



# Buddhist Bicycle Pilgrimage

September 30 - October 1, 2006

*Spirit Rock Center to City of 10,000 Buddhas to Abhayagiri Monastery*

## Registration Form

*Please submit by September 16, 2006.*

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ Fax: \_\_\_\_\_  
City/St/Zip: \_\_\_\_\_ Email: \_\_\_\_\_  
I am registering as a (check all that apply): ☐ Rider ☐ Volunteer ☐ Supporter  
Date of Birth: \_\_\_\_\_ Gender: ☐ Female ☐ Male

### **Rider Information** (please complete this section if you will be a rider)

Please describe any health or dietary restrictions that might affect your participation:

Please describe your riding experience, including previous long rides:

Please describe your experience/interest in the Buddhist practice:

### **Volunteer Information** (please complete this section if you would like to volunteer)

Please describe ways that you might be able to volunteer in preparation of or on the weekend of the pilgrimage (i.e., rest stops, road support, lead training rides, prepare meals, event planning, supply or donate equipment):

Please describe any medical/first aid expertise:

Please describe any bike repair expertise:

### **Supporting the Pilgrimage** (please complete this section if you would like to offer support)

(Check all that apply) ☐ I am enclosing a donation (please make checks payable to Dharma Wheels) ☐ Please contact me about other ways I can support the pilgrimage  
☐ I can donate food/drinks/other (specify): \_\_\_\_\_

**Please mail completed forms to: Dharma Wheels, c/o Peter Law, 113 Richardson Drive, Mill Valley, CA 94941**

*Organized by Dharma Wheels and benefiting our hosts*



**Buddhist Bicycle Pilgrimage**  
September 30 and October 1,  
2006

**Emergency Contact**

Name: \_\_\_\_\_  
Relation: \_\_\_\_\_  
Daytime phone: (\_\_\_\_) \_\_\_\_\_  
Evening phone: (\_\_\_\_) \_\_\_\_\_

**Primary Physician(s)**

Name: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_  
Name: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_

**Insurance Information**

Company: \_\_\_\_\_  
Policy #: \_\_\_\_\_  
Group #: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_

## Confidential Emergency Medical Information

All riders and volunteers must complete this form and return it no later than **September 6, 2005**. Medical information provided on this form is for the confidential use of the medical support crew and other emergency personnel in the event of any medical or health-related emergency. Please be thorough in completing the form so that we can do our best to take care of you on the pilgrimage.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ Age: \_\_\_\_\_  
City/St/Zip: \_\_\_\_\_ Weight: \_\_\_\_\_

Do you have any of the following? ☐ Diabetes ☐ Epilepsy/Seizures ☐ Bleeding/Clotting Disorder  
☐ None ☐ Heart Disease ☐ Asthma/Emphysema ☐ High Blood Pressure  
☐ Other medical condition (describe): \_\_\_\_\_

Do you have any allergies? ☐ Food (describe): \_\_\_\_\_  
☐ None ☐ Medications (describe): \_\_\_\_\_  
☐ Bee sting ☐ Other (describe): \_\_\_\_\_

Are you taking any medications? ☐ Yes (describe, or attach sheet; please include alternative medications, herbs, vitamins, birth control, etc.): \_\_\_\_\_  
☐ None \_\_\_\_\_  
\_\_\_\_\_

Medical History (or attach sheet): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Will you have any special medical needs while on the ride? ☐ No ☐ Yes (describe): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Is there anyone on the pilgrimage we can contact in the event you become sick or injured? ☐ No ☐ Yes (Fill in below)  
Name: \_\_\_\_\_

I hereby release the above information to the Buddhist Bicycle Pilgrimage medical crew and any other medical personnel who may need to care for me while on the pilgrimage.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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## Carpooling Form

As you know, our pilgrimage route is one-way, beginning at Spirit Rock Center, 5000 Sir Francis Drake Blvd., in West Marin and ending at Abhayagiri Monastery about 2-1/2 hours north of San Francisco in Mendocino County (see map). So how will everyone get back home? With a grassroots event such as ours, we won't be offering any official shuttle bus service. Instead, we will rely on each other to carpool or get rides from family and friends.

Please consider whether you have someone who can drop you off at Spirit Rock early Saturday morning and pick you up at Abhayagiri Sunday afternoon. Maybe you can offer a ride to another "pilgrim," too. As you make your arrangements, you might consider that this situation will provide an opportunity for family and friends to participate by visiting these Buddhist centers as well as supporting you.

Other things to note: 1) Spirit Rock prefers that people not leave cars parked there during the event; 2) you are welcome to drop off a car ahead of time at Abhayagiri Monastery (just let us know); 3) registration on Saturday morning is from 6am to 7am at Spirit Rock, and we will start riding at 7:30; 4) the closing ceremony Sunday afternoon is from 3pm to 4pm at Abhayagiri, and drivers are welcome to join us there; 5) Abhayagiri is able to accommodate only a very small number of people who may wish to spend Sunday night at the monastery, and it is necessary to contact the "guest monk" in advance in order to reserve a space (email [guestmaster@abhayagiri.org](mailto:guestmaster@abhayagiri.org) or phone (707) 485-1630).

To help facilitate the process of sharing rides, please complete this form. Volunteers will help coordinate carpooling when possible, but please remember it is ultimately your responsibility to arrange transportation.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ Fax: \_\_\_\_\_  
City/St/Zip: \_\_\_\_\_ Email: \_\_\_\_\_

### Please check all that apply:

- ☐ I can offer a ride for \_\_\_\_\_ (number) other people and \_\_\_\_\_ (number) other bikes.  
(If so, please describe when and where you are coming from and returning to.)
  
- ☐ I have a ride but am not able to offer a space to others.
- ☐ I haven't arranged my rides yet. If anyone else can offer me a space, please let me know.
- ☐ I plan to drop off a car at Abhayagiri Monastery before the event.
- ☐ I will need to leave a car nearby Spirit Rock from Saturday morning until Sunday evening. Please provide me with information on a suitable location to park it.

Other remarks:

**BUDDHIST BICYCLE PILGRIMAGE**  
**Presented by Dharma Wheels Foundation**  
**September 30 and October 1, 2006**

**RELEASE AND WAIVER OF ALL LIABILITY**

The purpose of the Dharma Wheels Foundation, is to foster the teachings of the Buddha by offering them freely through the time-honored practice of generosity. It is in this spirit that the Buddhist Bicycle Pilgrimage is being organized and carried out by volunteers from the community. In order to maintain this fragile trust in the midst of our complex modern society, it has become necessary to protect our Dharma community from frivolous litigation or legal claims. We therefore ask you to read and sign this release and waiver of liability as an agreement to view our time together not as a contract or transaction but as the pilgrimage of spiritual seekers it is intended to be. Thank you.

**AS A CONDITION OF BEING PERMITTED TO PARTICIPATE IN THE ABHAYAGIRI BUDDHIST BICYCLE PILGRIMAGE (THE "EVENT"), I AGREE TO READ AND AGREE TO THE FOLLOWING:**

1. **NATURE OF EVENT:** I understand that the Event involves riding a bicycle with other bicyclists on roads and highways on which truck, automobile, and other motor vehicle traffic will be traveling, and that the Event will include an overnight stay where security will not be provided.
2. **UNSAFE CONDITIONS:** I agree that if at any time conditions appear to be unsafe, or if I feel unable to continue for any reason, I will immediately discontinue further participation in the Event.
3. **EXPOSURE TO RISKS:** I understand that by participating in the Event, I will be exposed to risk of (a) serious bodily injury (including but not necessarily limited to permanent disability, paralysis, and death) and (b) loss of income, loss of or damage to property, and other losses. Risks (a) and (b) are referred to as "EVENT RISKS AND DAMAGES."
4. **ASSUMPTION OF RISKS:** I fully accept and assume all risks of harm and damage arising from my participation in the event, including but not limited to all EVENT RISKS AND DAMAGES, and accept and assume responsibility for all injuries, losses, costs, and damages I incur as a result of my participation in the Event. I understand that there may be risks and damages that I do not know now and that I cannot foresee now. I understand that by signing this release and waiver of all liability, I will be releasing and waiving all risks and damages whether I know or foresee them or not.
5. **RELEASE OF LIABILITY:** I hereby release, discharge, and waive all claims of any kind for injuries, losses, expenses, and damages caused or alleged to be caused in whole or in part by the negligence of any of the following "RELEASED PARTIES" (including but not limited to liabilities arising out of the EVENT RISKS AND DAMAGES and negligent rescue operations):
  - Dharma Wheels Foundation; and
  - Abhayagiri Buddhist Monastery; and
  - Spirit Rock Meditation Center; and
  - City of Ten Thousand Buddhas; and
  - All persons who are responsible for or participate in any manner in the sponsorship, planning, and/or conduct of the Event; and
  - All owners and lessors of premises on which the Event takes place; and
  - All other participants in the Event; and
    - All officers, directors, partners, shareholders, agents, employees, representatives, spouses, heirs, successors, and assignees of any of the above.
6. **RELEASE BINDING ON RELATIVES ET AL. AND INDEMNITY PROVISION:** I agree that this release and waiver of all liability is binding on me, and on my spouse, children, partners, heirs, successors, and assigns, and I further agree to defend and hold the RELEASED PARTIES harmless from any claims by any of them or on my behalf.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE, INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE AND WAIVER OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW, AND AGREE THAT NOTWITHSTANDING ANY PORTION OF THIS AGREEMENT WHICH MAY BE HELD TO BE UNLAWFUL OR INVALID, ALL REMAINING TERMS SHALL CONTINUE IN FULL FORCE AND EFFECT.

\_\_\_\_\_  
PARTICIPANT'S SIGNATURE

DATED: \_\_\_\_\_, 2006

\_\_\_\_\_  
PRINTED NAME

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# Buddhist Bicycle Pilgrimage

## *General Information*

### Introduction

Thanks for participating in the fifth Buddhist Bicycle Pilgrimage! I hope you're looking forward to a weekend that will bring together your interest in cycling and your spiritual practice, build community, and provide many challenges along the way. Following is information of a practical nature to get you ready for the event and to answer any questions you may have.

### Registration/Opening Ceremony

Our pilgrimage begins early morning, Saturday, September 30, at Spirit Rock Meditation Center (for directions, visit [www.spiritrock.org](http://www.spiritrock.org)). Registration takes place between 6 and 7 am. Light refreshments will be available. Announcements and the opening ceremony begin at 7 sharp so we can be on the road by 7:30.

### Gear

A separate packing checklist is provided to help you in your preparations. A gear truck will be provided to carry your luggage. Please try to pack in moderation so that everybody's bags will fit on the truck!

### On the Road

Our route includes 95 miles on Saturday and 55 miles on Sunday. Detailed route maps will be handed out at registration, and the route will be marked. Official pitstops will be located along the route, with water, sports drink mix, snacks, and restroom facilities. Pitstops will open and close at designated times. You should be prepared to repair your own flat tires; carry at least one spare tube and a pump on your bike. SAG (support and gear) vehicles, each with a medical professional, will be on the road to help you in case of emergency. They will provide transport to camp for injured riders or those unable to complete the ride; please don't think of them as a "taxi" service. For your safety, the route will close around dusk on Day 1. Please pace yourself throughout the day so that you will be able to reach camp by 6:30 pm. Sweep vehicles will pick up riders remaining on the road after 6:30.

### Meals

Be sure to eat breakfast before the event. Lunch on Day 1 will be on your own, with plenty of shops and restaurants to be found in Occidental and Guerneville. Dinner will be served in camp. Our volunteer crew will be preparing a wonderful

evening meal. They will also serve breakfast on Day 2 in camp. Lunch on Day 2 will be offered to us at the City of 10,000 Buddhas. There is no set fee; instead, they gratefully accept your donation. Meals will all include vegetarian options, and your food allergies have been communicated to our crew. Snacks will be available at Abhayagiri Monastery at the end of the pilgrimage.

### Support and Facilities

The KOA campground provides excellent facilities, including hot showers, swimming pool, hot tub, laundry, game room, picnic area, and general store. We have reserved a corner of the site for our group, and there will be plenty of space for tent camping. We will also set up a central gathering space for our evening program and morning meditation. You will be able to park your bikes in the tent camping area; please bring a lock if you are concerned about security. (The campground is in a quiet, rural area with little or no outside traffic.) Mechanically inclined members of our group have offered to help with minor bike problems.

### Pilgrimage Ceremonies

Our time together is more than a standard bike ride--it's a spiritual journey. As such, we will begin with an opening ceremony at Spirit Rock and close Day 1 with an evening program and Dharma talk by the abbots of Abhayagiri Monastery. Day 2 begins with a meditation period. Our visit to the City of 10,000 Buddhas includes the opportunity to participate in the meal blessing ceremony and procession from the Buddha Hall to the dining hall. During lunch we will be addressed by the abbot. Please be aware that traditional Lycra cycling attire is not appropriate at the City of 10,000 Buddhas. Be prepared to pack a modesty bag for Sunday with a loose fitting t-shirt and long pants or pareo/sarong to cover your bike shorts. At Abhayagiri Monastery, community members will offer short tours. Our pilgrimage will end with a closing ceremony from 3 to 4 pm.

### At the End of the Pilgrimage

Those driving you home on Sunday are encouraged to arrive at Abhayagiri Monastery in the early afternoon on Sunday (16201 Tomki Road, Redwood Valley, 707-485-1630). For directions, please visit [www.abhayagiri.org](http://www.abhayagiri.org).