



# Volunteers Needed



## Guidelines:

Please complete this form and return to Stefanie Taylor, Logistics Specialist, [staylor@cff.org](mailto:staylor@cff.org).

We will do our best to match you with your top choices. Please return this form no later than September 16th.

Volunteer assignments will be mailed/emailed the week of September 23rd.

## Date & Time:

Sunday, October 5th  
6:00 am—5:00 pm

## Start & Finish:

Hotel Indigo, Riverhead

Cyclists can choose from a 32, 62 or 100 mile route. Volunteers will be stationed at start/finish area as well as at rest stops along the route.

## For more information:

Cystic Fibrosis Foundation-  
Greater NY Chapter  
Long Island  
1 Huntington Quadrangle,  
Suite 2S13  
Melville, NY 11747  
[longisland@cff.org/cycle](mailto:longisland@cff.org/cycle)

(516) 827-1290  
(516) 827-1295 FAX

## October 5, 2013

Name \_\_\_\_\_ 18 or younger \_\_\_\_\_

Company/  
Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) \_\_\_\_\_ (eve) \_\_\_\_\_ (cell) \_\_\_\_\_

E-mail Address \_\_\_\_\_

If you are a new volunteer, would you like to be added to our official volunteer database and receive information about other events?  
\_\_\_\_\_

**Choose your top 3 volunteer opportunities:** (please  all that apply)

- |   |  |
|---|--|
| <input type="checkbox"/> Site set-up                          | <input type="checkbox"/> Supply Truck Drivers/Asst.            |
| <input type="checkbox"/> Registration                         | <input type="checkbox"/> Tour Escorts                          |
| <input type="checkbox"/> Route Marker                         | <input type="checkbox"/> Support & Gear Vehicles (SAG)         |
| <input type="checkbox"/> Route Monitors (HAM Radio Operators) | <input type="checkbox"/> Riding Marshal                        |
| <input type="checkbox"/> Rest Stop Crews                      | <input type="checkbox"/> Bike Mechanic                         |
| <input type="checkbox"/> First Aid & Medical                  | <input type="checkbox"/> Finish Line Greeters and Cheerleaders |
| <input type="checkbox"/> Photographers                        | <input type="checkbox"/> Massage Therapists                    |

**REMINDER:** Children 16 and younger who wish to volunteer must be accompanied by a parent or guardian.

**Route marking:** (marking the route prior to the event) Putting up directional arrows, mission signs and other event signage along the route. Training will be provided.

**Start Line Set-Up:** Set-up tables, tents, banners, signs and supplies. Arrival Time: 6:00 am

**Registration:** Join us at Hotel Indigo, Riverhead and greet our cyclists, collect pledges and waivers and hand our rider packets. Arrival Time: 6:00 am Registration begins at 7:00 am

**Tour Escorts** (Motorcycle Route Support): Motorcycle support is needed to lead and sweep our tour and patrol the route for any dangerous intersections. Help find any lost cyclists and radio in for bike support when a cyclist is in need. Time Commitment: 7:00 am—5:00 pm

**HAM Radio Operators:** Licensed Amateur Radio Operators provide communication throughout the entire tour. They are responsible for communicating questions, updates and problems to key staff members. Time Commitment: 7:00 am—5:00 pm

**Riding Marshals:** Skilled cyclists who serve as route safety monitors, giving guidance on rider safety, etiquette and emergencies. Will lead/sweep the tour. (Basic bike repair skills needed) Time Commitment 7:00 am—5:00 pm

**SAG (Support & Gear Vehicle):** SAG drivers patrol the route providing assistance to ensure cyclist safety and help in case of fatigue or bike breakdowns. (Must be 21 years of age and valid driver's license and insurance) Time Commitment: 7:00 am—5:00 pm

**Supply Truck Drivers & Assistants:** Drive, load and unload trucks carrying supplies, ice and other items to rest stops. Moderate to heavy lifting may be required. Time Commitment: 7:00 am-5:00 pm

**Rest Stop:** Volunteers will set-up the rest stop area, distribute food and beverages to the riders and monitor the activities at the stop. Have fun, and show your support and enthusiasm to our riders. Creative themes are welcome. Time Commitment: Approximately 4 hours. **Call to secure your prime real estate.**

**Medical Support:** Medical personnel are located at the start, lunch and finish area, as well as at some rest stops along the route. Medical volunteers treat non-emergency and minor injuries; ambulances are available for transportation and major injury treatment. Time Commitment: Four hour shifts available.

**Photographer:** Take photos of the tour, the festivities, teams and the volunteers who make this event possible. Time Commitment: 7:00 am-5:00 pm—shifts available.

**Massage Therapists:** At the end of their journey our cyclists need skilled massage therapists to work on their sore and aching muscles. Four hour shifts available.

**Finish Line Crew/ Cheerleaders:** Cheer, make noise, congratulate riders and hand out goody bags/medals as our cyclists complete their ride. Time Commitment: Four hour shifts available.

**Pre-Event Volunteer Opportunities:** We will need assistance with tasks such as assembling rider packets, mailings, and goody bags. If you are available please contact Stefanie Taylor directly.

Because of risks to people with cystic fibrosis (CF), **individuals who have ever had a confirmed positive sputum culture for *Burkholderia cepacia* (*B. cepacia*) complex shall not attend** any Foundation events. These requirements are because CF germs can be passed between individuals who have CF. *B. cepacia* in a person with CF can cause serious respiratory illness and, in some patients, may lead to death. CF germs are not a risk for otherwise healthy individuals. At any outdoor event, people with CF should keep at least 6 feet away from others with CF.

Despite this policy, individuals with CF might choose to attend events without informing the CF Foundation or without the Foundation's knowledge. If so, they do so at their own risk. The Foundation accepts no responsibility for any risk to health involved in attendance, or in any social contact between persons with CF. For more information, please visit [www.cff.org](http://www.cff.org).