2016 Bike MS: City to Shore Ride /// Planning Team Commitment Form

		Member Pro	file	
First Name:			Last Name:	
Address:				
City:		State	: Zip:	
Phone (H):		(W):	(C):	
Preferred (circle	one) Home / Work / Cell			
Email Address*:				
*To ensure open	communication between	all planning team mem	bers, email addresse	es will be shared with all members
T-shirt Size: XS	S M L XL XXL	XXXL	Birth Da	ate: / /
How long have y	you been involved with Bi	ike MS?		
How have you b	een involved (circle accor	dingly) as a: cyclis	t / volunteer	/ both
Team Name (if a	applicable):			
Occupation:		Empl	oyer:	
Are you affiliate	d with any other rides, gr	oups or organizations?): 	
				_
What special tra	Administrative/Clerical Administrative/Clerical First Aid/CPR Personnel Management Coaching/Mentoring Project Management Volunteer Coordination	ady have that might re	elate to volunteer job Advertising/PR Event Coordination Massage Therapy Group Facilitating Public Speaking Telemarketing	bs? (Check all that apply) LCI (LAB) Logistics Data Entry Consulting Entertainment Other please specify
Do you have any	physical limitations?	No Yes		
Primary Emerge	ncy Contact:	Name:		
		Relation:		Phone:
Secondary Emer	gency Contact:	Name:		
		Relation:		Phone:
Medical Info:	Allergies:			
	Other Medical details in	case of emergency:		
WHY I JOINED	Share a brief statement r your reason shared - plea		or joining the planni	ng team. If you <u>DO NOT</u> want tement shared

2016 Projects: All Members

As a 2016 Planning Team member, it is the expectation that all will assist with the tasks listed in this section (blue) as part of the general Planning Team responsibilities.

				as part of the general Planning Team responsibilities.						
Project	Duration		Project Manage	r						
PHONE CALLS	March-Sept	March-Sept Hollis Weston								
	We ask eve	ryone to commit	to at least 2 call campaigns*							
> Rank your 4 to	op call date/topic preference	ces (1 = most pref	ferred date/topic)							
> Indicate any n	nonths you are absolutely r	not available to m	ake calls							
Month	Audience)	Purpose	Est. Needs	Ranking					
March	2015 Rookies		Register	10						
April	2015 Rookies		Register	14						
May	2016 Rookies		Welcome/GRS/Expo	8						
May	Past GRS Participants		RC Pledge	10						
June	2016 Participants Paid \$3	00-\$399	Longs Sleeve Incentive Reminder	8						
Iuly	2016 Rookies		Welcome/GRS/Expo	5						
July	2016 Rookies		No Expo RSVP Received	7						
August	2016 Rookies		Welcome/GRS/Ride Weekend	12						
August	Past Participants Not Reg	istered	Register	10						
September	TBD		Fundraising Push	7						
September	Past Participants Not Reg	istered TBD	Register	12						
October	2016 VIPs		Thank You & Prize Reminder	15						
October	Raised \$500-\$649 TBD		Sweatshirt Prize Promo/Deadline	ALL						
•	I would like my calls lists subject to change, additionallers, call lists will not excee	ns possible based	I would like to make mode on campaign recruitment and fund	-	-					
•	s subject to change, additio	ns possible based		raising status. Ij	-					
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2016 Projects: Scheduled @ Meeting

Projects are a collective effort preformed after the main meeting agenda, during allotted 'break out session.' Those

not on an optional project or making phone calls are asked to assist with these tasks.

Tas	oks & dates subject to change, additions possible.	roject Manager: Don Elsas
Monthly	Project	Location
April 20 May 18	Promotional material bundling, mission cards & ribbons Rider # stuffing	Office Office
June 15	Rider # stuffing, new team materials mailing prep	Office
July 20	Rider # labeling, misc. staff projects TBD	Office
August 17	Expo prep, rider # labeling, lanyards & credentials, VIP invite stu	ffing Office
September 14	Ride weekend prep & pack out (reg, rookies, signage, VIPs, route	e, etc.) Warehouse

2016 Projects: Optional/Additional

If you would like to join an optional project, please select your <u>top 3 choices</u>, and <u>rank them</u> in order of preference (1 = most desired project). Project placement is subject to availability. See project descriptions for details and duration specifics.

Project	Duration	Members Needed	Project Manager	Your Ranking
TOWNSHIP	Amuil Comb	THIS PROJECT IS	Cindy Johnson	NI/A
MEETINGS	April-Sept	FILLED	Cindy Johnson	N/A

Project	Duration	Members Needed	Project Manager	Your Ranking
ROOKIE TASK FORCE	April-Sept	6-8/month + help ride weekend	Laura Cooper	
Note this project	is ideal for (but	not limited to) second year City to Shore	cyclists	

Project	Duration	Members Needed	Project Manager	Your Ranking			
PHOTOS & VIDEOS	March-Dec	3	Ken Gordon				
•	Photos: Take pictures at Planning Team and related MS events for sharing and promotion. Videos: Project members must have video scripting, taping and editing skills, experience and resources. Please indicate						
your experienc	your experience & resources:						

Project	Duration	Members Needed	Project Manager	Your Ranking		
HAPPY HOURS*	May-	4-7	Aimee-Kate	Sub PM (incl. in your project		
HAPPT HOURS	September	4-7	Bracconier	ranking process)		
	June 8: Fox & H	ound (King of Prussia)				
	June 22: Tony's	2: Tony's Place (Ivy Land - Bucks County)				
	July 13: Millers	13: Millers Ale House (S. NJ)				
	July 27: Field House (Philly)					
	September 15:	Tavolas (DelCo)				
	*dates and loca	tions are tentative				

Project	Duration	Members Needed	Project Manager	Your Ranking
PLAN TEAM CELEBRATION	June-Oct	1 or 2	Trish McFadden	

2016 Bike MS: City to Shore Ride /// Planning Team Commitment Form

2016 COMMITMENT

As a member of the 2016 Bike MS: City to Shore Planning Team, I understand the expectations presented, agree and commit to the following:

- >I will participate in all the projects outlined for every Planning Team member.
- >I will attend monthly Planning Team meetings March October.
- >I will coordinate and attend meetings with other PT members, MS staff and outside liaisons as needed between monthly meetings.
- >I will ride/volunteer the weekend of the Bike MS Ride, September 2016.
- >I understand that in my capacity as a Planning Team member, I am representing the Bike MS: City to Shore Ride and Greater Delaware Valley Chapter and will use my best judgment when acting on behalf of the Ride and the chapter.
- >I understand that my efforts have a direct, positive impact on the more than 15,000 people in the Greater Delaware Valley Chapter affected by multiple sclerosis.
- >I am shortening the road to a world free of MS by raising awareness of the cause, and mobilizing others to **Join the Movement**.

SIGNATURE:	DATE	

PROJECT MANAGERS ALSO COMPLETE THIS PORTION:

As a Project Manager I understand I am part of a select group who will lead and execute specific projects critical to the successful implementation and promotion of the City to Shore Ride. My purpose is to provide assistance to ensure the success of the event and all planning team projects. In addition to the above noted, I will....

- >Attend monthly Advisory Board meetings as requested (6pm Jan- Dec).
- >Act as secondary point of contact for PT members for general Planning Team issues.
- >Assist in identifying emerging leaders.
- >Assist with member follow-up regarding commitment to the PT.
- >Adhere to expectations, tasks, and timelines as outlined in my specific project description.
- >Update and revise job description throughout the season to maintain an accurate account of time spent, tasks, and other relevant factors.
- >Communicate effectively and in a timely fashion between meetings.
- >Engage PT members working on your project and enable them to contribute in a meaningful way.
- >Contribute to monthly meeting agenda preparation, AND present at meetings, as it relates to your project.
- >Review meeting minutes for to-dos, deadlines, and other items and respond accordingly.
- >Conduct a wrap-up session at the end of the season with all involved to debrief, collect objective feedback, and make recommendations for the next year.

SIGNATURE:	DATE:	

Shop Name	Address	RANK				
Bucks C	ounty, PA - Sponsoring Shops					
Bike Line - Warminster, PA	298 York Road, Warminster, PA					
Guys Bicycles	326 East Street, Feasterville, PA, 19053					
High Road Cycles of Doylestown	73 Old Dublin Pike, Doylestown, PA					
Bucks Coul	Bucks County, PA - Non-Sponsoring Shops					
Cyclezone	38 South 8th Street Quakertown, PA 18951					
Doylestown Bike Works	139 SouthMain Street Doylestown, PA 18901					
Eastern Mountain Sports - Warrington,Pa	Valley Sq, Bldg 8, 1700 Valley Square Boulevard Warrington, PA 18976					
Endurance Sports	1623 Big Oak Rd Yardley, PA 19067					
Larry's Bicycles	5735 Bristol-Emilie Road Levittown, PA 19057					
Newtown Athletic Club	Newtown, PA					
Firehouse Cycles	15 South Main Street Yardley PA 19067					
Throttle City Cycle	5426 Bristol Emilie Rd # 2 Levittown, PA 19057					
Chester C	county, PA - Sponsoring Shops					
Bike Line - Exton, PA	292 East Lincoln Highway , Exton, PA, 19341					
Bike Line - Wayne, PA	Gateway Shop. Centr., 111 E. Swedesford Rd., Wayne, PA, 19087					
Bike Line - West Chester, PA	Turner Sq Shopping Center, 117-119 Turner Ln, West Chester, PA, 19380					
Exton Bicycles	337 East Lincoln Hwy, Exton, PA, 19341					
West Chester Bicycle Center	1342B West Chester Pike, West Chester, PA, 19382					
Chester Cou	unty, PA - Non-Sponsoring Shops					
Bean's Bikes & Boards	1012 Lancaster Ave, Berwyn, PA					
Chester County Bicycles	160 Park Road Downingtown, PA 19335					
Downingtown Bicycle Shop	833 West Lancaster Avenue Downingtown, PA 19335					
Paoli Performance Bicycle	1740 E. Lancaster Ave, Paoli, PA 19301					
TWISTED COG	167 Bridge St. Phoenixville, pa 19460					
Velo Souplesse	120 North High Street West Chester, PA 19380					
Delaware (County, PA - Sponsoring Shops					
Bike Line - Broomall, PA	26 South Sproul Road, Broomall, PA, 19008					
Cycle Fit of Delaware County	320 South Chester Rd., Wallingford, PA, 19086					
HighRoad Cycles of Wayne	165 West Lancaster Ave., Wayne, PA					
Delaware Co	unty, PA - Non-Sponsoring Shops					
Cycle Gear - Springfield, PA	160 Baltimore Pike Springfield, PA 19064					
Cycle Sport - Media, PA	801 North Providence Road Media, PA 19063					
Drexel Hill Cyclery	703 Burmont Road Drexel Hill, PA 19026					
EMS	525 W. Lancaster Ave, Haverford PA 19014					
Havertown Bicycle Shop Inc	2030 Darby Road Havertown, PA 19083					
M&M TwoWheelers	606 West Lancaster Ave Bryn Mawr, PA 19010					

NAME _____

Shop Name	Address	RANK			
Montgomery County, PA - Sponsoring Shops					
Bike Line - Montgomeryville, PA	803 Horsham Road, Montgomeryville, PA, 18936				
Bike Line - Pottstown, PA	1386 N. State Street & Rt. 100, Pottstown, PA, 19464				
Bikesport	325 West Main Street, Trappe, PA, 19426				
Human Zoom of Ardmore	47 West Lancaster Avenue, Ardmore, PA				
Indian Valley Bike Works	500 Main Street, Harleysville, PA				
Keswick Cycle of Glenside	408 North Easton Road, Glenside, PA				
Mainline Cycles	717 Montgomery Avenue, Narberth, PA, 19072				
Pedaller Bike Shop	807 W Main Street, Lansdale, PA 19446				
Montgomery C	County, PA - Non-Sponsoring Shops				
Eastern Mountain Sports of Collegeville	220 Plaza Drive, Collegeville, PA, 19426				
Outbound Station Café, Conshohocken	2 Harry St, Conshohocken, PA 19428				
REI Conshohocken					
RIVERBEND CYCLES	1 Station Ave. Conshohocken, PA				
Scooter's Bike Shop	130 North Main Street Souderton, PA 18964				
TAILWIND BICYCLES LLC	160 Main Street Schwenksville, PA 19473				
Allentown	Region, PA - Sponsoring Shops				
Bike Line - Allentown, PA	1728 Tilghman St., Allentown, PA, 18104				
Bike Line - Bethlehem, PA	2112 Schoenersville Road, Bethlehem, PA, 18018				
Allentown Re	egion, PA - Non-Sponsoring Shops	1			
Cutters Bike Shop	418 East 3rd Street Bethlehem, PA 18015				
	a County, PA - Sponsoring Shops	ı			
Bustleton Bikes	9261 Roosevelt Blvd, Phila, PA, 19114				
Human Zoom of Manayunk	4159 Main Street, Phila, PA				
Keswick Cycle - Philadelphia	4040 Locust St, Phila, PA				
Liberty Bell Bikes - 13th St	1901 S. 13th St, Phila, PA , 19148				
Liberty Bell Bikes - Frankford Ave	7741 Frankford Avenue, Phila, PA, 19136				
Philadelphia C	County, PA - Non-Sponsoring Shops				
Bicycle Revolutions	756 South 4th Street Phila PA 19147				
Bicycle Stable	1420 Frankford Avenue Phila pa 19125				
Bicycle Therapy	2211 South Street Phila, PA 19146				
Breakaway Bikes	1923 Chestnut St, Phila, PA 19103				
Brewerytown Bicycles	2819 W Girard Ave. Philadelphia, PA 19130				
Cadence Performance Cycling	4323 Main Street Phila, Pa 19127				
Dr. Cycles	3608 Lancaster Ave., Phila. PA				
Eastern Mountain Sports of Phil.	3401 Chestnut Street, Phila, PA, 19104				

NAME

Shop Name	Address	RANK	
Philadelphia County, PA - Non-Sponsoring Shops (continued)			
Fairmount Bicycles	2015 Fairmount Ave. Philadelphia PA 19130		
Firehouse Bicycles	701 S. 50th Street Phila Pa 19143		
Neighborhood Bike Works	1424-26 W. Susquehanna Ave Philadelphia, PA 19121		
Neighborhood Bike Works	3916 Locust Walk Phila PA 19104		
Neighborhood Bike Works (The Bikery)	508 S. 5th Street Philadelphia, PA 19147		
Performance Bicycle	Riverview Plaza, 1300 S. Columbus Blvd, Phila, PA 19147		
Philly Electric Wheels	7153 Sprague St., Phila, PA 19119		
Trophy Bikes Inc	712 N. Second St, Phila, PA 19123		
Via Bicycle	606 South 9th Street Phila Pa 19147		
Wissahickon Cyclery	7837 Germantown Avenue Phila PA 19118		
Wolf Cycles (Firehouse Bicycles)	4311 Lancaster Ave. Phila Pa 19104		
Camden C	County, NJ - Sponsoring Shops		
Danzeisen & Quigley - Cherry Hill, NJ	1720 Route 70, Cherry Hill, NJ, 08003		
Camden County, NJ - Non-Sponsoring Shops			
Best Bikes	1895 Federal Street, Camden, NJ 08105		
Erlton Bike Shop	Route 70, Cherry Hill, NJ		
Freeride Sports	8 Kings Highway East, Haddonfield, NJ 08033		
Gloucester	County, NJ - Sponsoring Shops		
Action Wheels Bicyle Shop	1066 Route 45, Deptford, NJ, 08090		
Peddler's Shop	807 W. Main St, Deptford, NJ, 08096		
Atlantic C	county, NJ -Sponsoring Shops		
Beacon Cycling and Fitness	231 Tilton Road, Northfield, NJ, 08225		
Atlantic Cou	unty, NJ -Non-Sponsoring Shops		
All About Bikes N Wheels	1301 West Brigantine Avenue, Brigantine, NJ		
Bike World	1738 Atlantic Avenue, Atlantic City, NJ 08401		
Margate Bike Shop	12 South Essex Avenue, Margate, NJ 08402		
Mini Trail Bikes Inc.	307 North White Horse Pike, Linwood, NJ		
Pro Pedals	White Horse Pike, Hamonton, NJ		
Village Schwinn Shop	606 New Road, Somers Point, NJ		
Burlington County, NJ -Non-Sponsoring Shops			
Burlington County Bicycle and Fitness Center	43 Charleston Rd., Suite D, Willingboro, NJ 08046	609 877-8016	
REI Marlton	RT 73, Marlton. NJ		
Wheelies Bicycle	176 Route 70, Suite 6A, Medford, NJ 08055	609 953-9883	
Workman's Bike Center	79 East Main Street, Moorestown, NJ 08057	856 234-6286	
Cumberland County, NJ -Non-Sponsoring Shops			

NAME		
NAME		

Shop Name	Address	RANK	
Salem County, NJ -Non-Sponsoring Shops			
Two By Four Bmx	76 E Pittsfield St, Pennsville, NJ 08070		
Sneakers & Spokes	26 N Main St, Woodstown, NJ 08098		
Tandems East	86 Gwynwood Dr Elmer, NJ 08318		
Tommy's Bicycles	407 Almond Rd, Elmer, NJ 08318		
Cape May County, NJ -Non-Sponsoring Shops			
Cape Island Bicycles	727 Beach Drive, Cape May, NJ 08204		
Hale Bicycle	5 Mechanic St. Cape May Courthouse, NJ		
Sea Isle Bicycle Center	4601 Landis Avenue, Sea Isle, NJ		
Surf Bike Rental	300 Town Bank Road, Cape May, NJ		
Village Bicycle Shop	605 Lafayette Street, Cape May, NJ 08204		
Ocea	n City, NJ -Non-Sponsoring Shops	•	
12th Street Bike Rentals	1168 Boardwalk, Ocean City, NJ		
34th Street Bikes	34th Street, Ocean City		
7th and 11th Street Bikes	700 Boardwalk, Ocean City, NJ		
Annarelli"s Bicycle Store	1014 Asbury Avenue, Ocean City, NJ		
Galante Bike's	943 Ocean Avenue, Ocean City		
McDowell R	13th and Boardwalk, Ocean City		
Ocean City Bicycle Center	740 Atlantic Avenue, Ocean City		

NAME

Confidentiality Agreement for Volunteers

I,, h	nave read and understand the confidentiality	
guidelines of the National Multiple Sclerosis Society as detailed below. To the degree I may b		
given access to the identity and details of people with multiple sclerosis and their families, I wil		
safeguard such information in strict confidence	e.	
Each volunteer and employee of the National	MS Society has an obligation to safeguard the	
confidentiality of personal information and sha	all not disclose in an individually identifiable way	
any information about a particular person with	nout the person's expressed authorization.	
Should I have further questions or need clarif	ication I will immediately contact my supervisor or	
the HR Coordinator.		
	·	
Volunteer Signature	Date	

National MS Society Code of Conduct

This Code is intended to help volunteers avoid situations that could compromise the integrity and independence of the Society's decision-making processes, or compromise the Society's reputation or public confidence in the Society. It is presumed that this Code will be supplemented by good judgment since it cannot contemplate all possible situations of actual or potential conflict of interest. Situations in which personal interests conflict or appear to conflict with the interest of the Society must be avoided. The appearance of a conflict can be just as damaging to the reputation of the Society as an actual conflict.

All National MS Society volunteers shall:

Authorize the use of the name, emblem, endorsement, services, or property of the National Multiple Sclerosis Society only to advance the mission of the Society and in conformance with Society policy.

Seek financial or other resources in the name of the Society, in the best interests of the Society. No volunteer shall accept personal gifts or gratuities (other than very small, inconsequential benefits) from a supplier of goods, equipment or services.

Not knowingly take any action or make any statement intended to influence the conduct of the Society in such a way as to confer any financial benefit on such person or any corporation or entity in which the individual has an interest or affiliation. Volunteers shall scrupulously avoid any conflict between their own respective personal, professional or business interests and the interests of the Society. Among other circumstances, potential conflicts of interest may exist whenever a volunteer or an employee of such person or a member of his or her family has an interest in a business transaction or proposed transaction involving the Society.

Use association with the Society in public events only to advance the mission of the Society. No volunteer shall publicly utilize any Society affiliation in connection with the promotion of partisan politics, religious matters, or positions on any issue not in conformity with the position of the Society.

Maintain the confidentiality and privacy standards of the Society. No volunteer may disclose or reveal or use confidential or proprietary information of the Society or its clients without express authorization.

Not use information regarding or acquired as a result of Society relationships with corporations, or government agencies, or their employees or other sources to buy, sell, or otherwise make transactions of stock, securities or other assets of corporations, their subsidiaries, parents, or competitors or otherwise act for personal benefit or gain themselves or their relatives, friends or business associates.

Periodically affirm in writing upon request of the President of the Society or its chapters that he or she has received, read and understands and agrees to be bound by this Code of Conduct.

Members of scientific and medical professional advisory bodies must avoid situations of possible conflict of interest, or the appearance of a conflict of interest, in the recommendation of grants to their institutions. The member of any institution by which a Society grant is to be considered shall absent himself or herself from the room during the course of discussion and the vote.

In the event that a volunteer's obligation to operate in the best interests of the Society might conflict with his or her personal interests, or with the interests of any organization in which they have an interest, financial or otherwise, or with which they are affiliated, they shall disclose such conflict and any and all relevant information as soon as they become aware of it, shall absent themselves from any relevant deliberations, and shall refrain from participating in decision making in connection with the matter.

Name (please print):		
Signature	Date	





VOLUNTEER CONSENT FORM

I understand and have agreed to participate in the	event/program as a volunteer and have
read and understand my responsibilities to be performed. Based on	the Consent Form, I also understand that as a
representative of the National Multiple Sclerosis Society ("Society"),	I must always conduct myself in a fashion that
does not jeopardize the image of the Society. Volunteers of the Soc	iety will operate in a manner that is in the best
interest of the Society and maintain the highest standards of conduct	and ethical behavior.
Volunteers shall:	
volunteer a shain.	
1. Not authorize the use of the name, emblem, endorsement, se	rvices, or property of the Society without obtaining
consent to do so;	
2. Not take any action that would confer a financial benefit or acce	ept any non-trivial gifts or favors that would confer a
benefit to the volunteer or an entity in which he or she has an affiliat	ion;
3. Not publicly utilize any Society affiliation in connection with the	promotion of partisan politics, religious matters, or
positions on any issue not in conformity with the Society's mission;	
4. Comply with the Society's Privacy Policy and will not disclose, r	eveal, or use confidential or proprietary information
of the Society, its participants, or volunteers without express aut	horization. This includes, but is not limited to, all
medical and personal health information I may obtain about event p	articipants while volunteering.
I hereby consent to and permit emergency treatment in the event of	njury or illness while participating in the event.
I also hereby give permission to the Society to use my name and a	ny photograph, likeness or image taken of me
during the event in any promotional materials, publication or via the w	vebsite.
It is my further understanding that the Society reserves the right to	refuse or dismiss anyone that may cause any
disturbance or hindrance in any manner that could jeopardize the saf	ety of oneself or others.
It will be my sole responsibility to obtain the necessary mode of tran	sportation to perform these responsibilities. If
for whatever reason I am unable to perform as agreed, I will advise th	ne event coordinator immediately.
Print Name:	



Volunteer Signature: ______ Date: _____