



2010 Leader Application

Dear Prospective Leader,

Thank you for your interest in leading in a Bike & Build tour. 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. A written job description is included on the next page. The leader application consists of eight sections, which are explained on page 4.

A Trip Leader's role is extremely challenging and rewarding. In addition to meeting the demands of a cross-country trip, you'll be responsible for supporting and managing a group of twenty-eight peers and working as a team with three other leaders. Bike & Build is looking for exceptional young adults with strong leadership qualities and experience to fill these important positions.

Successful applicants will be able to undertake multiple tasks at once; manage their time well, and meet stated deadlines; be detail-oriented and meticulous about planning logistics and managing information and resources; think critically about Bike & Build and its mission; and translate this into a proper tone during the event; communicate well with and relate to peers their age, showing patience, compassion, and care, while maintaining authority and professionalism.

Please review the below job description and application. If you have any questions regarding the Trip Leader position or application process, please contact us at (267)-331-8488 or applications@bikeandbuild.org.

Best regards,

Rosemary DiRita
Executive Director

Kristian Sekse
Program Director

Brendan Newman
Program Director



2010 Leader Application Job Description

Summary:

Trip Leaders will work within a team to plan, produce, execute, and lead a particular Bike & Build trip. Teams will consist of four Trip Leaders, and will be instructed and supported by Bike & Build's central office.

Age requirements:

Trip Leader positions are open to all members of a Bike & Build trip, though those selected tend to be over the age of 21. Additionally, we will accept leader applications from individuals who are up to the age of 28 as of May 1st, 2010.

Deadlines:

We will have two deadlines for leader application submission. The first will be October 25th, 2009; the second will be January 3rd, 2010. We will communicate our decisions through phone calls by early December and late January for the respective deadlines.

Compensation:

Bike & Build provides leaders with a performance based stipend of \$2,000, broken down into four equal sections (two paid before the trip and two after the trip). Each quarter will be paid when assigned tasks are completed. These deadlines will be clearly communicated to each leader well in advance. If you are eligible to receive college course credit through your commitment as a Trip Leader, Bike & Build will work with you and the appropriate office at your school to make the necessary arrangements.

Trip Leaders are required to fulfill the same fundraising requirements as all members of Bike & Build tours. **Leaders' stipends may not be pledged to their fundraising total.**

Term:

Trip Leaders' work with Bike & Build will begin upon their acceptance of the position and continue through the following fall, past the completion date of their Bike & Build event, for debriefing, evaluation, and continuity among annual programs (this will be explained in more detail in the leader contract.)

Duties include:

- Participant recruitment and general rider support;
- Working with other leaders to foster communication and efficiency;
- Supporting participant fundraising efforts by helping to generate fundraising strategies and enforcing fundraising deadlines;
- Initiating, maintaining, and growing Bike & Build's relationship with trip hosts and affordable housing organizations along our events' route to plan our groups' visits, overnights, and construction opportunities;
- Protecting the health and safety of Bike & Build participants by enforcing Bike & Build's bike safety rules, and gaining First Aid certification;
- Responsibly budgeting and tracking Bike & Build's funds during trip;
- Driving support vehicle on a rotational basis during the course of the event; driving the van back to the east coast at the conclusion of the trip (2 leaders needed for this);
- Being the personal contact for 7 to 8 riders before the beginning of the trip; answering their questions and appropriately building their expectations

- Enforcing trip policies, rules, and regulations;
- Acquisition and maintenance of Bike & Build gear;
- Various tasks and projects as required;
- Facilitating various aspects of the affordable housing curriculum during the trip.

Requirements:

Successful applicants must have:

- Possession of a valid driver's license, and no 'at fault' accidents during the past 3 years;
- American Red Cross First Aid and CPR Training certification, or the willingness to receive the certification before trip start date (course fee to be paid by Bike & Build)
- A true passion for affordable housing, cycling, and helping their peers complete challenges
- The ability to stay calm under pressure, while prioritizing what is important for the group

DO LEADERS PAY THE APPLICATION FEE?

NO. There is no fee whatsoever to apply as a trip leader

What if I am not selected as a leader? Can I still do Bike & Build as a rider?

- **Yes!** Should you fail to be selected as a trip leader, you still have the option of participating on the trip as a rider (as long as you are under the age of 25 as of May 1st).
- In order to secure your spot on a trip, however, please send in the \$200 application fee with your leader application. This means that we can enroll you in the program as a rider while you go through the leader hiring process. If you get hired, great, we refund the app fee. If you aren't selected, you still have your spot on a route and we keep the application fee.
- Bike & Build will waive or refund the Application Fee for all selected Trip Coordinators.
- Bike & Build will maintain strict confidentiality with your application. The hired Trip Leaders on your route will not know you applied to be a leader.

Pay Online via Google Checkout

Paying online with a credit card is fast, secure, and saves a lot of time for our limited staff who would otherwise have to process your check.

- 1) Simply log-in to your rider account here: <http://www.bikeandbuild.org/login.php>
- 2) On the left-hand side, click "Pay Application Fee"
- 3) You will be redirected to Google Checkout. Complete all required fields
- 4) After you hit submit, you will receive an automatic e-mail from Google with your payment receipt. If you do not receive an e-mail, your payment did not go through.



2010 Leader Application - Instructions

Dear Prospective Leader,

Now that you've had a chance to read over the job description, it's time to get through a little bit of paperwork. The leader application consists of eight sections. Remember there are two deadlines for leader applications: October 25th and January 3rd.

| <u>Section:</u> | <u>Submit Via:</u> | <u>Submit by:</u> |
|---------------------------------------|--------------------|----------------------|
| 1 – Registration, Bio, and Picture | Online Form | Immediately |
| 2 – Additional Information | Scan & E-mail/Fax | Immediately |
| 3 – Leader Requirements | Scan & E-mail/Fax | Immediately |
| 4 – Agreement & Waiver | Scan & E-mail/Fax | Immediately |
| 5 – Personal Pledge & Photo Release | Scan & E-mail/Fax | Immediately |
| 6 – Leader Essays | Scan & E-mail/Fax | Immediately |
| 7 – Medical History | Scan & E-mail/Fax | Immediately |
| 8 – Health Ins. / Medical Examination | Scan & E-mail/Fax | May 7th, 2010 |

Please complete all parts of this application and return it to Bike & Build. You will not be considered amongst our applicant pool until we receive Sections 1-7 of the application. Section 8 is required to participate, but may be sent up until May 7th, 2010.

THINGS WE LOVE:

- Scanned/e-mailed submissions of sections 2-8 to applications@bikeandbuild.org
- PDF FILES! Word document is ok for essays. JPEG is acceptable for scans, but understand we're just going to convert it all to PDF anyway.
- Applications sent all at once. Don't send us the essays and then the legal forms 3 days later
- *We also accept faxed submissions* to 661-752-9806. We use an e-fax service, which means all faxes are sent to us via e-mail (technology is crazy, we know). It's not quite as easy for us to search/process as e-mail, but if you don't have access to a scanner, it's still a good option.

THINGS WE HATE:

- Really low resolution scans where the text is unreadable
- Scans that are imbedded into a Word Document. Change the scanner settings and make JPG files
- **Fake signatures on the legal forms.** You must PRINT, SIGN, AND SEND BACK the forms. Don't use the Adobe pen tool or digital signatures.
- **WE DO NOT ACCEPT SNAIL MAIL FOR ANY PARTS OF THE APPLICATION.** Really, we're not kidding. Please scan and e-mail or fax it. Any application parts that arrive at the office on paper will be immediately recycled. Mail is so 1990's anyway.

The application fee is waived for hired leaders; however you will be expected to fulfill the requirements (fundraising and otherwise) of participating in a Bike & Build event.

If you have any questions, please do not hesitate to send an e-mail to Brendan or Kristian at applications@bikeandbuild.org.



Application - Part 1

Online Registration

A. Primary Registration

Please visit <http://apply.bikeandbuild.org> to begin your registration. You can also find this page linked off of the "Apply" page on bikeandbuild.org.

B. Information for bikeandbuild.org

When you enroll in a Bike & Build trip, we will list your name on the event's roster at bikeandbuild.org. We ask that you write a 400 word profile about yourself and why the affordable housing cause interests you. We also want you to upload a photo of yourself for publication on the website's roster page. ***You will not be officially hired until both of these are submitted, nor will we hold a spot for you while you complete this.***

How do you submit a bio?

Please visit <http://www.bikeandbuild.org/login.php> and login with the username and password that is e-mailed to you upon completing the online portion of the application. You will be able to login and upload your picture and bio.

What are some examples of BAD photographs?

There is always some interpretation when it comes to photos, but here are some handy guidelines for our website bio's. Pictures not accepted include:

- You riding a bike unsafely or without a helmet
- You drinking alcohol
- Where your face is hidden, or super far away
- Relatively low quality or out of focus

C. Information for accepted applicants

When you are hired as a Trip Leader, Bike & Build will work with you to the best of its ability to train and educate you on how to do this job. To get you started, we will mail you a box containing the following:

- a Leader Manual, with important information about Bike & Build policies and day-to-day aspects of your trip
- Fundraising materials and advice to get you started

Following your placement on a route, you will be assigned several riders to whom you will serve as primary contact for the organization before the start of the trip.

D. Information for unaccepted applicants

Should you fail to be selected as a trip leader, you still have the option of participating on the trip as a rider. Please see the instructions at the bottom of the job description (pages 2-3) for more information. Remember that we fill our trips first-come first-served. Failure to send in a \$200 deposit on a spot could jeopardize your chance of being placed on the route of your choice (as a rider).

Bike & Build will maintain strict confidentiality with your application. The hired Trip Leaders on your route will not know you applied to be a leader.



Application - Part 2 Additional Information

Resume

-----> Please attach a resume with this application <-----

Trip Preference

Please rank the below options from 1st to 8th in the order in which you would like to serve as a Trip Coordinator

North Carolina to San Diego

Providence to Seattle

Central U.S.

Southern U.S.

South Carolina to Santa Cruz

Boston to Santa Barbara

Providence to San Francisco

Northern U.S.

If you are not selected as a Trip Leader, would you still like to participate in a Bike & Build trip?
Remember you must be under the age of 25 to participate as a rider (May 1st used as calculation date)

Yes

No

If you are not selected as a Trip Coordinator, we will enroll you based on the same preferences you listed above. If you'd like to change them, just let us know.

References

Bike & Build may choose to contact one or both professional references to discuss your candidacy. Please list two people (from different companies) that we may contact.

Professional Reference:

Name:

Years Known Applicant:

Phone:

Company:

Relation:

E-mail:

Professional Reference:

Name:

Years Known Applicant:

Phone:

Company:

Relation:

E-mail:

Additional Information

Yes No

Do you have a valid driver's license?

Do you have any major moving violations on your record (DUI, reckless speeding, etc.)?

Do you have experience driving a 15-passenger van?

Do you have experience driving a vehicle with a trailer?

Are you skilled at bicycle maintenance?

Are you skilled at web programming or graphic design?

Are you certified in First Aid by the American Red Cross (or a similar sponsoring agency)?

If 'no,' are you willing to gain this certification at Bike & Build's expense?

Would you have any hesitations to use this training to provide basic medical care for our participants?

Application - Part 3

Pre-Trip Leader Requirements

A. Fundraising Requirements

Each leader MUST raise \$4,000 by the start of the trip. If you fail to meet this deadline, you will be unable to ride with Bike & Build until our organization has received the balance. There are absolutely no exceptions to this policy.

To ensure that all leaders do not fall behind in fundraising efforts, we have established the following due dates. Missing the first two due dates below may result in a reduction of your stipend or your potential removal from the program and your spot being offered to a member of our waitlist.

| Amount | Due Date |
|---------|--|
| \$500 | Two months from being assigned to a trip |
| \$2,000 | Two months from start of trip |
| \$4,000 | Start of trip – no exceptions |

What is this reasoning behind this policy?

Bike & Build has a responsibility to everyone involved in our program to direct as much money as possible to the organizations we support. To do so, all of our trip rosters must be full and all participants must fulfill their fundraising requirements. If we hold a spot for an individual who does not meet the fundraising requirements and drops out of our program, we do so at the expense of an individual who would raise the money. We hope that this policy doesn't intimidate you from participating, but we do hope that you will fully consider the requirements and your fundraising plans before you enroll in one of our trips.

Upon your acceptance in a Bike & Build event, you will be furnished with materials to help you fundraise. It is your responsibility to review these materials and ask the central office to clarify anything that you do not understand.

In the case of your withdrawal, restriction from participation, or failure to meet the fundraising requirements in a 2010 Bike & Build event, your fundraising balance will be considered a donation to Bike & Build, and will not be refunded. Your application fee and fundraising balance in the vast majority of cases will be made toward a 2010 tour only; Bike & Build withholds the right to not carry over your fundraising balance for future events.

Each leader must raise the fundraising minimum. There is no 'giving' of fundraised money from one participant to another.

I have read, understand, and agree to the above requirements and expectations. I understand that if I do not raise \$4,000 by the start of the trip, I cannot participate in Bike & Build. I understand that missing the above outlined deadlines assigned to my fundraising balance may cause my stipend to be reduced and/or my spot to be rescinded and offered to a member of the waitlist.

Applicant's Signature

Applicant's Name

Date

B. Sweat Equity Requirements

Bike & Build relies upon the energy and talents of our participants to help produce and shape our programs, and carry out our core mission. As such, we require two forms of 'sweat equity' from each participant prior to the start of our events. More information, including a sweat equity form, will be included in your participant manual.

1 – Each Bike & Build leader is required to **volunteer with a local affordable housing organization for a minimum of 8 hours** – either on-site at construction projects or as otherwise needed. We strongly encourage (but do not require) those who are unfamiliar with build sites to spend at least 12 hours building with a local AH organization.

2 – Each Bike & Build participant is required to **dedicate sweat equity hours working for Bike & Build**. More information will be provided in your Participant Manual.

Applicant's Signature

Applicant's Name

Date



Application - Part 4

Agreement & Waiver

I understand that my participation in a Bike & Build event is a potentially hazardous activity, which may result in serious bodily injury, including permanent disability, paralysis, and death. I fully assume all risks associated with my participation, and discharge Bike & Build, Inc. and their employees, directors, agents, volunteers, officers, and partners from all actions, claims, or demands for damages arising from my participation in a Bike & Build event. The foregoing 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, for cause, 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; 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 I 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. Failure to meet any of the above conditions may result in my dismissal from a Bike & Build tour.

I agree to wear a helmet 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 the tour.

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 5 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 a thousand alumni before me have successfully completed this journey, and I am just as tough as they were.
- **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 desert, 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 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 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 ride at least 500 miles on my bike, and complete at least one ride over 65 miles before arriving at orientation. I understand that failure to do this *minimal* amount of training puts me at greater risk for injury, which could seriously jeopardize the "awesomeness" factor of my summer.

Applicant's Signature

Applicant's Name

Date

B. Photo 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, 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.

Applicant's Signature

Applicant's Name

Date



Application - Part 6

Essays

In order to get a better understanding of your motivations behind leading a Bike & Build trip this coming summer, please answer the following questions. Each question should generate at least a 300 word response. To submit, you may simply attach your completed essays in PDF or Word document format to an e-mail.

1. Please describe your interest in becoming a Bike & Build Trip Leader. What do you find compelling about the opportunity? What qualities will you bring to our events? What do you hope to get out of your involvement as a Trip Leader?
2. Please describe a specific situation in which you took a leadership role with your peers, co-workers, or a campus team or organization. How would you describe your leadership style in that situation as well as your leadership style in general?
3. Please describe a job or academic situation in which you were required to manage your time, multi-task, and/or hit firm deadlines. How many hours a week did this task require? How many people worked on it with you? If it was a team effort, how did you work with other people's schedules to still hit your deadline?
4. Communication is paramount on Bike and Build trips. Please provide a description of your communication style. What makes a good communicator? How would you prevent and/or address a breakdown of communication on a leadership team?
5. 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 from the position, however please state why you are interested in a trip that is devoted to raising money and awareness for this cause.)

Application - Part 7 (continued)

Medical History

- | | | | |
|--|-----|--------------------------|--------------------------|
| 5. Have you ever had blood sugar problems or diabetes? | 5. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Have you had a head injury in the last five years? | 6. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Have you ever had problems with vision or hearing? | 7. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Are you currently suffering from any infectious disease? | 8. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Have you ever had a psychiatric or mental illness? | 9. | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Have you ever had a seizure or suffered from epilepsy? | 10. | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Have you ever had asthma or respiratory problems? | 11. | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Do you use an inhaler for asthma? | 12. | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Have you ever had high blood pressure? | 13. | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Have you ever had chest pain during exercise? | 14. | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Have you ever suffered from heat exhaustion? | 15. | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Do you cough or breathe heavily during activity? | 16. | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Have you ever been dizzy or passed out during exercise? | 17. | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Have you had any breaks, sprains, or dislocations in the last 5 yrs? | 18. | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Do you use orthotics, prosthetics, or braces? | 19. | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Have you ever had tendonitis or similar condition? | 20. | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. Any medical condition which will interfere with regular exercise? | 21. | <input type="checkbox"/> | <input type="checkbox"/> |

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

Additional Comments / Notes

7D. 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

Application - Part 8

Medical Examination & Health Insurance

Physician: Bike & Build's events are two-month long, marathon long-distance cycling tours. During the course of the event, the participant will average 70 miles of cycling per day, over a wide variety of terrain. This entails **6-10 hours of strenuous activity per day**, often in remote locations, through extreme heat and cold. Please give special attention to conditions that could be exacerbated by such strain. **Please review the participant's medical history submitted in Part 7, and complete this page**

Name of Participant: _____
(Please Print)

8A. Immunization Record (to be completed by applicant and reviewed by physician)

Please indicate the date (MM/YYYY) of your most recent immunization for:

1. Tetanus ___/___ - **Required.** Must have been within the last 10 years.
2. PPD (Tuberculosis skin test) ___/___ - **Required.** Must have been within the last year.
3. Hepatitis A ___/___ - Strongly Recommended.
4. Hepatitis B ___/___ - Strongly Recommended.
5. Meningitis ___/___ - Strongly Recommended.

8B. Health Insurance Information (to be reviewed by examining physician)

Please include a clear, legible photocopy of your medical insurance card (front & back) with this form

Medical Carrier: _____
 Policy Number: _____
 Group Number (if applicable): _____

If you know your coverage will expire or change during the trip, please communicate the new information to the main office as soon as possible

8C. Physical Examination (to be completed by examining physician)

Height: ___ ft, ___ in. Weight: _____ Blood Pressure: ___/___ Pulse: _____
 Vision: R-20/___ L-20/___ Both-20/___ Corrected: Yes / No

| | Normal | Abnormal | Comments |
|-------------------|--------------------------|--------------------------|----------|
| ENT | <input type="checkbox"/> | <input type="checkbox"/> | |
| Heart | <input type="checkbox"/> | <input type="checkbox"/> | |
| Lungs | <input type="checkbox"/> | <input type="checkbox"/> | |
| Skin | <input type="checkbox"/> | <input type="checkbox"/> | |
| Abdomen | <input type="checkbox"/> | <input type="checkbox"/> | |
| Muscular-skeletal | <input type="checkbox"/> | <input type="checkbox"/> | |
| Joints | <input type="checkbox"/> | <input type="checkbox"/> | |
| Dental | <input type="checkbox"/> | <input type="checkbox"/> | |
| Psychiatric | <input type="checkbox"/> | <input type="checkbox"/> | |
| Other | <input type="checkbox"/> | <input type="checkbox"/> | |

Application - Part 8 (continued)

Medical Examination & Health Insurance

I have examined: _____
Name of Participant

I have reviewed his or her medical history, and (check one):

find the applicant to be medically able to participate in the strenuous physical activity of a Bike & Build event.

DO NOT FIND the applicant to be medically able to participate in a Bike & Build event on account of: _____

recommend additional evaluation for _____

Examining Physician's Signature

Date

Examining Physician's Name (please print)

Phone

******Please don't forget to include a clear, legible photocopy of your medical insurance card (front & back) with this form******