

New Rider Guide

2017 Ride

Intro Contacts Meetings Events Gear Pre Ride DC App A App B App C

This rider guide was adapted (plagiarized) from a Chapter 13 version. All relevant information was adjusted. It does not replace attendance at our monthly meetings where up to date information will be disseminated..... President John Dehl



Photo Courtesy of Michael Stolzman

We Ride For Those Who Died. In May 1997 the Police Unity Tour Inc. was organized by Officer Patrick P. Montoure of the Florham Park Police Department, with the hope of bringing public awareness of Police Officers who have died in the line of duty and to honor their sacrifices. The Police Unity Tour started in 1997 with 18 riders on a four day fund raising bicycle ride from Florham Park, NJ to the National Law Enforcement Police Officers Memorial in Washington D.C. and raised \$18,000.00. Since then we have grown from 18 to 2300 Riders and in 2017 we raised 2.3 million dollars for the Law Enforcement Memorial and Museum. We are proud to say that we have raised over 20 million dollars for the National Law Enforcement Officers Memorial to date. Inspired by our commitment and our Motto, "WE RIDE FOR THOSE WHO DIED"®, the National Law Enforcement Officers Memorial Fund has selected The Police Unity Tour Inc. to be the sponsor of the Museum Hall of Remembrance.

The 2017 Tour will begin in Mercer County New Jersey on May 9th and arrive in Washington D.C. at the National Law Enforcement Officers Memorial on May 12th. The Candlelight vigil will be held on May 13, 2016 on the National Mall in front of our Nation's Capital Building.

Chapter 10 is planning on 2017 to be another banner year. In 2016 Chapter 13 joined our Family and they will be riding with us again. Brothers and Sisters from across the US are gearing up to make this our best year yet! Your application is in and we hope that the information contained in this Newsletter will assist you in preparing for the....

**2017 POLICE UNITY TOUR
CHAPTER 10 RIDE**

CONTACTS

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Hamilton Twp. PD

Website

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Marlboro Twp. PD

Media

Police Unity Tour Inc. Chapter 10

Website

<http://www.policeunitytourchapter10.c>

Police Unity Tour National Office

<http://policeunitytour.com>

National Law Enforcement

Officers Memorial Fund

<http://www.nleomf.org>

Facebook
Joshua Pedalino
Jspedalino@yahoo.com
Toms River PD

Instagram

LinkedIn

Twitter

Strava
Routes/Mileage/Training
<http://www.strava.com/athletes/11216181>

SnapChat
Training Rides/Ride Feedback

Meetings

**** MEETINGS:
All NJ members
are REQUIRED
to attend the
January and
April Meetings
in order to
participate in
the 2017 Police
Unity Tour.**

**All non NJ
residents will
have State
specific
meetings they
are required to
attend via**

The following events have been scheduled for the Chapter. Further details, additional important information and updates (including potential date changes) will be emailed to all members, so please keep your email address current with the Media Chairperson and watch your inbox for up-to-date information. (info@policeunitytourchapter10.com)

Meetings

All Meetings will begin at 7:30pm. They last around 2 hours.

Executive Board Meetings will be held at 6:00pm prior to regular meeting

Crystal Point Yacht Club
3900 River Road
Point Pleasant, NJ 08742

For out of State Members all General Meetings will be broadcast via Goto Meeting – details to follow

- | | |
|--------------------|---|
| January 18, 2017 | Mandatory General Meeting - Deposits Due |
| February 15, 2017 | General Meeting–Support Personnel Mandatory |
| March 15, 2017 | General Meeting – Motor Support and Marshals Mandatory |
| April 19, 2017 | General Meeting – Donation deadline – All donations due |
| May 9, 10, 11 & 12 | Police Unity Tour |
| May 13 | Candlelight Vigil |

Training Ride Calendar
All Ride Marshals will have a mandatory training ride to attend. All other members are required to attend at least 1 training ride! Our Ride Marshals represent different geographic regions throughout the state. They will all have rides planned for you to attend.

**GOTO Meeting.
Details to
follow.**

EVENTS

Ways To Participate in the Ride

There are three options for participating in the 2017 Police Unity Tour. All options have the same fundraising requirement, and space is limited for all.

- Rider
- Motorcycle Officer
- Support

Application Process

Applications are completed through a two-step online process. You should have completed both parts. You are not accepted to the Tour until your application fee has been accepted with Part 2. Applications for future reference always start around August/September. In order to receive information about applications, please ensure your email is on the Chapter email roster (info@policeunitytourchapter10.com).

First priority is offered to previous participants, and there is an early application phase for returning riders who are in good standing. Once the early application dead-line passes, New Rider applications are accepted on a first-come, first served basis.

At the time that an application is submitted, a \$75 Application Fee is required. That fee is subject to change. Additionally if you are a new member you are required to raise \$500 within the first 30 days of your application. The Processing Fee is non-refundable and non-transferrable.

Fundraising Requirement

Every participant is required to raise a minimum of \$1850.00 in donations (\$1925 in total with the \$75 application fee), though all are encouraged to raise as much as possible.

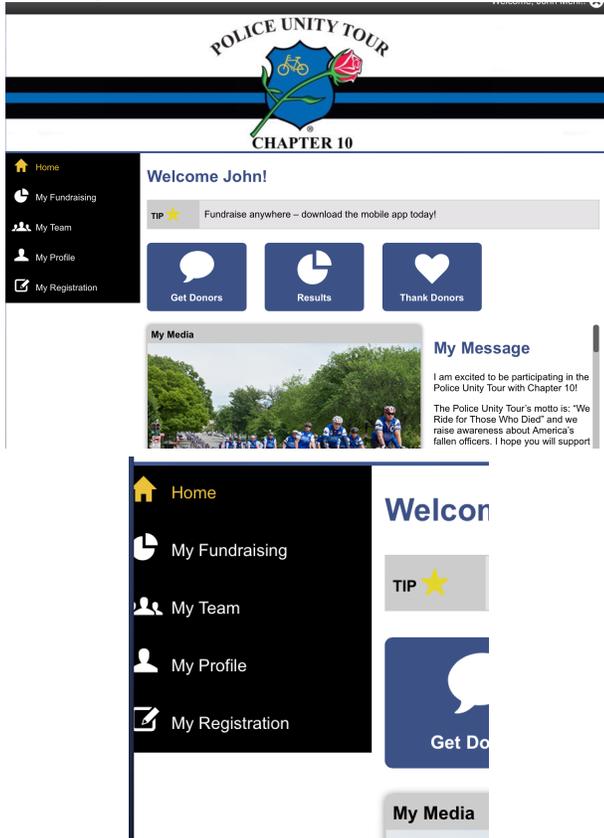
Participants raise money in a variety of ways. Members can set up an individual online fundraising page via the application process (this online fundraising page is strongly advised since it charges lower fees than other online fundraising sites and provides streamlined bookkeeping for our Chapter.) Promoting your online fundraising page via social media and email can be very effective. Corporations, family, and friends can be good sources for donations. In the past, members have hosted fundraising events at restaurants (some will donate a percentage of sales when patrons bring in a flyer, for example), at entertainment events (where a percentage of tickets sales will be donated), or by organizing dinner/auction events. Finally, some members create and sell customized items (t-shirts, mugs, water bottles, jerseys, etc.) following the Police Unity Tour Logo Use policy. (see below)

EXPENSES COVERED BY THE POLICE UNITY TOUR:

- Hotel (with roommate) for the nights of May 9-13
- Breakfast & lunch on May 9, 10, 11 (provided by Hotels)
- Breakfast only on May 12

Application Changes

While we appreciate you getting it all right the first time, most of your information can be changed once your application is in. You can log into your personal page and under the My Profile link you can edit your answers. No changes should be made after January 1st.



- Well-stocked rest areas
- Mechanical support & SAG
- Other hidden costs – Insurance, rentals, permits, rentals, equipment maintenance, etc.

EXPENSES NOT COVERED BY THE POLICE UNITY TOUR:

- airfare (out of state)
- hotels prior to May 9* and/or after May 13
- meals not specified above
- all cycling equipment and clothing, including required Police Unity Tour uniforms
- memorial bracelets
- team rental cars (out of state)
- bike shipping
- motorcycle shipping

Logo

IMPORTANT INFORMATION ABOUT LOGO USE: There are detailed, strictly-enforced policies and procedures for using trademarked Police Unity Tour logos including (but not limited to) the Police Unity Tour name, slogan, logos, motto ("We Ride For Those Who Died"), and patches. Please contact a Board Member BEFORE creating any item using any of the Police Unity Tour logos or phrases to obtain detailed Logo Use Guidelines and information about the procedure to follow for securing permission to create a Police Unity Tour item.

You must submit all flyers and use of the logo, or artwork associated with fundraising for approval. You are subject to fines should you proceed without permission and use the logo without expressed written consent of the Police Unity Tour Inc. National Board. CHAPTER 10 does not conduct fundraising.

For any and all questions please contact John Mehl (jmehlputchapter10@gmail.com) or Artie Cronk (mpd367@aol.com)

CYCLING GEAR

If you do not already own a bicycle and associated gear, feel free to check with other members for recommendations about what to get and where to get it. You may wish to consider contacting the manager of



your local bike shop to explain what the Police Unity Tour is about and that we are a 501(c)(3) charitable organization; they may give you a donation or discount on needed items.

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<u>Bicycle</u>	<u>Helmet:</u>
: Only traditional two-wheeled bicycles are permitted. It is strongly recommended that you use a geared road bike, but there are members who ride on mountain bikes, some department-issued. If you think you might want to ride anything other than a	All riders must wear a helmet throughout the ride. Helmets must have been manufactured within the past five years. Wearing a Road Helmet is recommended as they are designed to keep you cool while protecting your noggin!
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	<u>Cycling Shoes:</u>
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The Uniform of the Day

Riders must wear a blue Police Unity Tour Jersey, plain black shorts/pants (or black Police Unity Tour shorts), helmet (see above), and eye protection.

Support Team members must wear a blue Police Unity Tour Support polo shirt, black shorts/pants, and black boots, tennis shoes, or closed-toe shoes.

Weather during early May is unpredictable.

We've ridden in hot and humid, cold with snow and rain and everything in between, usually within the same four-day ride. The following gear list accounts for such conditions.

The following represent the minimums of each recommended.

You can always have 1 of each for every day or 1 of each for the entire trip (although you might come away with the "Pigpen" nickname after.

- **Black**
- **Polic Padded**
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- **Unit nts/Tights**

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kets/ shirts can be found on the website. Uniforms should be ordered in advance of the ride because only limited numbers may be available. The tour provides basic meals at certain stops. We are not equipped to provide alternative dietary alternatives. If you need assistance in keeping medically specific dietary foods refrigerated or please advise us in writing in advance.

on may be provided if needed...
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Supplements/Food/Medications: If you require medication, or if you prefer specific supplements, drink mixes, or other items, bring them. Rest stops are well stocked with food and liquids, but your favorite items may not be available. The tour provides basic meals at certain stops. We are not equipped to provide alternative dietary alternatives. If you need assistance in keeping medically specific dietary foods refrigerated or please advise us in writing in advance.

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Before the Ride

"Train Well So You Can Ride Easy". The key to enjoying the Police Unity Tour is adequate preparation and training. Since everyone who joins the Police Unity Tour has a different level of cycling experience and fitness, you will need to tailor your own training plan so that you are able to complete the ride with the group. Sample training plans are included in **Appendix B** of this information packet. Chapter Board Members Dave Sussman, Mike Martin, Chris Fritz and Chuck Schnell are all available to assist with questions about training. If you are from the East Coast the winter weather doesn't sometimes until 1 month from the Tour. **THIS IS NOT ENOUGH TIME TO PREPARE.** You should be supplementing "road time" with adequate and appropriate cardio. "Road time" for East Coast and New Englanders will help with Saddle Time and yes that is something to consider and ask about. To help ensure adequate training levels, we require every rider to complete at least one 50-mile training ride prior to departing for DC. There are Chapter-sponsored 50-mile training rides scheduled (see page 3 for dates) and we encourage everyone to attend at least one of these rides. If you plan to organize or participate in another 50-mile training ride, make sure to communicate your plans to Dave Sussman and Nick Szymanski. Dave will coordinate the rides to ensure minimal overlap and Nick and Josh will make sure others are aware on Social Media. Riding 50 is great but having a group is better. (If you are unable, for good reason, to make ANY of our training rides, we are asking you to create an account on Strava and to send your 50-mile training ride results to John Mehl / Dave Sussman / Chuck Schnell.

We encourage members to train together by joining Chapter-sponsored training rides (see below). Our goal in hosting training rides, including having the 50-mile Training Ride requirement, is to have a strong and safe Police Unity Tour experience for every rider. The support and camaraderie that comes from training together is also an important part of the PUT and its purpose. Many riders also organize casual/ad-hoc rides, and these are either announced via e-mail and/or posted in our closed (for privacy and safety) Facebook Group.

Every effort is made to encourage and support trained riders to enable them to finish all segments of the ride. If a rider is struggling to keep up with the group pace, however, a Ride Marshal may require the rider to finish that segment of the ride in a SAG vehicle. This will allow the rider to rest for the next segment, and it will enable the group to adhere to the day's schedule. To avoid falling behind and potentially riding part of the PUT in a SAG vehicle, please start your training process early and take advantage of the many rides offered by the Chapter.

- The Route: The 2017 route will take four days, traveling from Hamilton, NJ to Washington, DC. For reference, the 2016 route's daily mileage and elevation gains were:

Day 1 - 63.0 miles/680'

Day 2 - 77.2 miles/1,218'

Day 3 - 73.1 miles/462'

Day 4 - 35.1 miles/1,326'.

There are breaks approximately every 20-25 miles. The route includes urban and rural areas, with terrain comprised of rolling hills and plenty of flat (or near-flat) areas. Typically our days consist of 4 riding segments with adequate breaks in between.

- Pace: The pace of the ride is set by lead cyclists who maintain 15-17mph. Our route varies, ranging from walking (over grated bridges), to slow/moderate (through city areas or up hills), to speeds of up to 16-18mph (in open, flat areas). Wind and weather both affect pace. **This is a large group ride which affects the average speed. Riders up front experience a moderate pace between 15-17mph. However due to something dubbed the "slinky effect" as the long procession line moves through the 400-500 riders the members in the middle and rear may experience a faster 16-20mph pace in an effort to keep up. If you have any questions about this see any experienced rider or board member.

- PUT Group Riding Rules: The following riding rules are based on safety and are strictly enforced by Ride Marshals:

No ear buds are allowed.

- Riders travel in a two-by-two format on the right side of the riding area (which is sometimes a shoulder, sometimes a lane, sometimes an entire road). To the riders' immediate left, Ride Marshals and other cyclists travel. Riders may not pass Ride Marshals on the left. Only Escort and Traffic Control Motors travel to the left of Ride Marshals.
- Riders must follow instructions from Ride Marshals, who are official representatives of the Police Unity Tour, assigned to assist riders and monitor the pace. Ride Marshals have authority to enforce the rules set forth by the Executive Board.
- Mechanical Support: A fully-stocked mechanic vehicle travels at the end of the ride. Should you have a flat or mechanical trouble, pull over safely to the far right and wait for the mechanic's trailer to pick you up; repairs will be done en route, then you will rejoin the ride when it is safe to do so. This means the mechanics will be working on the issue if possible and when they are done they will drop you off in a safe location for you to rejoin the group. If you are having any other issue please drop back to the sag wagon and address it at the next stop. Please note. The mechanics will assist as they can at the breaks but they work hard and will take breaks. They are Volunteers! Please treat them with the upmost respect. All supplies are your responsibility and cost! They will have additional supplies (tubes,tires) but we are picking up the cost. If you have a major mechanical you will

need to arrange payment for said items. They will do their best to arrange the purchase of said items from local shops. We "tip" them for their hard work throughout the week however we encourage you to supplement that when they perform major surgery on your bikes.

Please Note:

- There is NO RANK on the Police Unity Tour. No patches or nametags are to represent rank.
- ONE department patch may be sewn on the center back pocket of the jersey/riding jacket (however, NO patches may be attached to an Anniversary jersey). One patch may be sewn onto the left sleeve of the Support Team shirt. NO advertisements or cutting/alterations are allowed on any Police Unity Tour clothing item.
- Special Edition Anniversary jerseys and the old-style Louis Garneau jerseys made be worn during the ride, except on May 12. Vintage shirts unlike fine wine however usually mean it's time to retire them. Color faded shirts will be discouraged. It is after all a thin Blue Line and not faded purple or whatever comes out in the wash.

Travel Before and After

AIR TRAVEL & HOTEL TRANSPORTATION

Outbound Flight/Hotel Transportation: Chapter 13 makes arrangements for a Group Flight from the Bay Area to either Newark, NJ or Philadelphia, PA for travel on or about May 6. Other groups are encouraged to fly together. This enables Chapter 10 to assist you in arrivals. We work and have families too so please make every effort to travel together and assist you! Once you have flight or travel arrangements planned please forward group travel info to us. We will check in on out of state members to assist and ensure safe arrival.

All members are encouraged to travel with their teams/state/groups to ensure camaraderie, but it is not mandatory. Those members who make their own travel arrangements are also responsible for arranging their own transportation from the airport to the starting hotel.

Return Flight: PUT members are responsible for their own return travel arrangements. The Candlelight Vigil is held the evening of May 13 and riders are expected to attend, so travel can happen as soon as the morning of May 14. There are multiple airports in the Washington, DC area (Reagan, Dulles, and Baltimore are the three closest), and airport shuttle van services are available.

Important Notes About Air Travel

- Chapter 13** - Bike Shipping via Airline: While is sometimes possible to transport a bicycle box as checked luggage (usually for an additional fee), it is NOT ALWAYS AVAILABLE FOR THE GROUP FLIGHT due to the large number of riders on that flight and the fact that numerous large bike boxes may not fit on the shuttle used to transport the group to the starting hotel. Please watch for emailed information about bringing bike boxes on the Group Flight. (If you are arranging your own flight/hotel transfer, consult with your airline/shuttle service to see if this is an option for you.)

HOTELS

Pre-Ride in New Jersey: Riders are responsible for hotel rooms needed at the starting hotel for all nights prior to the beginning of the ride. The Chapter will arrange for a hotel near the Ride's starting point from arrival on May 6 (or 7) through the night of May 8. Details and instructions for hotel rooms for the night(s) before the ride begins will be emailed to members as soon as the hotel is secured.

During The Ride: The Police Unity Tour arranges hotel accommodations the nights of May 9-13, so participants do not need to make reservations for these nights. Rooms will be shared by two persons, with roommate assignments based upon Roommate Requests provided on the application. Every effort is made to accommodate Roommate Requests, but roommate assignments are not guaranteed.

After the Ride/Beyond May 13: If riders plan to stay in Washington, DC beyond the night of May 13, they are responsible for arranging their own lodging for the night of May 14 and beyond. It is anticipated, but NOT GUARANTEED. As lodging plans are finalized, they will be communicated via email to Chapter members. Given the high demand for hotel rooms during Police Week, riders are advised not to wait for final PUT hotel plans before making post-May 13 reservations.

Guests/Family in Washington, DC: Riders are responsible for arranging lodging needed for family/friends who will meet them in Washington, DC. Family/friends are not permitted to stay with riders in rooms provided by the PUT, so a separate reservation is needed. It is anticipated, but NOT GUARANTEED. As lodging plans are finalized, they will be communicated via email to Chapter members. Given the high demand for hotel rooms during Police Week, riders are advised not to wait

- **Weapon Transportation:** If you plan to bring your weapon with you on a flight, you must consult with the airline to obtain specific instructions for doing so. Ensure that you practice proper weapon security procedures throughout the Police Unity Tour.

for final PUT hotel plans before making reservations for family/friends.

Empty rooms mean wasted money that could assist the Police Unity Tour. If you are planning on not staying in your room please advise Tina Scott so your room can be reassigned or surrendered. You do not need to stay with the Chapter during the DC stay however you are responsible for any costs associated with other hotels.

OUTBOUND & RETURN BIKE SHIPPING

Riders are responsible for securely packing and shipping their own bikes to the designated hotel in NJ and for shipping their bikes back home from Washington, DC. We strongly recommend packing your bike in a hard-sided bicycle case (to minimize the likelihood of damage), although some riders do use cardboard boxes. Both types of boxes can often be borrowed, rented, or donated from your local bike shop. You will need time to assemble and test ride your bike in NJ before the ride starts on May 9, so you should allow time for it to be delivered no later than May 7. All pre-shipped bikes should be sent to

**PUT Chapter 10
c/o John Mehl,
Toms River PD
255 Oak Ave.,
Toms River, NJ,
08753.**

Your shipping information must be emailed to John to anticipate arrival. Bikes should be shipped for arrival between May 1 and May 6th. Please check with your shipping company to estimate shipping time. Other than checking your bike box as luggage (discussed above in "Air Travel"), FedEx/UPS are most commonly used for bike shipping. You can seek a discount/donation of shipping from your local vendor, or you can obtain discounted shipping through online services (bike flights.com is one service used by Chapter 13 members). For convenience, we advise riders to prepay for return shipping (including a pickup from the designated Washington, DC hotel), and bring the shipping label (and label holder) with them so they can pack their bike, and place it for pickup at the hotel; otherwise, riders will have to locate and get to a shipping office near the hotel to make

arrangements for return shipping. The Marriot Marquis Hotel FED EX shipping can only accommodate minimal bike boxes for return shipping. Please plan accordingly.

CHOOSING A FALLEN HERO/MEMORIAL BRACELETS

Participants ride in memory of one or more fallen officers of their own choosing. Everyone has their own process for selecting the officer(s), but we do ask that everyone ride in memory of at least one officer whose name is being added to the NLEOM Wall during the current year. We also ask that riders make contact with the surviving family (often accomplished through social media or via the fallen officer's agency) to let them know their officer is being honored during the PUT.



Many riders make arrangements to meet the family upon arrival at the Memorial or during the Candlelight Vigil; these meetings are very memorable. This contact is imperative as many may not be aware of our group or mission. Having a stranger introduce themselves during their hardest year will leave a lasting memory in their minds.

Riders can purchase custom-engraved memorial bracelets for each fallen officer for whom they have chosen to ride. These bracelets will have the officer's name and EOW date on them. Many riders purchase one for themselves and one to present to the surviving family members, who are deeply grateful for the token of remembrance for their fallen hero.

WHAT TO PACK

Besides your bike, PUT uniforms, and cycling gear, and you've never traveled in your life please remember (laugh inserted) that you'll need to pack clothing, toiletries, etc. for the days prior to the ride, the days after the ride, and a couple hours in the evening after each day's ride. In general, the attire for all Police Week events is casual (jeans or pants, shorts, t-shirts, polos, etc.) The exception is the Candlelight Vigil, which has a dress code discussed below. Keep in mind that Spring weather is unpredictable! We typically stay in vacation towns so if the unforeseen emergency arises that lost toothbrush can be replaced with a little direction from the local hotel staff on the local pharmacy.

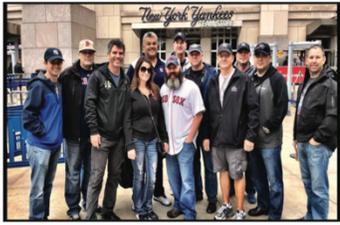
Prior to the PUT, out of state riders often take trips via train to visit New York City or Philadelphia (after taking in NJ's amazing tourist attractions); these are casual outings. Once in Washington, DC, Police Week is the place to proudly represent your profession and your agency. There is too much to do. Bring your law enforcement shirts, hats, and a chain badge holder to wear your badge around your neck. Please remember that the current tide of anti-law enforcement sentiment is high and we are ambassadors of the profession. DC will be flooded with Police Officers and Family during that week. If you are new please contact a veteran about this topic. You might consider bringing patches, pins, etc. to trade with other officers or give to family members at the Memorial. Children are especially eager to collect this type of item.

Candlelight Vigil

For the Candlelight Vigil, riders are asked to wear Docker- type khaki or black pants and a PUT jacket unless they are escorting surviving family members into the Memorial, in which case a Class A uniform is required (More information about escorting family members can be found in the Candlelight Vigil section of this Newsletter). Chapter 10 members wishing to participate as a Uniformed Escort need to contact Artie Cronk in advance. He will guide you through that process. This privilege is our exclusive honor as members of the Police Unity Tour.

TRAVEL & PRE-RIDE NJ STAY

Chapter 13: Most participants travel together to NJ and usually fly on May 6 or 7 via a Group Flight arranged by the Chapter. Members with the Group Flight will be transported to the NJ starting hotel, where shipped bikes will be waiting, usually in a conference room. Members traveling on other flights are responsible for their own transportation to the hotel.



L to R: Riders at Yankee Stadium pre-ride; waiting for the Group Flight to Newark; visiting the World Trade Center site pre-ride.

The days in NJ leading up to the ride are used for picking up rider packets, assembling bikes and checking that they are ready to ride, picking up last-minute supplies,

getting adjusted to East Coast time, and getting to know other riders. There may be a Chapter meeting before the ride to go over last-minute information.

Many riders form groups that go on outings via commuter train to one of the nearby cities of New York and Philadelphia. In past years, these outings have included visits to the World Trade Center site and Museum, New York Yankees & Mets games, Central Park, the Empire State building, the Liberty Bell, and many other famed sites.

Tips for the Tour

The four days of the ride are structured, long, challenging, and extremely rewarding. It is essential that riders get adequate fluids, food, and rest throughout the ride in order to be able to handle the physical demands of spending many hours each day on their bicycle.

Each evening from May 8-11, the following day's schedule will be posted in the hotel lobby. Please consult these schedules (take a photo with your cell phone too) to ensure you are ready on time each morning. Chapter 13 uses Twitter to send last-minute updates during the ride; be sure to download the app before the ride and follow @PUT13Info. Chapter 10 will be implementing the same method for 2017.

A typical day begins with luggage due at the luggage truck around **5:30 am**, breakfast, and the ride beginning around 7am. There will generally be a morning break, a lunch break, an afternoon break, and a late afternoon hotel arrival. Days 2 and 4 are shorter rides, so departure/arrival times may be later/earlier, but Days 1 and 3 are long days.

Riders are encouraged to use a "go" bag in Chapter vehicles which stay with the procession if needed. There are times when not all support vehicles will remain with us. The Chapter will ensure 1 community truck remains with us in case of necessary items such as jackets, etc. are needed. In the off chance you need something vital to your survival please inquire which are the Chapter's SAG vans. These vehicles remain with us each day. Any items left are your responsibility at the end of each day. Also Veteran Motor Officers will assist you in holding items in case of emergency along the road. Please ensure that you retrieve the items near the end as it is not their duty to hunt you down to return said items. To accommodate the unpredictable Spring weather, riders should wear or at least bring a clear rain jacket, arm/leg warmers/layers that can be added or removed, medications, supplements, etc. While the vans are usually at each break, there are situations when the van will not make it to a break due to unforeseen circumstances. For this reason, essential items (such as medications) should be carried on the rider's bicycle to ensure they will be available at each rest stop.

Upon arrival at the hotel (which may require a bus ride after the day's ride), riders will need to store bikes in a designated room (if they are not already secured in a Chapter truck), retrieve luggage, and pick up room keys. There is enough time for a quick shower, dinner, then a bit of socializing, calling home or laundry before setting an alarm and heading to bed.

MAY 12TH ARRIVAL, CEREMONY & CHAPTER PHOTOS

The May 12 arrival of the PUT into the National Law Enforcement Officers Memorial is an exciting, emotional, and

unforgettable experience. By the early afternoon, all PUT riders will gather at a location a few miles away from the Memorial. Typically this is RFK stadium. In two lines, riders will then be slowly escorted to the Memorial for an early-to-mid-afternoon arrival.

Generally, but not always, the ride enters the Memorial from the front (memorial pool) side, with the two lines of riders splitting right and left to ride down the East and West sides all the way through (without stopping) to the street behind the plaza. Bikes will be left in the area behind the Memorial, and riders can then return to greet family/friends and watch the rest of the arrival. It will be very crowded, so family/friends should arrive early to wait for you in a designated area. Most riders meet their family/friends near a Wall location (There are East and West Panels, plus a panel number) or a specific place, such as the memorial pool or the center medallion.

In 2016 and for the remaining museum construction years, we will most likely enter from the rear of the Memorial and exit on the same side. The plan is to have two by two rows of riders enter and exit by riding around the Memorial. If your family cannot find an adequate area, they can meet you in the inner pool area or near the National Building Museum (The Big Red Brick Building north of the Memorial). There are bathrooms inside for younger and older guests. There is also a small café.

Immediately following our arrival, there will be a short ceremony during which the PUT will formally present a check to the Memorial Fund. In 2016, the Tour donated \$2.3 million to the National Law Enforcement Officer's Memorial. After the ceremony, riders will pick up their participation medal. Weather permitting we will attempt a photo as well. Medals will be distributed (one per rider) by Chapter, so look for the Chapter 10 or 13 table. It is a tradition that each rider donates \$1 upon receiving the medal; this symbolic donation is made on behalf of a fallen hero who was unable to make the ride.

There is no escort back to the hotel through busy downtown traffic, so members are advised to ride in groups, carefully following all signals and traffic laws. Bikes are permitted in your Hotel Rooms. Chapters 10 & 13 stay in premium hotels and have established great relationships. Please remember your ambassadorship when arriving and staying in the Hotels. Any issues should be addressed through your Chapter Eboard.

MAY 12TH CANDLELIGHT VIGIL

The National Law Enforcement Officers Memorial Fund will host the 28th Annual Candlelight Vigil on May 13, 2017 beginning at 8pm. All PUT members are asked to attend this event as a gesture of respect to the fallen officers whose names will be formally enrolled upon the Memorial's walls during the ceremony. Unfortunately each year, we ride with members of our Family who have lost loved ones and it should go without saying that our family should never walk alone especially on that day.

The Candlelight Vigil is a moving, beautiful event attended by more than 20,000 law enforcement officers and supporters from around the world. Thousands more watch the live webcast. It lasts 2-3 hours and is open to the public at no charge. Seating is open but extremely limited, so attendees are advised to arrive early. Seats for 2016 were as always limited and access was granted to current and former survivors and their escorts and family.

Dress Code: Out of respect for the Vigil's significance, PUT members are asked to wear either (i) Class A uniforms, or (ii) Docker-type khaki or black pants and a PUT jacket.

Survivor Escorts: Sworn PUT members have the unique opportunity to serve as escort officers for surviving family members, meeting them as they exit their bus, and guiding them to seats at the Vigil. This honor is only offered to PUT members and space is limited. A Class A uniform is required, and the detail typically begins around 4pm. If you are interested in being a part of the Survivor Escort detail, please contact Board members: For Chapter 10 Artie Cronk is your contact and for Chapter 13 Troy Young or Michael Stolzman. Please contact them in the months ahead for more information and last minute changes.

VISITING WASHINGTON, DC

Washington, DC is a vibrant city filled with historical sites, memorials, museums, great food, sports, and so much more. To tour the city, you should allow at least 2-3 additional days after the Candlelight Vigil to have adequate time for a good overview of the many attractions. (Remember the PUT only provides hotels through May 13; beyond that, you must make your own hotel arrangements.)

There is an effective public transit system, including the Metro rail system. Similar to other light rails, the Metro has stations throughout the city and neighboring areas, including one right at the Memorial. This makes it easy to get around to places of interest. Bring your badge and ID, as it will typically allow you to ride the Metro for free during National Police Week.

National Police Week adds to the comradery of all law enforcement agencies to the city. There are many official and unofficial activities for law enforcement professionals and supporters to enjoy. For example, there are competitions (honor guard and pipe band), FOP's National Peace Officers Memorial Service, the NPW 5K, several police-friendly Irish bars, the one-of-a-kind "Tent City" filled with police merchandise, and so much more. For a complete schedule, visit www.policeweek.org.

APPENDIX A: CHECKLISTS

THINGS TO DO

Watch your email inbox and read Chapter emails which include important information about dead- lines, event details, date changes, etc.
Complete Chapter 10 Application (Parts 1 & 2) and pay Application Fee
Set up online fundraising page
Attend at least one Chapter Meeting
Order uniforms/PUT Jacket*
Arrange NJ hotel for night(s) prior to May 9
Arrange DC hotel for nights after May 13 and/or family*
Con rm participation in Group Flight and submit payment by stated deadline (or make your own outbound airline and hotel shuttle reservations)
Make return airline reservations Select o cer(s) to ride in memory of
Attempt to contact fallen o cer's family and, if possible, arrange post-arrival meeting*
Order and pay for Memorial Bracelets by stated deadline*
Collect donations to turn in by nal meeting
Complete approved 50-mile training ride and notify designated Board Member of completion
Determine method of bicycle shipping
Securely pack & ship bicycle for NJ delivery no later than May 7
Obtain prepaid return shipping label & label hanger*
RSVP & pay for May 12 Chapter Dinner in DC by stated deadline*
A x one patch to center pocket of non-Anniver- sary jerseys*
Contact designated Board Members about Candlelight Vigil Survivor Escort detail*
Download Twitter app onto your phone and follow PUT 13 Information @PUT13Info for important last- minute updates during the ride

EQUIPMENT/CYCLING GEAR/OTHER

Bicycle
Bicycle shipping box
Helmet manufactured within 5 years
Cycling Shoes
Water bottles - 2
Bicycle assembly tools (allen wrench, pedal wrench, chain oil, rags, plastic gloves)
Zip-ties*
Memorial signs/decor for bicycle*
Police Unity Tour uniform jerseys (min. 2)
Patches for jersey center pocket (and safety pins to attach them to jersey/riding jacket)
Police Unity Tour Riding jacket*
Police Unity Tour Blue/White jacket (Bikeland)*
Plain black padded shorts/knickers (min. 2)
Sunglasses/eye protection
Padded cycling gloves (short & long)
Base layer (dri- t shirt)*
Arm/leg/ear warmers*
Rain gear: CLEAR rainjacket, booties, helmet cover, ziplock baggies for phone/electronics
Chamois cream
Sun protection Supplements/food/medication*
Small du el bag for SAG van
Prepaid return shipping label & label holder* Class A
Uniform*
Badge w/mourning band & neck chain Non-ride clothing, toiletries
Patches/pins to trade*
Umbrella or rain jacket*
* if needed/optional items

APPENDIX B: TRAINING GUIDE

ROUTE & PACE

The 2017 route will take four days, traveling from Hamilton, NJ to Washington, DC.

- There are breaks approximately every 20-25 miles (max).
- The route includes both urban and rural areas, comprised of some rolling hills and plenty of flat (or near-flat) terrain.
- The pace is set by a lead riders, and it varies, ranging from walking (over grated bridges), to slow-to-moderate (through city areas or up hills), to speeds of up to 17-20 mph (in open or downhill areas). Wind and weather conditions will both affect pace.
- As an example, 2016 overall daily ride stats were:

Day 1: 63.0 miles, 14 mph/avg, 680' el gain
 Day 2: 77.2 miles, 14.7 mph/avg, 1,218' el gain
 Day 3: 73.1 miles, 13.9 mph/avg, 468' el gain
 Day 4: 35.1 miles, 10 mph/avg, 1,326' el gain (Day 4's slower average includes very slow-paced final ride into NLEOM and more climbing over a shorter distance)

TRAINING TIPS

- Get fitted to your bike. Most non collision riding injuries are due to poor fits on the bike you ride. Don't borrow Uncle Billy's old Huffy and think you are ok. A fitted bike will reduce fatigue and prevent injury.
- Go on as many group training rides as possible; it helps to get to know other members and to practice riding in a group.
- Ask experienced riders about their past rides, they can offer valuable advice.
- Ride at least 3 days/week -- this is the minimum amount needed to finish the event.
- Riding 4-5 days/week will make the event even more comfortable and enjoyable.
- Every week, take at least 1-2 days off the bike.
- Make two of the weekly rides 1-1.5 hours long.
- Make one weekly ride a longer endurance ride, starting at 2 hours in Week 1 and progressing to about 6.5 hours in Week 11.
- Maintain an average speed of at least 13mph over the entire length of your training rides (with a flat average of 15-16mph); count only moving time (not resting time) when calculating your average speed.
- Consider using an app to track your training progress (such as Strava or Map My Ride).
- Use this training period to experiment with nutrition, supplements, recovery aids, etc. so that you will know what is effective for your own energy needs; DO NOT wait until the PUT to try something new.

TRAINING PLAN A

This training schedule should put you on track to complete the PUT comfortably:

Week	Ride 1 (hours)	Ride 2 (hours)	Endurance (hours)	Weekly (hours)
1	1.00	1.00	1.00	3.00
2	1.25	1.25	1.50	4.00
3	1.25	1.25	1.50	4.00
4	1.25	1.50	1.25	4.00
5	1.50	1.50	1.50	4.50
6	1.50	1.75	1.00	4.25
7	1.50	1.75	1.25	4.50
8	1.50	2.00	1.00	4.50
9	1.50	2.00	1.25	4.75
10	1.50	2.00	1.50	5.00
11	1.50	2.00	1.50	5.00
12	1.25	1.50	1.25	4.00
13	1.00	1.00	1.00	3.00

PUT BEGINS

TRAINING PLAN B

This training schedule should put you on track for a strong completion of the PUT:

Week	Ride 1 (hrs)	Ride 2 (hrs)	Endurance (hrs)	Weekly (hrs)
1	1.00	1.00	1.00	3.00
2	1.25	1.25	1.00	3.50
3	1.25	1.25	1.00	3.50
4	1.25	1.50	1.00	3.75
5	1.50	1.50	1.00	4.00
6	1.50	1.75	1.25	4.50
7	1.50	1.75	1.25	4.50
8	1.50	2.00	1.25	4.75
9	1.50	2.00	1.25	4.75
10	1.50	2.00	1.25	4.75
11	1.50	2.00	1.25	4.75
12	1.00	1.50	1.00	3.50
13	1.00	1.00	1.00	3.00

PUT BEGINS

- Take your bike in for a complete tune-up a couple weeks before packing and shipping it.

Lessons learned from PUT 2016

The following notes are from a year 1 veteran.

1. **Training:** It does not matter how fit you are, what a great cross-fitter you are...If you don't ride a bike, last minute training will kill you. You should start training 4-6 months before the event. This means getting on your bike and doing several rides, working up to 50-100 miles. Take advantage of the training rides. Not only will this help you get in shape for the ride but it teaches you how to ride in a group, which is an essential skill for the Unity Tour. Know how to handle your bike at slow speeds. Coming out of the pedals and walking with your bike is a skill that is often needed during the tour.
2. **Bike:** Riding an old mountain bike or an outdated road bike just makes the ride grueling and harder for you to enjoy. Go to a bike shop ask what they think, ask people who have done the PUT in the past. Modern bikes reduce the fatigue and overall work load. You don't need a bike capable of competing in the Tour De France, but also don't skimp.
3. **Clip in Pedals:** This year I saw too many people wearing tennis shoes. Stiff clip in pedals helps reduce fatigue and improves your pedal stroke, which makes you far less sore at the end of the day. On this note practice getting in and out of the pedal. Learn to get out quickly in an emergency. Learn how to fall if you can't get out in time, (it happens to the best of us) Don't reach out with your hands! Your feet will thank you at the end of the day.
4. **Gear:** It does not matter what your fancy weather app says the weather will be like the week before the ride! This year the apps said it would be in the 70's and minor chance of rain the week before. It was unseasonably cold this year and it rained hard on us one day. Have the proper rain and cold weather gear available. They can always be taken off and left in your day bag if it's warm. Layers are your friend!
5. **Nutrition:** Proper nutrition is the key to reducing soreness and fatigue. You need to bring supplements. Having snacks and knowing when to eat them is a skill only learned from training. Feel free to ask your local bike shop or any of the experienced riders who are part of the PUT. There is a wealth of information out there on the Internet too. I highly

recommend that you try several types of supplements and see what works for you.

Experimenting the day of the tour can cause upset stomachs and make for a long hard day.

6. **Hydration:** Hydrate! The weather does not matter, you need to hydrate. Even though we stop every 20ish miles you need to have water bottles on board. Waiting every 20 miles to drink some water is too late. Once you get dehydrated on the ride it makes for a long day. Some years there has been hot weather and high humidity. Not drinking can lead to a dangerous situation. Practice taking your water bottle in and out while riding. I saw too many water bottles in the middle of the peloton, leading to some near crashes. Add electrolytes to a bottle, it's worth it. Adding electrolytes also helps with cramping both on the ride and while trying to sleep. Trust me there is nothing worse than waking up in the middle of the night with a cramp.
7. **Saddle:** Many bike shops let you test different saddles until you find the one that works for you. Everyone's butt is different. What works for me, may not work for you. You need to try different types of saddles and take them on several rides of 20 plus miles. Find what works and go with it.
8. **Bike Fit:** It's worth every penny. Find a bike shop that does them and do it! Minor tweaks make a huge difference when it comes to comfort, fatigue and power.
9. **Test everything!!!** Road test your bike and gear. That includes knowing how to operate your cameras, go pros, music systems or whatever you are planning on using. On this note you should practice taking your bike apart and putting it back together from its case. Although there will be bike mechanics around, they will not always be there for you. Talk to vets about ideas for packing your bike. I recommend having a few minor spare parts because things get broken from time to time while travelling with a bike.
10. **Why we Ride:** Most importantly remember why we ride....We ride for those who died. Things may not go as planned, we might stay in a hotel that runs out of hot water, we might not have the best breakfast one day. Remember that the people we are riding for would gladly change places with you and take a cold shower or eat bad food. If it is such an issue, join the board and help plan all of the logistics for over 100 people on the other side of the country, which includes, hotels, food, transportation and so many more things I can't even attempt to list them all.

Good luck with all of your training! Feel free to email me any questions

Matt Reiter

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