PEDALING TO BEAT BREAST CANCER

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E R G U D E

9.16.23 | TAYLOR, TX MANNAJANNARIDE.ORG

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PRESENTED BY

Lone ★ Star Circle of Care

BENEFITING



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WELCOME!

Welcome to the 2023 Texas Mamma Jamma Ride! Thank you for volunteering with us! Whether at the main venue or out on the beautiful country roads at a rest stop, you've got a great day of volunteering in store for you.

Mamma Jamma is back for a start and finish at Heritage Square on historic Main Street in Taylor, TX. Your registration includes a t-shirt, breakfast or lunch (depending on your shift time), and a fulfilling day in a family-friendly atmosphere in downtown Taylor.

Presented by Lone Star Circle of Care, the Texas Mamma Jamma Ride is an annual charity breast cancer bike ride, that raises funds to support the <u>Big Pink Bus</u> mobile mammography service. The Big Pink Bus addressees the critical need for affordable and accessible mammography among under served and uninsured Central Texas women. Early detection saves lives! The Big Pink Bus helps identify breast cancer earlier by providing the latest screening technology to our neighbors who need it most.

Since the first Mamma Jamma ride in 2009, over \$2.5 million has been distributed to support the Central Texas breast cancer community.

Be sure to like and follow Mamma Jamma on social media (<u>Facebook & Instagram</u>) and check the website (<u>mammajammaride.org</u>) for additional information about the ride. Be sure to join Team Mamma Jamma club on <u>Strava</u> too!



SCHEDULE OF EVENTS

*BELOW ARE PUBLISHED TIMES FOR RIDERS. VOLUNTEER SHIFT TIMES WILL DIFFER FROM THE PUBLIC TIMING.

WEDNESDAY, SEPTEMBER 13TH

8:00 AM -	Rider Packet Stuffing
12:00 PM	(Lake Aire Center : 2411 Williams Dr, Georgetown, TX 78628)
12:00 PM -	Georgetown Early Packet Pick Up
7:00 PM	(Lake Aire Center : 2411 Williams Dr, Georgetown, TX 78628)

THURSDAY, SEPTEMBER 14TH

9:00 AM -	South Austin Early Packet Pick Up
6:00 PM (Trek Bicycle: 517 South Lamar Blvd., Austin, TX 78704)

SATURDAY, SEPTEMBER 16TH

5:00 AM	Parking Opens
6:15 AM	On-site packet pick up OPENS
7:00 AM	Staging Begins
7:30 AM	RIDE STARTS
7:45 AM	On-site packet pick up CLOSES
10:00 AM	Post Ride Meal Service Begins
4:00 PM	Post Ride Meal Service Ends
5:00 PM	Post Ride Party CLOSES



VOLUNTEER POSITIONS

BIKE CORRAL	Check riders' bikes in/out from bike corral and manage the security of bikes in corral.
CHEER TEAM	Cheer for riders as they cross the finish line! They just rocked it!
EARLY PACKET PICK UP	Hand out bibs and packets to participants who check-in the days before the ride.
FINISH LINE	Hand out our signature spa towels, medals, and assist with flow of traffic to bike corral.
FOOD TENT	Keep buffet stocked, take meal/beer tickets, monitor trash, and keep food tent clean.
GEAR CHECK	Check in/out riders' bags and manage security of checked gear
ON-SITE PACKET PICK- UP	Check in pre-registered riders and distribute rider packets on event morning
ON-SITE REGISTRATION	Help new riders with registering and ensuring all riders have completed waivers
PARKING	Assist Riders, Volunteers, and Spectators to park efficiently in specified lots.
PHOTOGRAPHERS	Take ride day photos at venue and on course. *Must share with Mamma Jamma post event.
REST STOPS	Set-up, prepare food/drink, hand out snacks, cheer on riders, and tear down rest stop.
RIDER PACKET ASSEMBLY	Assemble Rider Packets with loads of goodies to have ready for packet pickup.
VENUE BREAKDOWN	Help take down venue signage, equipment, loading storage, and packing box truck.
VOLUNTEER CHECK-IN	Sign volunteers in/out, provide t-shirt and directions where to go.







FAQS ALL VOLUNTEERS

HOW DO I GET MY HOURS CONFIRMED FOR MY SERVICE ORGANIZATION?

Unless your organization requires specific paperwork, all service hours can be tracked and verified electronically through our volunteer platform, Give Pulse. After your volunteer shift, you will receive an email to submit the details of your "Impact," as Give Pulse calls it, for verification by the organization. If you do not receive the email, please follow steps in this <u>tutorial</u> on how to submit your Impact. If you need additional information after the event, please do not hesitate to email Rosie Baldwin at <u>rbaldwin@lscctx.org</u>.

AM I REQUIRED TO FUNDRAISE?

As a volunteer, you are not required to fundraise, your time is already a huge contribution to the organization! However, if you are inclined to support the ride further and spread the word about the organization, you may choose to donate to the ride at <u>mammajammaride.org</u>.

WHO CAN I CONTACT IF I NEED A REMINDER ABOUT MY SHIFT OR ASSISTANCE BEFORE I ARRIVE TO VOLUNTEER?

When you registered to volunteer, you created an account through Give Pulse. You may log into your account, click the "My Activity" drop down at the top right of the webpage, and select "Registrations." If you have any additional questions, please do not hesitate to email Rosie Baldwin at <u>rbaldwin@lscctx.org</u> with any questions related to your volunteer shift, or call Alexandra (361) 648-4990 if you have questions on the day of the ride.

CAN I BRING MY FRIEND / FAMILY MEMBER?

As much as we would love to have friends and family, we are asking that all volunteers are preregistered.

WHAT SHOULD I BRING?

Volunteers should plan to bring as little to their shift as possible (i.e. phone and keys). We prefer to keep bags and extra items on site to a minimum.

PACKET STUFFING AND EARLY PACKET PICK-UP VOLUNTEERS

WHEN DO I NEED TO ARRIVE FOR MY SHIFT?

We recommend you arrive 10 minutes prior to your shift. This will give you time to park, checkin, and change into your volunteer shirt before your shift begins.

WHAT SHOULD I WEAR?

We will provide you with an event volunteer shirt upon check-in for your first shift and then we recommend you dress in comfortable clothing and shoes. You may be on your feet for extended periods of time and you will be indoors. If you are volunteering multiple days with us, please plan to wash and rewear your shirt for your additional shifts.

IS FOOD PROVIDED?

Lunch will be provided for packet stuffing volunteers on Wednesday and the first early packet pick up shifts on both Wednesday and Thursday. All other shifts will have basic snacks and water on site but we recommend that you eat prior to arrival or plan to eat after your shift.

EVENT DAY VOLUNTEERS

WHEN DO I NEED TO ARRIVE FOR MY SHIFT?

We recommend you arrive 15-20 minutes prior to your shift on event day. So that you have time to park, check-in, and change into your volunteer shirt before your shift.

WHERE DO I CHECK IN FOR MY SHIFT?

Event day volunteers assisting at Heritage Square in Taylor, should proceed to the volunteer check in tent located between the pavilion and Taylor City Hall. *ALL REST STOP VOLUNTEERS SHOULD GO DIRECTLY TO THEIR ASSIGNED STOP. YOUR SHIRT WILL BE WAITING FOR YOU THERE WITH THE REST STOP LEAD.

WHAT SHOULD I WEAR?

We will provide you with a volunteer shirt at check-in for your first shift. If you are volunteering multiple days, please wash and rewear your shirt for your other shifts. Volunteers should dress in comfortable clothing and layers are always recommended! It can be chilly during the early morning shifts, but warm right up after the ride start! Volunteers should ALWAYS wear closed toes shoes for their safety and we strongly encourage event day volunteers pack a hat.

IS FOOD PROVIDED?

Yes, all volunteers will be provided a meal after their shift. There will be breakfast tacos, coffee, and fruit for the early risers as well. Rest Stops on course that are open until the afternoon hours will have lunch delivered out to the stops for volunteers. However, all volunteers are welcome to come to the venue after their shift concludes for a meal. Food service onsite concludes at 4:00 PM.

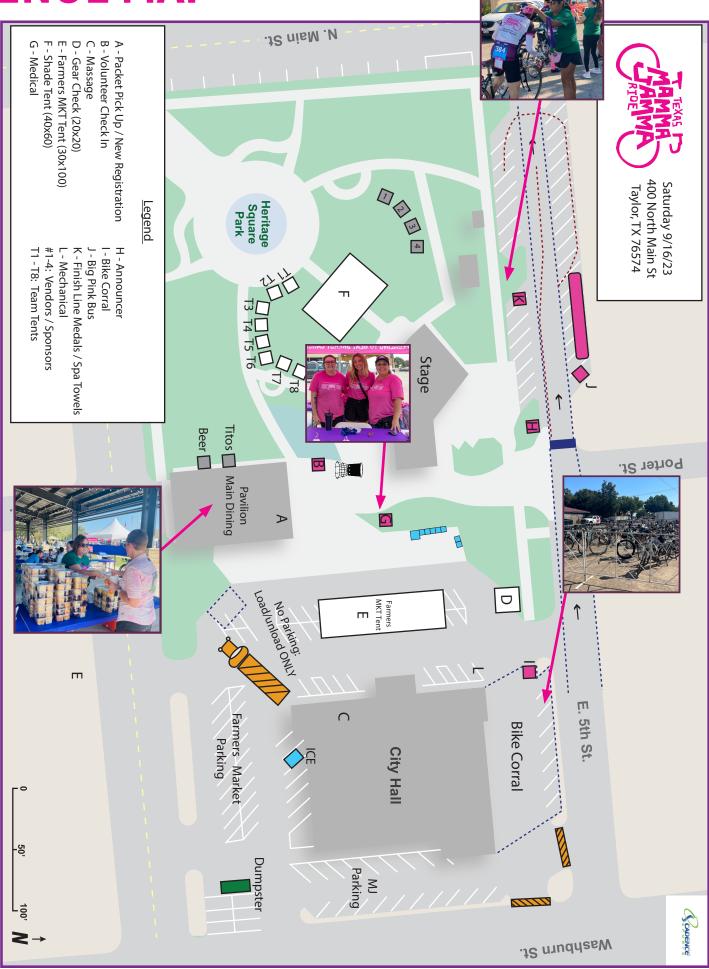
PARKING INFORMATION

Downtown Taylor offers many options for parking! Look at the map below for all approved parking zones for the Texas Mamma Jamma Ride. Abide by all signage and do not park in private business lots. Street parking is available, but we have been asked to leave storefront parking along main street for store visitors. Thanks for your cooperation!

Big Wigs and Volunteers (working in Heritage Square) have designated parking lots, but may also park in any of the 'general' areas as well.



VENUE MAP



SUPPORT PHONE NUMBER

Out on the course and need assistance for another volunteer or a rider? It could be for reasons such as mechanical, non-emergency medical, or help with directions. Call our support phone line and we will get a support vehicle to your location ASAP! That number is 833-988-7853 and it is also located on the back of your bib so you always have it on you while riding.

IMPORTANT: If your medical need is an emergency for you, another volunteer or rider, always call 911 first and then call our support line second.

COURSE INFORMATION

The course starts and finishes at the corner of 5th and Main Street in Taylor, TX and offers a great day of riding through the countryside. Riders have the option of 15, 25, 50, and 70 mile routes. Rest stops for food and water are located every 10-15 miles and are manned by amazing volunteers! There will be Support and Gear vehicles (SAG) and mechanical support on the course to assist riders in need, but remember, even volunteers can call the support number listed above to request assistance for a fellow volunteer or rider during the event.

REST STOP SUMMARY

COURSE	FROM	ТО	POINT TO POINT	TOTAL
15 MILE	Start	#A	7.3 miles	7.3 miles
	#A	Finish 7 m	iles	14.3 miles
25 MILE	Start	#A	7.3 miles	7.3 miles
	#A	#5	11.1 miles	18.4 miles
	#5	Finish 6.9 i	miles	25.3 miles
50 MILE	Start	#1	13.1 miles	13.1 miles
	#1	#3	13.4 miles	26.5 miles
	#3	#4	10.4 miles	36.9 miles
	#4	#5	7.5 miles	44.4 miles
	#5	Finish 6.9	miles	51.3 miles
70 MILE	Start	#1	13.1 miles	13.1 miles
	#1	#2	14.3 miles	27.4 miles
	#2	#3	16.9 miles	44.3 miles
	#3	#4	10.4 miles	54.7 miles
	#4	#5	7.5 miles	62.2 miles
	#5	Finish 6.9	miles	69.1 miles

WEATHER CONDITIONS AND SAFETY

The Texas Mamma Jamma Ride reserves the right to postpone the ride start, reduce the length, or cancel the event to ensure the safety of its participants. The organization will do everything within its capabilities to communicate cancellation, postponement, or alteration of the event to Participants as quickly as possible. The Texas Mamma Jamma Ride will utilize a text messaging alert system at their discretion to communicate any emergency notifications including, but not limited to any of the above mentioned scenarios. In all cases, partners and participants are responsible for their own safety and should use their best judgment in deciding whether or not to continue if severe weather conditions exist.

Weather is unpredictable and rain is a very real possibility. Barring severe weather emergencies, the Texas Mamma Jamma Ride will continue despite poor weather conditions. Participants should be prepared for high winds, temperatures ranging from 60-100 degrees Fahrenheit, heavy rainfall, and/or a combination of these conditions.

Given that weather can change during the event, weather related announcements may need to be issued after the start of the event. Texas Mamma Jamma Ride will utilize the Event Alert System (EAS) as a visual aid for communicating to Riders and volunteers the potential for adverse weather conditions. A series of color codes will be used to indicate increasing severity of adverse conditions. The color-coded signs will be displayed at each rest stop and the venue.

ALERT LEVEL	LEVEL CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED/FOLLOW EVENT OFFICIAL INSTRUCTIONS
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN/OBSERVE COURSE CHANGES/FOLLOW OFFICIAL IN- STRUCTIONS/CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT/BE ALERT

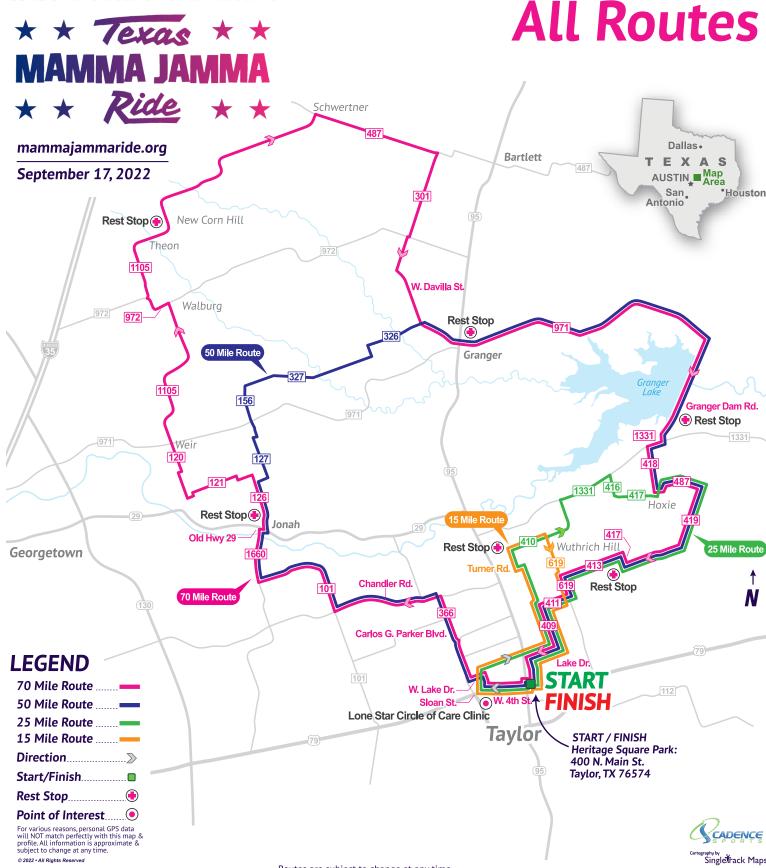
SHELTER:

- Downtown Taylor buildings near the Start/Finish
- Rest stops or other appropriate locations/assets along the course (use your best judgment)
- Personal Vehicles



Due to recent road construction, detours are NOT shown on maps. **Riders must follow signs.**

LONE STAR CIRCLE OF CARE PRESENTS



ENTERTAINMENT

Performing live from the Heritage Square stage at this year's Mamma Jamma ride will be Granger born and raised Garrett Pekar playing upbeat rock, pop, and country fan favorites. A high school teacher and tennis coach by day, and resident weekend performer on Austin's Sixth Street, Garrett delights with popular covers spanning the decades.

http://www.facebook.com/garrettpekarmusic https://www.instagram.com/garrettpekar/



EVENT LUNCH

PROVIDED BY: MIXTAPE

This year, Mamma Jamma participants will enjoy lunch from MIXTAPE, a carefully curated restaruant and bar in Taylor featuring an innovative menu with a hint of fire and smoke. Proprietors, Alecia and Ryand Davenport, pride themselves on featuring flavors that take you back in time and yet take you somewhere completely new. Located in Taylor's Historic Downtown, MIXTAPE was founded upon the desire to serve the Taylor Community in every sense of the word. Enjoy dinner, a craft cocktail and friendly connection Thursday through Saturday from 4PM - 9PM.

REGULAR: Smoked Turkey Sandwich - Smoked Turkey, Vinegar Slaw Topper, Martin's Potato Roll, House BBQ Sauce. Side Cucumber Salad - Cucumber, Tomato, Red Onion, Kalamata Olive, Vinaigrette dressing

VEGETARIAN: Crispy Tofu Sandwich -Crispy Tofu, Vinegar Slaw Topper, Martin's Potato Roll Side Cucumber Salad - Cucumber, Tomato, Red Onion, Kalamata Olive, Vinaigrette dressing

DESSERT: Pecan Sandies

www.mixtapetaylor.com https://www.facebook.com/MixtapeTaylor https://www.instagram.com/mixtapetx/



LONE STAR CIRCLE OF CARE & THE BIG PINK BUS

Founded in 2001 in Georgetown, Texas, Lone Star Circle of Care (LSCC) is a federally qualified health center that provides exceptional and accessible patient-centered healthcare for our Texas neighbors regardless of insurance status or ability to pay. LSCC provides comprehensive primary care for patients of all ages, including Family Medicine, Pediatrics, OB/Gyn, Behavioral Health, Dentistry, Optometry, Convenient Care, Virtual Visits, Pharmacy, and Mobile Mammography services. LSCC has 27 clinics throughout Central Texas and Houston and serves nearly 100,000 patients annually.

In July 2021, LSCC launched the Big Pink Bus to provide high-quality and affordable breast cancer screenings to underserved and uninsured women. So far, the Bus has traveled more than 18,400 miles across Central Texas to perform more than 4,000 mammograms during more than 300 screening events at 49 unique locations.

Be sure to take your photo in front of the Big Pink Bus at the Ride and connect with staff on-hand to answer questions.



SPONSORS





*PLEASE FILL OUT AND BRING TO PACKET PICK UP USA CYCLING, INC. VOLUNTEER PROGRAM

In response to requests from event organizers, USA Cycling, Inc., has implemented use of the following Volunteer Liability Form. The intent of this form is to be sure you understand you are *not* covered by USA Cycling's accident insurance or worker's compensation insurance. If you are injured, you are responsible for your own medical expenses. You are also assuming the risk of any injury, you are waiving claims arising from your volunteer work and association with this event, and you are agreeing not to sue USA Cycling, Inc. and others as a result of any injury or damages you may suffer as a volunteer for a program or event associated with USA Cycling, Inc., even if you are volunteering for some person or entity other than USA Cycling, Inc. THIS RELEASE COVERS ALL FUTURE EVENTS AND PROGRAMS ASSOCIATED WITH USA CYCLING, INC. AS WELL AS THE SPECIFIC EVENT OR PROGRAM IDENTIFIED BELOW.

Volunteers are covered by the USA Cycling, Inc. policy covering event liability so long as they sign this form, which means that, subject to the terms and conditions of that policy, the insurance carrier will defend against any claims against the volunteer that are covered by the policy (some claims are not covered, such as claims arising from intentional or deliberate acts or as a result of their professional occupation). USA Cycling, Inc. makes no assurance, warranty or representation as to what claims might be covered by its liability policy and gives notice that not all claims are covered.

VOLUNTEER'S ACKNOWLEDGEMENT, WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF THE RISK, AND AGREEMENT NOT TO SUE

Program/Event Name: _____

Type of Volunteer Activity:

Event Date(s):

In consideration of the event or program organizer allowing me the opportunity to participate in the above named program or event:

I ACKNOWLEDGE THAT BY SIGNING THIS DOCUMENT, I AM SOLELY RESPONSIBLE FOR ALL INJURIES, LOSSES, OR DAMAGES THAT I MAY SUFFER OR INCUR IN CONNECTION WITH THE PROGRAM OR EVENT IDENTIFIED ABOVE OR ANY FUTURE PROGRAM OR EVENT ASSOCIATED WITH USA CYCLING. I FURTHER AGREE TO INDEMNIFY, TO HOLD HARMLESS, AND NOT TO SUE USA CYCLING, INC. (USAC), USA CYCLING DEVELOPMENT FOUNDATION (USACDF) OR THEIR RESPECTIVE AGENTS, INSURERS, EMPLOYEES, VOLUNTEERS, MEMBERS, CLUBS, OFFICIALS, SPONSORS, EVENT DIRECTORS, LOCAL ASSOCIATIONS, AND AFFILIATES (COLLECTIVELY "RELEASEES") FOR ANY INJURIES, LOSSES, OR DAMAGES THAT I MAY SUFFER OR INCUR. I UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL LEGAL RIGHTS. THIS DOCUMENT IS A CONTRACT WITH LEGAL AND BINDING CONSEQUENCES AND IT APPLIES TO ALL ACTIVITIES AT THE EVENT, REGARDLESS WHETHER LISTED OR NOT ABOVE. I HAVE READ IT CAREFULLY BEFORE SIGNING, AND I UNDERSTAND WHAT IT MEANS AND WHAT I AM AGREEING TO BY SIGNING.

I ACKNOWLEDGE THAT CYCLING IS AN INHERENTLY DANGEROUS SPORT AND FULLY REALIZE THE DANGERS OF PARTICIPATING IN THE BICYCLE PROGRAM OR EVENTS, AND FULLY ASSUME THE RISKS ASSOCIATED WITH SUCH PARTICIPATION INCLUDING, by way of example, and not limitation: the dangers associated with man-made and natural jumps; the dangers of collision with pedestrians, vehicles, riders, and fixed or moving objects; the dangers arising from surface hazards, including pot holes, equipment failure, inadequate safety equipment, use of equipment provided by the event or program organizer and others, <u>THE RELEASEES' OWN NEGLIGENCE</u>, the negligence of others and weather conditions; and the possibility of serious physical and/or mental trauma or injury, or death associated with a cycling event or program.

For myself, my heirs, executors, administrators, legal representatives, assignees, and successors in interest (collectively "Successors") <u>IHEREBY</u> <u>WAIVE, RELEASE, DISCHARGE, HOLD HARMLESS, AND PROMISE TO INDEMNIFY AND NOT TO SUE</u> the Releasees and all sponsors, organizers, promoting organizations, property owners, law enforcement agencies, public entities, special districts and properties that are in any manner connected with the USA Cycling program or event, and their respective agents, officials, and employees through or by which the event or program will be held, (the foregoing are also collectively deemed to be Releasees), <u>FROM ANY AND ALL RIGHTS AND CLAIMS INCLUDING</u> <u>CLAIMS ARISING FROM THE RELEASEES' OWN NEGLIGENCE TO THE MAXIMUM EXTENT PERMITTED BY LAW</u>, which I have or which may hereafter accrue to me, and from any and all damages which may be sustained by me directly or indirectly in connection with, or arising out of, my participation in or association with the program or events, or travel to or return from the program or events. I agree it is my sole responsibility to be familiar with the course of the program or events, the Releasees' rules, and any special regulations for the program or events and agree to comply with all such rules and regulations. I understand and agree that situations may arise during the program or events which may be beyond the control of Releasees, and I must participate so as to neither endanger myself nor others. I accept responsibility for the condition and adequacy of my equipment, any equipment provided for my use, and my conduct in connection with the program or events. I have no physical or medical condition which would endanger myself or others if I participate in the program or events, or would interfere with my ability to safely participate in the program or events.

I agree, for myself and my Successors, that the above representations are contractually binding, and are not mere recitals, and that should I or my Successors assert a claim contrary to what I have agreed to in this contract, the claiming party shall be liable for all expenses (including legal fees) incurred by Releasees in defending the claims. This contract may not be modified orally, and a waiver or modification of any provision shall not be construed as a waiver or modification of any other provision herein or as consent to any other waiver or modification. I acknowledge and participate in the program or events subject to the limitations and conditions of insurance coverage stated in the beginning of this contract. I consent to the release by any third party to Releasees and their insurance carriers of my name and medical information that may relate solely to any injury or death I may suffer arising from the program or events. Every term and provision of this contract is intended to be severable. If any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable.

In the event that I am unable to do so on my own because of an injury, I consent to administration of first aid and other medical treatment in the event of injury and agree to pay the costs of any such treatment.

I ATTEST THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER [19 IN ALABAMA] (OR THAT IF I AM YOUNGER, MY PARENTS OR LEGAL GUARDIAN HAVE EXECUTED THIS WAIVER BELOW), AND THAT I AM PHYSICALLY FIT AND SUFFICIENTLY TRAINED TO PARTICIPATE IN ALL ACTIVITIES ASSOCIATED WITH THE PROGRAM OR EVENTS AND MY PARTICIPATION IN SUCH PROGRAM OR EVENTS IS VOLUNTARY.

I hereby state that I have read and understand the above stated terms and conditions.

Volunteer's Name (Printed)

Event Date(s): See above.

Volunteer's Signature

Date Signed

Date of Birth:

MINOR VOLUNTEER'S ACKNOWLEDGEMENT, WAIVER AND RELEASE OF LIABILITY ASSUMPTION OF THE RISK, AND AGREEMENT NOT TO SUE

Event Name: See above Type of Volunteer Activity: See above. Full Name of Child:

CONSENT AND RELEASE OF PARENT OR LEGAL GUARDIAN

I am the parent or legal guardian of ______(Child). My Child is fit and capable to participate in the above program or event, and I consent to my Child's participation. <u>I HAVE READ AND I UNDERSTAND THE ABOVE CONTRACT</u>. In consideration of allowing my Child to participate, I consent to the contract and agree that <u>ITS TERMS SHALL LIKEWISE BIND ME, MY CHILD</u>, and our heirs, legal representatives, and assignees. <u>I HEREBY RELEASE AND SHALL DEFEND, INDEMNIFY AND HOLD HARMLESS THE RELEASEES FROM EVERY CLAIM</u> <u>AND ANY LIABILITY</u> that I or my Child may allege against the Releasees (including reasonable legal fees and costs) as a direct or indirect result of injury or death to me or my Child because of my Child's participation in the program or events, <u>WHETHER CAUSED BY THE NEGLIGENCE</u> <u>OF THE RELEASEES OR OTHERS TO THE MAXIMUM EXTENT PERMITTED BY LAW. I PROMISE NOT TO SUE RELEASEES</u> on my behalf or on behalf of my Child regarding any claim arising from my Child's participation in the program or events.

I hereby state that I am the legal guardian of the child identified above and that I am authorized to make this decision. I have read and understand the above stated information.

Parent or Legal Guardian Name (Printed)

Signature of Parent or Legal Guardian

Date Signed

USA CYCLING, Inc. = 210 USA CYCLING POINT = COLORADO SPRINGS CO 80919-2215 = PHONE 719/434-4200 = FAX 719/434-4300 = E-mail: <u>membership@usacycling.org</u>

Rev 1/20