Before you can ride in the trek, please fulfill the following requirements:

• Raise a minimum of $500 ($400 for children 7 to 17 years old.) This can be a combination of billed pledges ($25 or more), pre-collected pledges, matching gifts, and/or workplace giving donations.

• You must have your bicycle inspected by a certified bike shop prior to the trek. Bring the enclosed Bicycle Inspection Sheet with you and have the mechanic doing the inspection complete and sign the form.

• Agree to abide by the Trek Safety, Crash Prevention, and Code of Conduct rules. We ask that you initial each statement and sign the form.

• Turn in all paperwork by Tuesday, May 21, 2013 (postmark date) and qualify for speedy check-in. All the forms you need are included in this packet.

• Please do not send in any paperwork after May 21. Once this cut-off-date has passed, please bring all paperwork with you when you check-in at Sunday River.

Please read the General Liability Waiver (attached). You will be required to sign your check-in envelope, which includes the waiver, before you can ride.

Online Services

24-Hour Access to Your Own Information

• Help ALAME go paperless by entering pledges online from those who wish to have their pledges billed

• Edit your personal information

• Run reports to view your pledge information; total amounts; list of sponsors

• Create and email a personal web page to help with fundraising, or to recruit others to ride

• Run a report to view your team members

• Share your webpage and experience with family and friends

To access the online services, you will need a username and password. If you registered to ride online, you should have already created them. If not, please e-mail trekacrossmaine@lungne.org to create a username and password.
Amateur Athletic Waiver and Release of Liability

In consideration of being allowed to participate in any way in the American Lung Association in Maine (ALAME), Trek Across Maine - Mountains to the Sea bicycle ride, and related events and activities, the undersigned:

1. Agrees that prior to participating, they each will inspect the facilities and equipment to be used. If they believe anything is unsafe, they will immediately advise ALAME staff of such conditions and refuse to participate.

2. Acknowledge and fully understand that each participant will engage in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inaction, or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.

3. Assume all the foregoing risks and accept the personal responsibility for the damages following such injury, permanent disability, or death.

4. Release, waive, discharge and covenant not to sue ALAME, its staff and volunteers, administrators, directors, agents, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as “releases,” from demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the release or otherwise.

We will ask you to sign your check-in envelope at Sunday River that states the following:

AMERICAN LUNG ASSOCIATION IN MAINE RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AND PARENTAL CONSENT AGREEMENT

The undersigned have read the waiver and release of liability and understand that they have given up substantial rights by signing it and sign it voluntarily. In addition, the undersigned certified that they have read and understand the Trek Safety, Crash Prevention and Code of Conduct form and they have returned the completed bike inspection sheet to the American Lung Association in Maine.

Please read prior to check-in at Sunday River. The liability waiver must be signed before you can ride.