

## General Information for the 2010 Ride

1. The 6<sup>th</sup> Annual “**IL C.O.P.S Cycle Across Illinois**” recognizes and honors the extraordinary contributions of law enforcement officers who have died in the line of duty. This charity ride raises money and awareness for the Concerns of Police Survivors, Illinois Chapter, which includes the surviving family members and loved ones of fallen officers. This is not a race, it has become an annual journey for all our riders, especially our survivors.
2. During our ride, we may be the invited guests at the homes of fallen police officers. Therefore, we will need to respect the privacy of our survivors.
3. **We will ride and work together as a team. Our support drivers and escort officers are responsible for coordinating and protecting the ride, and we will follow their lead.** Since we will be approximately 50 riders, we will ride as a pack, and as fast as our slowest rider. However, we do need to remain on a schedule. We expect to maintain an average speed of 12-17 mph. Riders who cannot keep up with the pace and who begin to slow the pack will, out of respect for the group’s schedule, take a break from riding and get in the support truck until they are ready to rejoin the group at the group’s pace.
4. Occasionally, due to the hills and rider performance, the riding group may spread out. However, for safety, we will resume our pack riding ASAP. For the safety of the group, riders who break away from the group, either faster or slower, will be asked to adjust their riding or will be told to ride in the support truck.
5. Each day, riders will be briefed on any upcoming destinations, including the expected route, distance, conditions, escorts, etc...pay close attention, this is for your benefit and safety.
6. Riders will need to arrange their own transportation to the start and finish. **If you need transportation to the St. Louis area, make sure Eddie Johnson of the Joliet PD knows!**
7. Each rider must raise **\$150.00 for each day** of riding. **The money must be raised by June 18, 2010.** The money raised for this event will go to IL COPS. We have attempted to arrange at every stop for survivors, local community groups, police departments, FOPS or local colleges to host us for a complimentary break, meal or even overnight. As their guests and because of these hospitable arrangements, we remain extremely grateful to our hosts.

## Your Bike and Equipment

**Rider safety is the #1 Priority.** All riders must wear a proper fitting helmet. Appropriate riding gear includes padded shorts, padded gloves, and sunglasses/eye protection which will make you more comfortable. It is strongly recommended that you use a road bike.

Each rider is responsible for the condition and maintenance of his/her own bike. Riders should bring extra tubes for their specific bike tires. A **certified bike mechanic** will also be participating and will be able to perform repairs at the first available time. In the event your bike cannot be repaired right away, it will be racked and transported until the next break when a repair can be completed.

NO HEADPHONES will be allowed on the road. Riders must ride responsibly and carefully. All riders will remain in between the escort vehicle(s) and the support truck, unless instructed otherwise.

### **What to Bring**

Our overnight accommodations have usually been in colleges and universities. These facilities will have at least a mattress/cot, shower and bathroom facilities for men and women. You should therefore bring a **sleeping bag, pillow, soap, towel, toiletries and change of clothes**. When we end for the day, we will all work together to retrieve our overnight gear from the support truck. The dress code after riding is casual and comfortable: shorts and tee-shirts.

Bring a small gym bag to hold your “daily” items. This bag should include your camera, cell-phone, saddle cream, dry socks, clean bike shorts, sun-screen, power bars, spending/tip money, etc.

**Your overnight gear: clothes, sleeping bag, toiletries, pillow will be packed and will not be accessible until the end of the day when we reach our destination. Mark your luggage so it's easy to identify or retrieve in an emergency.**

Most meals will be provided. In the event the organizers cannot arrange a donor, we will make arrangements at a local restaurant. The money you raised will be used to cover this expense. However, if you have any special dietary needs, you should bring some incidental money for these expenses. Every day, our support personnel will have ice, water, fruit and various snacks for breaks during the ride. If you have special drinks/powders or power bars you prefer, please bring them yourself.

### **Other Suggestions**

1. Begin riding your bike. Get as much ride/saddle time in as possible.
2. Please help raise money for law enforcement survivors in Illinois!
3. Know your bike: how it shifts, brakes, how to get your water bottles out, etc
4. Bring a camera. You will never forget the people you meet and this experience.
5. If you own a cell phone, you are welcome to bring it. Please use it at the appropriate time.
6. Bring extra tubes for your tires.
7. Check the weather, last year we almost froze in Bloomington!

### **What You Should Do Now:**

1. If you're able, fill out the application below, scan, and email to [Mark.Hannan@NRC.gov](mailto:Mark.Hannan@NRC.gov).
2. Mail the original/signed application to the address located at the bottom of the application.
3. Once your application is received, we will confirm that we have received it.
4. Since we will have ~50 riders, we will need to review each application individually. We will consider if you have been on the ride before, if you are a survivor, law enforcement officer, etc. We will notify you if we need additional info.
5. Once the applications have been recv'd, we will place a link with your name on it for fundraising on the IL COPS website. You can then direct family, friends and co-workers to the website in order to donate in your honor...we will send you more information on this!
6. You will be responsible for collecting off-line donations and then forwarding them to Marcia WILLIAMS at the appropriate time (more to follow on this topic too).
7. For the survivors, this ride has become a journey filled with challenges, support and compassion. The survivors receive great inspiration from the fellow riders, supporters and drivers...people who have left their own families and jobs to help survivors. So thank you for joining us!!

**1. Application and Rider Profile (Complete #s 1-4, return by May 18, 2010)**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
(First) (Last)

Home: \_\_\_\_\_ Bicycle jersey size: \_\_\_\_\_  
(Street address)  
\_\_\_\_\_  
(City, state, zip code)

Tel # H (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_  
W (\_\_\_\_) \_\_\_\_\_  
C (\_\_\_\_) \_\_\_\_\_

Do you have any medical conditions or allergies? \_\_\_\_\_

Police/Law Enforcement Agency, if applicable: \_\_\_\_\_

Supervisor & Agency Telephone #: \_\_\_\_\_

Are you a relative of a fallen officer, and if so, please describe: \_\_\_\_\_

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**2. Emergency Contact Information:**

Name: \_\_\_\_\_ Relationship to rider: \_\_\_\_\_

Telephone: H: (\_\_\_\_) \_\_\_\_\_ W: (\_\_\_\_) \_\_\_\_\_ C: (\_\_\_\_) \_\_\_\_\_

Children/Special considerations: \_\_\_\_\_

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**3. Hold-Harmless Release**

In consideration of the foregoing, I for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against any of the sponsors, organizers, Police Departments, Illinois Concerns of Police Survivors for any and all claims of damages, demands or loss actions whatsoever which may arise as a result of my participation in this event. I understand and acknowledge that participating in this bicycling event may expose me to dangers from both known and unanticipated risks. I attest and verify that I am physically fit and have sufficiently trained for the event and my physical condition has been verified by a licensed medical doctor or if not, I waived said examination to participate. Further, I grant full permission to any and all of the foregoing to use my likeness for any legitimate purpose whatsoever. I have read, understand and agree to the above release and hereby place my signature to this form. Those riders under 18, must have a signature of their guardian.

Participant signature: \_\_\_\_\_ date: \_\_\_\_\_

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**4. For planning purposes, please circle the days you plan to ride:**

I am planning on riding:	Day 1	Alton to Spgfld.	approx.	100 miles
	Day 2	Spgfld to Blmngt/Normal	approx.	80 miles
	Day 3	Blmngt/Normal to Joliet	approx.	100 miles
	Day 4	Joliet to Chicago* approx.		55 miles*
			approx.	335 miles

\*On the final day, we ride from Joliet PD to Orland Park PD and then to the Chicago Police Department (CPD) Hqts. At CPD Hqts, we will meet members of CPD, their family and friends and have a brief ceremony. We will then ride to Gold Star Families and Memorial Park. We will then return back to CPD for refreshments and "facilities" before departing for our homes.

To register, mail your original signed application to:  
**Mark Hannan, 1641 Raleigh Ct., Wheaton, IL 60189**