikeandbuild.org.



Application - Part 1

Online Registration & Application Fee

A. Primary Registration and Application Fee

Go to bikeandbuild.org/application/ to begin the online registration, create your account, and pay your application fee.

Your application is not considered complete and ready for review until your application fee has been paid as part of the online registration. *The application fee for Bike & Build is \$150 during our early application period, and \$200 after October 1st.* This fee will pay for a jersey, rider T-shirt, set of lights, and a sleeping pad. These will be distributed at orientation. If you sign up for a trip and then withdraw, your fee and gear will be forfeited.

Your application fee is refundable in certain situations. The rule of thumb is: if you are at any time officially enrolled in the program, we are unable to refund this fee. A common situation where your application fee would be refundable is if you are offered a spot on a trip that is not your first choice, and you prefer to remain on the waitlist for a different route. We do maintain an active waitlist, and if you are added to it, we simply hold the application fee until you are enrolled. If you request to be removed from the wait list, we will refund your application fee. Bottom line: we only keep the app fee once we enroll you on a trip. In all other situations it is refundable until July 1st, 2020 (see below).

Application fees are refundable up until July 1st, 2020. After that point your fee is considered a contribution to Bike & Build and it will be donated at the conclusion of the summer via our grant program.



Application - Part 3

Agreement & Waiver

I understand that bicycle touring is an inherently dangerous activity, which may result in serious bodily injury, including permanent disability, paralysis, and death. Knowing the risks involved in a Bike & Build event, I nevertheless fully assume all risks associated with my participation, and I hereby waive and give up all my rights to sue or make any claim or demand against Bike & Build, Inc. and/or its employees, directors, agents, volunteers, officers, and partners for damages arising from my participation in a Bike & Build event, whether caused by negligence or otherwise. The foregoing complete waiver and release shall be binding upon me personally as well as upon my heirs, executors/administrators, and family members.

I understand the risks of injury or death inherent with bicycle touring cannot be eliminated by Bike & Build, Inc. and/or its employees, directors, agents, volunteers, officers, and partners.

Further, I, as a participant in Bike & Build, Inc., wish to volunteer on Build Days, which may result in serious bodily injury, including permanent disability, paralysis, and death. I understand that the activities may include but are not limited to construction, demolition and rehabilitation of various housing projects, being transported to and from event site locations and other participatory related activities. Knowing the risks involved in a Build Days, I nevertheless fully assume all risks associated with my participation, and I hereby waive and give up all my rights to sue or make any claim or demand against Bike & Build, Inc. and/or its employees, directors, agents, volunteers, officers, and partners for damages arising from my participation in a Bike & Build Build Day, whether caused by negligence or otherwise. The foregoing complete waiver and release shall be binding upon me personally as well as upon my heirs, executors/administrators, and family members.

I understand that Bike & Build reserves the right to deny or cease my participation in a Bike & Build event at any time before or during the tour. In exercising its reasonable discretion to refuse or cease participation, Bike & Build may consider the following grounds: inaccurate or incomplete applications; failure to meet the fundraising requirements or deadlines; failure to meet the sweat equity requirements or deadlines; failure to arrive at orientation physically fit and prepared to complete the bike ride; physical or medical inability to participate; violation of any Bike and Build policy; or unsatisfactory behavior that is dangerous to or detrimental to myself or other participants. I further understand that in the case of my withdrawal or expulsion from a tour, my fundraising balance will be considered a donation to Bike & Build and will not be refunded.

I understand that Bike & Build reserves the right to restrict my participation if deemed to be unsafe or medically inappropriate. I agree that I will not participate in a Bike & Build event unless I am medically able to do so and unless I am properly trained. I understand that a doctor needs to certify that I am medically capable of participating in a Bike & Build trip, and that ABSOLUTELY NEED TO HAVE HEALTH INSURANCE WHILE ON THE TRIP. I further agree to undergo any prescribed medical treatment in the event of accident or illness during a Bike & Build event. It is my responsibility to inform Bike & Build of any changes in my medical condition before the tour begins or during the tour. Failure to meet any of the above conditions may result in my dismissal from a Bike & Build tour.

I consent to and permit emergency medical treatment in the event of illness or injury, including transportation to a medical facility, and will be responsible for any and all related costs.

Bike & Build maintains insurance policies to protect the organization's operations and ability to complete its mission, its paid employees, and riders participating directly on a trip. This coverage does not extend to Bike & Build participants who are engaged in pre-trip activities that are not sanctioned by Bike & Build, including training, sweat equity, fundraising activities, or any other preparation the rider has undertaken before they report to the start of the trip. This coverage does not extend to Bike & Build participants for during the trip activities that are not part of any sanctioned activities, to include but not limited to days off, after daily biking free time, excursions off mapped cue-sheet routes, biking to build days, and biking for any reason other than completing the daily mapped cue-sheet routes.

I agree to wear a helmet, safety triangle, mirror, and lights, at all times while cycling before and during a Bike & Build event.

Upon my acceptance in a tour, Bike & Build will provide me with a handbook detailing the rules and policies for the tour. I agree to abide by the rules and policies, and understand that if I do not

understand any of the rules it is my responsibility to ask Bike & Build staff to clarify them for me. I understand that my failure to abide by Bike & Build's rules and policies may result in my expulsion from all or a portion of the trip.

I understand that in extreme situations, Bike & Build reserves the right to cancel the trip at any point. Bike & Build, and Bike & Build alone, has the authority to decide if such situations warrant cancellation of a trip; for example, but not limited to, situations where riders may be in danger as deemed by Bike & Build. If such a decision is made and trips are canceled, I, along with all riders, agree to cease from continuing as directed by Bike & Build. Bike & Build may make reasonable accommodations to assist with travel logistics, as deemed appropriate by Bike & Build. Bike & Build would have full authority to make reasonable decisions concerning donor revenues, to include keeping all or a portion of the revenues. Understanding Bike & Build has this authority, I agree to abide by all decisions and agree I would have no legal recourse against Bike & Build, Inc. and/or its employees, directors, agents, volunteers, officers, and partners.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by agreeing to it and have agreed to it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by 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.

Applicant's Signature

Applicant's Name

Date



Application - Part 4

Personal Pledge & Photo Release

A. Personal Pledge

- I understand that Bike & Build is going to be a challenge. I might want to complain, I might want to quit, but I must remember that over three thousand alumni before me have successfully completed this journey, and I am just as tough as they were and I will properly prepare for such a challenge.
- I understand that Bike & Build does NOT HAVE CONTROL OVER THE WEATHER. I pledge to be prepared to ride in all weather conditions, which include beautiful days, rainy days, days up mountains, days through deserts, and all the terrain in between.
- I pledge to make riding safely my top priority each and every day on the bike. I agree to wear a helmet, safety triangle, mirror, and lights, at all times while training for, and during a Bike & Build event. I understand that the only way to know how to safely ride my bike on the trip will be to put in the training beforehand.
- I understand that Bike & Build has a commitment to its donors and supporters to be a good steward of the money it has collected. In this regard, I understand that the provided meals and amenities will be simple in nature.
- I understand Bike & Build is just as much as a service trip as it is a bike trip and will work just as hard on build days as I do on a bike.
- I understand that Bike & Build is a team expedition. I will contribute to my team's success and know that decisions are based on the entire team, not just me.
- I understand that this could be the most amazing summer of my life, but I must work hard to be physically and mentally ready.

I pledge I will arrive to orientation prepared to meet the physical challenge of participating in a trip and with the skills to ride on the road with cars. Bike & Build considers preparedness to mean: ride at least 500 miles on your bike, complete at least two rides over 65 miles, one rain ride, one ride in hilly terrain, and one group ride before arriving at orientation. While these benchmarks are not required, they help Program Directors gauge your readiness to complete a Bike & Build trip upon arriving at orientation.

I understand that failure to arrive prepared puts me at greater risk for injury and can result in dismissal from the trip.

Applicant's Signature

Applicant's Name

Date

B. Photo and Video Release

I do hereby give BIKE & BUILD INC. its assigns, licensees, and legal representatives the irrevocable right to use my name, picture, portrait, or photograph in all forms and media and in all manners, including composite and video, for advertising, for publication or any other lawful purposes, and I waive any right to inspect or approve the finished product, including written copy, which may be created in connection therewith.

Are you on Instagram? Let us know your handle so we can follow you: _____
(Bike & Build's Instagram account is @bikeandbuild. Get after it.)

Applicant's Signature

Applicant's Name

Date



Application - Part 5

Essays

In order to get a better understanding of your motivations behind riding with Bike & Build this coming summer, please answer the following questions. Each question should generate at least a 200 word response.

1. Describe your interest in participating in Bike & Build. What is it about this opportunity that most excites you? What qualities will you bring to your team? What do you hope to get out of this experience? How do you envision this experience affecting your future?
2. Define what the words “pedaling for affordable housing” mean. What is it exactly that Bike & Build is raising money for? We could donate half a million dollars every year to 1,000’s of charities, so why do we focus on affordable housing (AH)?
3. Why do you personally feel it is important to raise money and awareness for AH? Do you have any experience working with affordable housing groups? If so, please describe your involvement. (Lack of past involvement with affordable housing groups will not disqualify you; however please state why you are interested in a trip that is devoted to raising money and awareness for this cause.)
4. Why do you think service and social responsibility are important?
5. Your summer on Bike & Build will be unforgettable, but also one that is extremely physically and mentally demanding. Our alumni often speak of their experience as a period of great personal growth and we feel that is largely due to the challenges they encountered along the way. How do you think you will handle the daily Bike & Build life of nonstop moving, near daily biking, and 24/7 group dynamic? What are some of the challenges you envision facing? Give an example of a time you had to work in a high pressure or stressful situation.
6. What is the hardest thing you’ve ever done? How do you think it may have prepared you for a Bike & Build summer?

If you have completed a cross country trip with Bike & Build at any point between 2011 and 2019, and you are applying to ride again (not as a Trip Leader), e-mail erik@bikeandbuild.org for your application essay questions.

- | | |
|---|-----|
| 22. Do you regularly see a physician outside of routine checkups? | 22. |
| 23. Any other medical condition which will interfere with intense exercise? | 23. |
| 24. Any other health concerns not listed above? | 24. |

Please explain any 'Yes' answers, or any other medical problems you have:

E. Medications & Allergies (to be completed by applicant and reviewed by physician)

Please explain any 'Yes' answers in the space below, with particular attention paid to any side effects that would impact your ability to lead on the trip or act during an emergency (For example, if a drug makes you drowsy in the morning it may impair your ability to ride a bike):

Please check YES or NO for the following: YES NO

- | | |
|--|----|
| 1. Are you currently taking any prescription drugs?
If YES, please list name, dosage and known side effects below | 1. |
| 2. Are you currently taking any non-prescription drugs?
If YES, please list name, dosage and known side effects below | 2. |
| 3. Are you allergic to any medication?
If YES, please list name, severity, and likely reaction to drug below | 3. |
| 4. Are you allergic to any insect sting, food, or plant?
If YES, please list name, severity, and likely reaction | 4. |
| 5. Do you require an EPI pen to control the reaction of any allergy? | 5. |

Please explain any 'Yes' answers:

F. Additional Comments / Notes

G. Participant Agreements (to be completed by applicant)

I understand that Bike & Build reserves the right to restrict my participation if deemed to be unsafe or medically inappropriate. I agree that I will not participate in a Bike & Build event unless I am medically able to do so. I further agree to undergo any prescribed medical treatment in the event of accident or illness during a Bike & Build event.

It is my responsibility to inform Bike & Build of any changes in my medical condition after the application process concludes. I understand that participants in previous years have been dismissed during the summer due to falsifying or neglecting to declare medical information on their medical forms, and to the best of my knowledge all information on this form is complete and accurate.

I have read, understand, and agree to the above statements.

Applicant's Signature	Applicant Name	Date
-----------------------	----------------	------