

BLIND STOKERS CLUB (BSC)

Tandem Team Program Description - 2012

A program of tandem bicycle riding for those with vision challenges.

Eligibility: Blind or visually impaired stokers (rear seat position), and tandem captains to team with them, in order to enjoy the simple pleasures of cycling.

The Blind Stokers Club has roots from the first Cycling for Sight tour in 2005. The BSC applies principles of setting and attaining a goal, fundraising, mentoring, teamwork, along with the joy and freedom of bicycling and the adventure of travel with a group. In its first 4 years, BSC members pedaled over 60,000 member miles. Over 120 members of 60 tandem teams have completed the 3-day Cycling for Sight (CFS) tour, and eight members completed the 7-day 620 mile CAF Million Dollar Challenge (MDC) Tour, and accomplished many personal and cycling milestones.

Tandeming is a team sport, and requires 2 teammates (stoker and captain) to be matched in size and personality. Each stoker in the program will be matched with a captain and tandem, with the intent that all 3 participate together as a team, during training rides and events throughout the year. Each captain will serve as a cycling mentor and coach for his/her stoker teammate.

The BSC holds rides at approximately monthly intervals, with usual ride distances between 25 and 50 miles. Typical rides will last 3 to 5 hours, plus added time for transit to/from ride location and snack or social add-ons. As the Cycling for Sight event nears, rides will lengthen to up to 60 miles with more hills. Riders joining the BSC should be prepared to train to meet these goals. For reference, the club Ride Calendar for the current year can be downloaded from the BSC website (Members page).

Club Participant Responsibilities & Pledge

- **Captains and stokers have responsibilities for maintaining communication with their partners and club-mates, and for ensuring that the 3 essential components are prepared and transported to designated activity locations for rides. Primary club communications are via website and direct email. Each club member should have computer and email access.**
- **Each participant and team makes a pledge to participate in BSC rides and activities for the calendar year. Further, teams are expected to supplement the base BSC ride and training schedule with individual and team training as may be needed for reaching goals, e.g. CFS tour, century ride, etc.**

Interested participants complete, sign, and forward the Blind Stokers Club Application to BSC Director Dave White director@blindstokersclub.org 619-881-5765

Keep connected with information on the BSC website at <http://blindstokersclub.org> (send email request or call for password for Roster access).



Application – 2012

- Stoker
- Captain
- Substitute Captain
- Captain in Training
- Other Support Role

Name: _____

Address _____ ZIP _____

San Diego Neighborhood / Area _____

Phones: _____ e-mail: _____

Height: _____ Weight _____ Date of Birth: _____

Next of Kin Name: _____
 Relationship: _____ Phone(s): _____

Applicant's purpose for wanting to join the BSC: _____

If **Stoker**, explain sight loss (partial/total, since when): _____

If **Stoker** has a tandem, describe _____

If **Captain or Other**, describe tandem experience and your tandem, or other area of support interest: _____

Liability Waiver: I acknowledge I understand the intent of this liability waiver and know I have the right to consult an attorney before signing it. I agree for myself, my heirs, my executors, administrators and representatives to waive any and all rights and claims for damages against any and all persons associated with the Blind Stokers Club, and will absolve and hold them harmless for any and all injuries, death, harm, loss or damages related to the Blind Stokers Club or related activities. I acknowledge bicycling is a dangerous sport and represent I am physically capable to participate in cycling activities. I agree to observe all applicable traffic rules, wear a proper helmet and conduct myself in a safe and prudent manner while participating in all activities. I consent to and permit emergency medical treatment in the event of injury or illness while participating in activities related to the Blind Stokers Club.

My signature also certifies that I have read the BSC Tandem Team Program Description and I understand my responsibilities and pledge to honor those and to support the club calendar.

Participant Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

(If participant is under 18)

If applicant is a minor, check here after BSC Director speaks to parent.

Mail completed form to Dave White, 9560 Hiker Hill Rd, San Diego, CA 92129 or email director@blindstokersclub.org or call 619-881-5765