

The Dream Project

Trip Guide



[The Dream Project](#)

[Trip Guide](#)

[INTRODUCTION](#)

[Who We Are](#)

[Vision](#)

[Mission](#)

[Our Core Values](#)

[Our History](#)

[What We Do](#)

[Our Nonprofit Partners](#)

[The Routes](#)

[A Day in the Life of a Rider](#)

[A Day in the Life of a Van Driver](#)

[FUNDRAISING & VOLUNTEERING GUIDE](#)

[Corporate Information](#)

[Creating a Donor Database](#)

[Steps to Making an Ask](#)

[Ways to ask for money...](#)

[Other ideas....](#)

[Fundraising Benchmarks](#)

[Sample Donation Letter](#)

[Volunteering](#)

[HEALTH & TRAINING](#)

[Mandatory sports physical for all riders](#)

[TRAINING](#)

[300-Mile Training Requirement](#)

[Biking Mentors](#)

[SAFETY](#)

[Safety Course & Test for Bike Eligibility](#)

[Bike Maintenance Courses](#)

[Rules of the Road](#)

[FAQ](#)

[PACKING LIST](#)

[Tips & Tricks](#)

[Gear Provided](#)
[General Items Needed](#)
[Rider-Specific Items](#)
[Recommended Items](#)
[Personal Preference Items](#)

[Personal Expenses](#)

[THE RULES & POLICIES](#)

[Withdrawing from the Trip](#)

[Homestay behavior](#)

[Vans & Trailers](#)

[Social Media](#)

[Alcohol & Drug Use](#)

[Treating Your Teammates](#)

[Theft](#)

[GUIDEBOOK ACKNOWLEDGEMENT](#)

INTRODUCTION

So you want to bike across the country? You've come to the right place!

This guide will teach you everything you need to know about The Dream Project and the amazing summer that awaits you.

Who We Are

Find out all about us!

Vision

We envision a world in which young people dream big with the goal of bettering their communities.

Mission

The Dream Project is a nonprofit adventure-based fundraising organization for young adults on their way to becoming future philanthropists and community leaders. Those between 18-23 can commit to fundraising and hands-on volunteer work before ultimately biking across the country in the name of a local charity doing work in their neighborhood. Our mission is to empower young adults to become leaders within their communities through service and civic engagement.

Our Core Values

The Dream Project is embodied by a set of core values: beliefs that we hold in common and strive to put into practice. There are certain values about which we are so passionate that we would never, under any conditions, give them up as they are the foundation of our organization.

Creativity- Make the impossible possible and make a difference in the lives of others. We want our Dreamers to think outside the box in order to raise money and awareness for their cause.

Perseverance- Dreamers will not yield to limitations. There will be roadblocks, literal and metaphorical, but Dreamers will find ways around them with hard work, imagination, and resolve.

Grit- Our Dreamers are determined. Dream journeys are tough; they're long and grueling, both physically and mentally. But Dreamers cannot give up because their journeys represent the communities they're supporting at large.

Inspiration- Our mission spreads not just the importance of realizing one's own dreams, but the values of helping others realize theirs.

Compassion- We lead with it. We educate ourselves with the unique challenges that affect the populations we're supporting so that we can empathize as we treat those we meet with a concern and sensitivity that reflects the unique issues that they face.

Our History

In 2013, a group of five college students from Rutgers University set out to raise awareness for pediatric cancer patients. To pursue this goal, they biked 1,615 miles from New Brunswick, New Jersey to Disney World in Orlando, Florida over the course of 28 days that summer. With the help of sponsors, their friends and family, they were able to make their crazy, "impossible" idea a reality. The group, referred to as Dream4TK, was a completely student-run grassroots initiative and hoped to continue inspiring others as their mission continued to live on past their inaugural trip.

Today Dream4TK has evolved into The Dream Project who knows that young adults want to get involved in their community in a way that is engaging, impactful, and relevant. We bridge the gap between nonprofits doing great work and young adults who could be of help to them - it is a perfect match. Our participants are at a pivotal point in their lives as they work to figure out how they want to contribute to the world around them.

What We Do

Those between the ages of 18-23 can participate in one of The Dream Project's "Dream Journeys" by pledging to raise at least \$3,000-\$4,000 (amount varies based on the length of their trip) and volunteering at least 100 hours on behalf of a charitable partner before biking across the country in the name of the cause. Trips last between one month (~2,000 miles) and two months (~3,500 miles) with service days throughout the trip that provides participants the opportunity to volunteer with local charities serving the areas they're biking through along their route.

We strongly encourage all of our Dreamers to continually revisit our website, thedream.bike, to familiarize themselves with the mission, history, and most recent news of our program.

As a participant of The Dream Project, we ask that you act professionally when dealing with potential donors and community members. Everything you say and do is just as much a representation of you as the program.

Our Nonprofit Partners

The riders as a group get to decide where they want to dedicate their efforts. This charity must be an organization operating with 501(c)(3) IRS tax-exempt status operating for charitable purposes to provide a service to its community and/or its people. Besides its IRS designation, the organization should be local to your area (as opposed to an affiliate of a national organization) and one where there are ample volunteer ops as each participant has to commit to 8 hours a month of volunteering leading up to their trip.

The Routes

Here's where you'll be going!

Destination: Miami Beach	Destination: Seattle
<i>sunscreen and salty air</i>	<i>west coast best coast</i>
Pack extra sunscreen for 2,000 miles through nine states! You'll visit Philadelphia, Washington, D.C. (snag a selfie at the Lincoln Memorial), Charleston, and Savannah before finally dipping your tires in the Atlantic Ocean at the tip of Florida.	You'll be swooping through thirteen states on this 3,500 mile-adventure! On service days you'll be able to take in the sights of Philadelphia, Cleveland, Ann Arbor, Grand Rapids, Chicago, Madison, and St. Paul. Before you know it, you'll arrive in the city best known for its local flavor and flair.

Detailed cue sheets and a digital map via GPS app will be provided to all riders prior to trip send-off.

A Day in the Life of a Rider

- Wakey, wakey! The team wakes up early to beat the heat and get a jumpstart on the day's mileage. Morning duties include: getting dressed for the day, packing all gear into the van, and cleaning up the host site. No one will eat breakfast until the van is packed. Slow in the morning? You'll either need to get faster or wake up earlier as you don't want the wrath of your hungry teammates. This is also when you will clean your bike, lube your chain, pump your tires, and do any other bike maintenance that needs to get done.
- Every day one rider will be in charge of the directions. The chosen rider will brief everyone on the route (mileage, topography, rest stops, etc.) before setting out and offer a morale-boosting speech to start the day strong!

- Hit the road! Riders cycle anywhere between 40-120 miles a day depending on where they're sleeping that night. They spend the majority of the day biking, eating, applying sunscreen, eating some more, fixing popped tubes, taking selfies, and goofing around.
- Each night the team will either stay with a host family or at a community facility (churches and recreation centers). Host communities usually provide riders with ample food. The team will have time to explore the area, do laundry, call home, and hang out.
- If your host doesn't provide dinner, it's up to the team to secure food donations from local restaurants prior to arrival.
- Service days: When the team reaches hub cities, you'll partner with local organizations doing work relevant to the cause you're supporting.
- Days off: Hike, sleep, stretch, eat, explore, read, relax - the day is yours.

A Day in the Life of a Van Driver

Once the riders go off on their way, the van driver is in charge of all the behind-the-scenes details that go into a successful trip. This is a person on the team who rotates the role. Think of it as your physical and mental rest day. You'll drive alongside the route, stopping to catch the riders for a photo opt or two. Other responsibilities include....

- Social media: Post, snap, Tiktok, blog, film! Keep everyone looped in on the shenanigans happening along the way.
- Answering emails: You'll be getting local press inquiries along the way as well as questions about how to follow along on the ride and donate to the cause. Keep on top of your inbox and answer emails in a timely fashion.
- Collecting in-kind donations: Free stuff! Follow the spreadsheet which details who has agreed to donate food to the cause so you can pick it up when you're in the area. Speaking of food...
- Lunch and snack break: The riders are going to be hungry. All The. Time. Every morning you'll review the route together and decide on meeting points for fuel and water stops.

FUNDRAISING & VOLUNTEERING GUIDE

This portion of the guide will help you to become a successful fundraiser!

As a Dreamer, you are required to raise your fundraising minimum in order to participate in the ride. **All participants are required to raise the fundraising minimum and volunteer a minimum of 8-10 hours a month with their team's charitable partner.** If a participant has not raised the money by the final deadline, they will not be able to ride with the group until The Dream Project has received the balance. If a participant chooses to drop out of the program or fails to raise the fundraising minimum, they will donate any raised funds to The Dream Project. Although you have a fundraising minimum, it should not be your ultimate goal; aim high! The

more money you raise, the greater your impact. If you plan ahead, have fun, and use the resources available, you will undoubtedly become a successful fundraiser too.

Please feel free to contact The Dream Project staff for more guidance, ideas, or answers. We will provide you with the one-on-one help you need to ensure that your fundraising experience is successful.

Corporate Information

The Dream Project, Inc. is a 501(c)3 non-profit corporation; our Employer Identification Number (EIN) is 81-3371963. All contributions are tax-deductible to the extent allowable by checks should be made out to “The Dream Project” with your name in the memo line and sent to the following address:

Attn: The Dream Project
% Gabrielle Rossi
515 Twin Oaks Road
Union, NJ 07083

Creating a Donor Database

Fundraising thousands of dollars is a huge task, but the more effort you put into it, the quicker, and easier, and less stressful it will be! Start by coming up with a list of people you can potentially ask for donations.

1. Who are you going to ask and why?
2. What’s your connection to them?

Possible donors include family, friends, classmates, community members, teachers, and private business owners. Once you have a list of everyone you know and might think of asking, you make a plan! Keep track of everyone in a spreadsheet and how you plan on asking them (email, social media, phone call, face-to-face, email, or letter). Once you ask, keep track of their responses and how much they gave you.

Steps to Making an Ask

Asking for money shouldn’t be nerve-wracking! People want to know about you and what you’re doing.

- Explain The Dream Project and why it’s important to you.
- Describe your commitment to the cause and what it means to you.
- Ask for a specific amount. It’s more effective than asking for a general donation.

- Asking in-person is more effective than asking online or over the phone. People will have a harder time saying no to your face, but it's easy to ignore a Facebook post.
- Direct your donors with information on how and where they can donate. Tip: put the link in your email signature and social media profiles.
- Inform your donors that all donations are tax-exempt to the extent allowable by law.
- Provide your donors with our Employee Identification Number: 81-3371963.
- Thank your donors! Regardless of how much they give, show your appreciation for their generosity towards your fundraising goal.

Ways to ask for money...

- Face-to-face: Asking in-person/over Facetime/Zoom is more effective than asking online or over the phone. People will have a harder time saying no to your face but it's easy to ignore a Facebook post. Update your social media throughout the trip to keep your donors engaged on your fundraising milestones and trip mile markers.
- Phone call: Phones, they're not just for texting! Phone calls are a highly personalized way to reach someone who doesn't live local to you.
- Personal email appeal: The more personal, the better! If you write a mass email, personalize it with mail merge. Use a subject line that'll catch your reader's attention and include the link to your fundraising page. Be sure to encourage your readers to forward the email to their friends and family to widen your base of support.
- Social media: Social media is an effective way to reach lots of people and direct them on ways they can donate. Be sure to actively update your social media when you have pictures/videos to share the trip and have reached a milestone in your fundraising. You might want to make a Facebook page where you can invite people to learn more about your trip and easily access your fundraising link.
- Personal letter: Like emails, letters are a personal way to reach many donors. Letters are especially effective for potential donors who live further away and aren't active online. See below for an example letter you can send.

Other ideas....

- Corporate matching gift programs: Double your donation! If your donors work for a company with a matching gift program, take advantage of it to maximize the impact of their money.
- Dine for a cause: Many restaurants (Chipotle, Jersey Mike's Subs, Fritz's) partner with nonprofits to donate a proceed of their sales on any given night. Pick a weeknight during the semester and bring all your friends!
- Canning: Most grocery stores let nonprofits table in front of the doors on the weekends. Make some eye-catching posters and perfect your 30-second pitch to maximize your success.
- Events: Consider hosting a fundraising event- bake sale, raffle, concert, salsa dancing class- the possibilities are literally endless!

- Birthdays & Holidays: Have a birthday coming up? Instead of gifts, ask for donations. The same goes for any gift-giving holiday. Facebook has made it really easy to set up online campaigns through your profile.

Fundraising Benchmarks

The checkpoints listed below are required for all participants to meet. We highly recommend that participants start fundraising immediately, to avoid undue stress and help ensure fundraising success.

Deadline	\$3,000 goal (one-month trip)	\$4,000 goal (two-month trip)
Official rider status	\$100	\$100
January 31st	\$400	\$500
February 28th	\$700	\$1,500
March 31st	\$1,000	\$2,000
April 30th	\$1,500	\$2,500
May 31st	\$2,000	\$3,000
Start of trip	\$2,500	\$3,500
End of trip	\$3,000	\$4,000

Sample Donation Letter

Dear <awesome person in my life>,

This summer I will be embarking on a [insert trip distance here] mile cross-country ride to [insert end location here] as a member of The Dream Project! [Insert section about why you're doing this trip].

The Dream Project is dedicated to empowering young people like me to become leaders within their communities through service and civic engagement. I am reaching out to you for support on my cross country bike ride, in the form of tax-deductible donations as I have accepted the challenge to raise [insert fundraising minimum here] before we are able to hit the road this

summer. Some of the money will go towards supporting the trip, but for the most part, the money will be used for [insert organization here]’s programming. They support [insert organization’s mission here]. I ask that you pass this letter to anyone whom you feel may be interested in aiding my fundraising efforts. I truly appreciate and thank you for your support in advance.

Ride on,

Volunteering

Each participant has to volunteer 8-10 hours with their team’s charitable partner every month leading up to the start of their trip. Participants have the choice of either setting up their own volunteer schedule or joining team-wide volunteer days. All hours must be logged in the volunteer log.

HEALTH & TRAINING

Road rash, sunburn, saddle soreness, angry dogs, overly happy dogs, alligators, bug bites of various sorts, colds, ticks, and a case of pinkeye - we’ve seen it all and we’d like to prevent as much of it as possible. We want to keep everyone healthy and happy over the course of this trip. As a rider, you’re going to be beating your body up day after day so it’s important to take care of it. You’re probably not used to wearing spandex every single day for a month so let’s go over some things.

Mandatory sports physical for all riders

Before leaving on the trip, all riders will have to get a sports physical to make sure they’re healthy and ready to ride! How to get an appointment:

- Primary care physician
- College health center
- Pharmacy MinuteClinic
- Medexpress

TRAINING

Lance Armstrong once said that “you can have all the heart in the world, but it doesn’t mean anything unless you’ve got the legs.” But we staunchly disagree. You don’t need to identify as an athlete to be on the Dream Team. This ride isn’t a race; it’s an experience. While you don’t need to be the fastest or the strongest, you should assess your personal fitness level and be prepared to put in the training. When you signed up for this program, you made a commitment to the cause, to your donors, and to yourself. Motivation, desire, and enthusiasm will take you a

long way, but if you're planning on biking hundreds upon hundreds of miles this summer, you're going to need just a little bit more than that.

300-Mile Training Requirement

All riders must complete 300 miles of training, including at least one 65-mile ride, before the trip. In addition to preparing riders for the tough physical challenge they face, it improves their awareness and instincts on a bike and increases their comfort level on the road. Miles in spin classes do not count towards the 300-mile total. Riders should spend the vast majority of their training miles on roads interacting with vehicles instead of bike paths. The only way to improve your cycling skills is to ride your bike in a wide variety of traffic and weather conditions. No amount of spin classes can teach you how it feels to conquer the twisting turns of Havre De Grace, Maryland or to battle the dueling headwinds of the Outer Banks in North Carolina.

Biking Mentors

Once each rider earns their bike and passes the safety test (see below), The Dream Project will pair them with an active bike rider from the local biking club. This mentor will hold you accountable for going on training rides and will be able to answer all your bike-related questions.

SAFETY

Our biggest concern is getting you from point A to point B everyday in one piece.

Safety Course & Test for Bike Eligibility

When riders successfully hit their March fundraising benchmark, they are eligible to receive their bike. This is contingent on passing a thorough safety course through [The League of American Bicyclists](#) that will be scheduled by The Dream Project.

Bike Maintenance Course

Leading up to the ride there will be mandatory bike maintenance classes on campus to give riders the opportunity to learn how to care for their bikes. Everyone needs to know the basics: fixing flats, adjusting brakes and derailleurs, cleaning and lubing a chain, and performing minor adjustments that can have a significant impact on your ride quality.

Rules of the Road

On a bike?

1. Always, always, always wear your helmet when you're on your bike. There are no exceptions to this rule.
2. Share the road and obey all traffic laws. On your bike, you are considered a moving vehicle and are subject to the rules of the road: stopping at stop signs, obeying traffic signals, staying under the speed limit, etc.
3. Be considerate to drivers and pedestrians and no matter how upset you may be with a driver, never announce your displeasure to the motorist verbally or with a declarative hand gesture.
4. Be predictable. Ride straight and as close to the side of the road as you feel comfortable. You are entitled to 18-24 inches of road. Use signals when able and applicable.
5. Communicate is key! Communicate with vehicles and other riders by using voice and hand signals ("slowing", "turning", "stopping", "hole-right", etc.). By announcing changes in your behavior and telling those around you of hazards, you come more predictable and more visible and help others be aware.
6. Be aware. Scan for hazards. Take the lane if you feel you and or the car would be at risk if they passed. Windy, single-lane roads are a good example of this.
7. Be visible. Assume that the cars don't see you. The previously noted points of predictability and communication will help with this. Riders will ride only during daylight and are required to have a red flashing tail light for days with compromised visibility (like when it's foggy or rainy). If the weather is poor, a bright rain jacket will go a long way.
8. Behave like a car. When you are questioning how you should behave at an intersection etc, consider what you would do if you were in a vehicle. In most cases, you should behave as if you were in a car. A quick example: When approaching a red light, you should wait in line like a vehicle, not snake between cars or squeeze along the right side.
9. Own your lane! Your lane positioning plays a large role in how drivers treat you. Position yourself so that drivers can see you and respond to you appropriately.
10. The only time it is okay to ride double-file is on straight country roads with plenty of visibility.
11. If riding double-file and a car comes, the rider on left will always brake and pull in.
12. Always pass on the left, and call out "passing" before doing so. Never pass on the right.
13. Rep The Dream Project! Wear your jerseys as often as possible (but please, remember to wash them) and your t-shirts during service days.

Every day, riders should keep the following on them:

- Photo ID
- Cash
- Patch kit
- Spare tube
- Multi-use bike tool
- Route directions
- Sufficient hydration (water/sports drinks)
- Snacks

- Phone (with The Dream Project staff and fellow team members' phone numbers programmed into your contact list)

FAQ

What is The Dream Project?

The Dream Project is dedicated to empowering young adults to unite communities across the country through service and support in the form of adventure-based fundraising initiatives. This means that we provide the opportunity for young adults between the ages of 18-25 raise funds to support various charities that inspire them while taking on a physical challenge.

What charities do you support?

Every year, The Dream Project chooses to celebrate different organizations and recognize the important work they're doing within the community. They must be an organization operating with 501(c)(3) IRS tax-exempt status operating for charitable purposes to provide a service to its community and/or its people.

Who is going on The Dream Project ride?

Young adults between the ages of 18-23 who are willing to fundraising and volunteer for a local charity doing work in their community before committing to the journey of a lifetime.

Speaking of which, talk to me about this fundraising minimum.

Each participant raises between \$3,000-\$4,000 (amount varies based on the length of their trip), Fundraising deadlines are spaced out throughout the year to help you reach your goal.

Why a bike ride?

We want to do something unexpected and extraordinary that will inspire those around us to believe in their dreams. We want to prove that even the most daunting challenges can be overcome and serve as an inspiration to others.

What kind of shape do I need to be in to bike across a state line, let alone more than one?

You don't need to identify as an athlete to be on the Dream Team. This ride isn't a race; it's an experience. While you don't need to be the faster or the strongest, you should assess your personal fitness level and be prepared to put in the training. All of our riders are required to log a total of 300 miles and complete a 65-mile ride before departing.



How far do you bike each day?

The day's miles are dictated by where the team will sleep that night. Usually, our riders will cycle anywhere from 50-120 miles per day, most often averaging about 55-70 miles per day.

Do I have to carry my own luggage?

Participants do not need to carry their own luggage. All luggage will be held in the support vehicle while on the trip. Pack light! Use our packing list for guidance in terms of things you absolutely need and what you can live without while on the trip.

What kind of support do you offer while on the trip?

The Dream Project staff and board completely support participants on and off the road. We are here to answer all questions, help participants to reach their fundraising minimums, keep you on track with training, and offer any other advice. During the trip, the team will be provided with a support vehicle in which driving responsibilities will be split between the team members.

What do we eat?

Participants get a majority of their meals and foodstuff donated during the summer. When staying with host families, they will usually provide breakfast and dinner. For days where hosts won't be feeding you, riders are tasked with soliciting food donations from local restaurants in the areas they'll be staying before the start of the trip. For lunch, participants will usually eat out of the van taking advantage of in-kind donations from local supermarkets (think peanut butter sandwiches).

The Dream Project relies heavily on donated meals and does its best to accommodate vegetarian diets. That means it is your responsibility to handle any other special dietary needs (gluten free, vegan, halal, etc.). It is certainly doable to complete a Dream Journey with strict dietary needs, but it will require a little extra planning on your part.

Where do we sleep?

Members of the communities we pass through come together to provide a safe place for each team to sleep and the team is hosted by families, bike clubs, churches, schools, gyms, YMCAs, rotary clubs, etc.

PACKING LIST

Find a good, durable duffel bag that's a reasonable size (hint: if your suitcase is named Big Bertha, it's probably too big). Our van has limited cargo capacity so please pack light! The bag you bring should be less than 50 lbs and be big enough to fit all of the required gear.

Tips & Tricks

1. Write your name on all of your gear, from your bike to your underwear. Everyone will have similar stuff and it'll most likely get mixed up on laundry days.
2. Spoiler alert: nobody is going to care what you're wearing or how often you wear it. Pack clothes that are comfortable and functional, and that you won't mind getting dirty. In general the less cotton you bring the better. Synthetic clothes dry faster and resist bacteria growth.
3. Bring lightweight layers that are warm when wet, like polypropylene. It can be cold on the road. If you're biking through the rain on a cold day, you could be at risk for hypothermia if you don't have the proper gear.
4. There are tricks to improvising with dual-use items and condensing your belongings to better fit them all into your duffel. For example, try a camping pillow; they compress much more than a regular pillow. A compression sack for your sleeping bag is an inexpensive way to create more space.
5. There is always the opportunity to have items – especially bike gear – sent to you or to pick them up while on the road. If you're unsure if you'll need something or don't want to invest in a piece of gear, consider leaving it at home or holding off on the purchase until you know that you need it on the trip.

Gear Provided

- Bike
- Dream jersey
- Dream tee shirt
- Helmet
- Bike lights
- Bike pump
- Spare tubes
- Chain lubricant

The list of provided gear is subject to change based on in-kind donations and sponsorships.

General Items Needed

1. Duffel bag
2. Sleeping bag

3. Sleeping pad
4. Pillow
5. Towel
6. Toiletries + personal medications
7. Sunscreen
8. Bug spray
9. 5-7 pairs of underwear
10. Lots of socks
11. 1 pair of non-athletic shorts
12. 1 pair of flip flops (rubber are best for shower shoes)
13. 1 pair of sneakers
14. 1 pair of sweatpants or leggings
15. Sunglasses
16. Hat or bandana
17. Dry bags
18. Swimsuit
19. An outfit for rest days/service days
20. Cellphone + charger

Rider-Specific Items

1. Cycling shoes/pedals
2. 2 pairs of cycling shorts
3. 1-2 water bottle cages
4. Rain jacket

Recommended Items

1. Hydration backpack
2. Cellphone handlebar mount (great for directions and music)
3. Seat pouch
4. Multi-tool
5. Waterproof phone case
6. Camera + charger/spare battery + extra memory card
7. Disposable camera
8. Portable Bluetooth speakers

Personal Preference Items

1. Gel bike seat cover
2. Fingerless gel gloves
3. Softshell cycling jacket
4. Leg and/or arm warmers
5. Sun sleeves
6. Chamois Butt'r

7. Helmet mirror
8. Salsa jersey

A note about fancy tech toys: Laptops, tablets, DSLR cameras- they're great, but can you live without them for a month? Your luggage is going to get thrown in and out of the van day after day so there's no guarantee your electronics will be handled with care. You're not going to have a lot of time to surf the web or catch up on Netflix, so trust us when we say it's better they're left at home.

Personal Expenses

As part of The Dream Project's commitment to giving back to students, all gear, transportation, and food are covered by the organization for those who meet their fundraising goals. That being said, some things aren't covered:

- Transportation: Riders are responsible for their own transportation to the beginning of the trip (leaving from New Brunswick) and back from their destination city at the conclusion of the trip. Riders will also have to arrange to have their own bikes shipped back from the destination city.
- Food not provided by homestays or in-kind donations.
- Bike repair
- Cycling gear: All riders must have their own helmet and front and rear working lights which will be provided by The Dream Project. Please refer to the gear guide for a list of recommended gear. Every rider is different and uses different gear, so we encourage riders to figure out what they need and what is within their budget. Reach out to The Dream Project staff or a member of your local cycle shop for more help in this department.

THE RULES & POLICIES

In every place you travel through, be it the smallest town or largest city, you represent The Dream Project, its donors, its sponsors, and our partner organizations. Your behavior is a direct reflection of these groups and will impact The Dream Project's ability to continue programming year after year. Please treat everyone whom you meet with respect and conduct yourself accordingly. Seriously, we cannot stress this enough.

This guide outlines The Dream Project's stated policy that all participants must agree to follow prior to enrollment. Infractions typically fall into one of three categories: minor, major, and immediate dismissal from the trip. Occasionally a rule will not be included in any category, which means it's probably really easy to follow and we don't have a reason to assign a penalty to it (as in, use common sense).

Minor Infractions: Penalties outlined below are assigned at a minimum, but additional tasks may be assigned by Dream staff.

- First offense: additional chore responsibilities, apology letter to any appropriate parties, cleaning the inside and outside of the van
- Second offense: One-two days spent in the van.
- Repeated offense: 3+ days spent in the van and a conference call with Dream director.

Major Infractions: Penalties outlined below are assigned at a minimum, but additional tasks may be assigned by Dream director.

- First offense: One or more days spent in the van
- Second offense: Immediate expulsion from the trip (see below)

Immediate Dismissal: Pretty self-explanatory as we have zero tolerance for rules under this heading.

- A rider who is expelled will be left in the nearest city with a bus station. They will be responsible for paying for their own transportation home. Their bike will remain on the trip. They will not be refunded any fundraised money.

Withdrawing from the Trip

If you withdraw from the trip after it begins, the money you raised will be considered a donation to The Dream Project, and will not be credited towards an account for next summer. If you leave while on the trip you must return your bike to The Dream Project unless a clear medical reason details why you are unable to continue on the trip. If you are dismissed from the trip, you are required to return all The Dream Project supplies and apparel. These rules are non-negotiable and penalties will be strictly enforced. Any penalty set by The Dream Project staff supersedes anything in this document.

Homestay behavior

Minor:

- We leave every place we stay cleaner than how we found it. Everyone is expected to clean their own space and pitch in when needed.
- No foul language in churches or overnight locations.
- Be on time for scheduled meals.
- Mingle with community members at meals.
- Keep the host site updated on your time of arrival. Detours, weather conditions, and emergency stop notwithstanding be on time!
- Do not wear your cleats inside.

- Do not clean your bikes in the host location or lean bikes against church walls.
- Use your own towels, laundry detergent, and toiletries unless your host explicitly encourages you to use the supplies they have for you.
- Be courteous of your host's data plans in overusing their WiFi.

Major:

- No alcoholic beverages in churches or overnight locations—either on the grounds or in the presence of our hosts. Being visibly intoxicated is included here.
- Be respectful of their opinions and beliefs.

Vans & Trailers

Major:

- Only team members are permitted to drive the van.
- Drivers and passengers must wear seatbelts at all times.
- Do not stand on top of the van or trailer.
- Do not sit or put anything on the wheel wells.

Social Media

We highly encourage Dreamers to post on social media to spread the word about the cause and the trip! That being said, there are some stipulations:

- No participant shall post a photo of themselves riding their bike without a helmet on.
- No participant shall post a photo of themselves engaging in any alcohol or drug-related activity while on the trip.
- No participant shall post a photo of themselves engaging in any alcohol or drug-related activity while wearing The Dream Project-branded attire.
- No participant posting on The Dream Project social media accounts may use vulgar language or make defamatory comments about any place or population at any point before, during, or after the trip.
- No participant posting on their personal social media accounts may use vulgar language or make defamatory comments about any place or population-related to The Dream Project at any point before, during, or after the trip.

Alcohol & Drug Use

Minor:

- Riders over 21 years of age may choose to drink outside of overnight locations. Riders who choose to drink must be aware that the group relies on them for full participation the following day.
- When riders return to the host location from drinking they must go directly to bed, regardless of what is happening the next day. There is no eating, cooking, carousing, listening to music or anything else that is deemed inappropriate (defining what

constitutes inappropriate is the sole responsibility of The Dream Project staff and is not up for debate).

- There is an 11pm curfew for everyone on nights where you are biking the next morning. If you choose to stay up past 11pm you may not make noise. There is a 1am curfew for all riders on nights before service days or rest days. These curfews are subject to your host's rules and preferences. You may never inconvenience a host because you want to stay out later than they're willing to accommodate.

Major:

- Drinking alcohol anytime during or before the completion of a day's ride is strictly prohibited.
- At no point may a participant be intoxicated and riding their bike.
- At no time may a 21 years of age or older rider purchase alcohol for an underage rider.
- Riders under 21 years of age may not consume alcohol. The Dream Project will not be liable for any fines, penalties, criminal prosecution, jail time, or bail expenses associated with illegal or excess alcohol consumption.
- Alcohol is never to be purchased with The Dream Project funds, even if consumed by participants aged 21 or above.
- Alcohol is never to be transported by or held inside the van, regardless of when or where it is being consumed.

Immediate Dismissal:

- Drug use is strictly prohibited.
- At no time may riders drink or be intoxicated during a service trip or meal.

Treating Your Teammates

- Fulfill all assigned duties to the best of your ability. The entire team depends on each of its members to complete their responsibilities well each day.
- Participate in your chore groups. If you see something that needs to be done, do it.
- Respect curfew and quiet times.
- Do not complain. If you perceive a serious problem, bring it to the Dream staff.
- Encourage and include one another as you are one team working towards the same goal.
- Do not gossip. You are together 24 hours a day. You're going to be riding together, driving together, volunteering together, and living together.
- Discrimination or harassment of any kind (racial, gender-based, etc.) will not be tolerated and will lead to immediate dismissal.

Theft

If your bike is lost or stolen, you will be responsible for purchasing a replacement. New bikes on college campuses are hot targets for thieves, vandals, and other

marauders. We highly recommend keeping your bike in your dorm or apartment, where it will be safe and away from the elements. If this is not possible, invest in the heaviest-duty lock that you could find, such as a U-lock, and lock your bike at a proper bike rack that cannot be uprooted by potential thieves.

GUIDEBOOK ACKNOWLEDGEMENT

I have received this guidebook and I understand that it is my responsibility to read and comply with the policies contained in it as well as any future revisions. I understand that I should consult with the Executive Director regarding any questions not answered in the guidebook.

Since the information, policies, and benefits described here are subject to change, I acknowledge that revisions to the guidebook may occur. All such changes will be communicated through official notices, and I understand that revised information may supersede, modify, or eliminate existing policies. Only the Executive Director of The Dream Project with the approval of the Board of Directors has the ability to adopt any revisions to the policies of this guidebook.

I have read the guidebook and understand that my relationship with The Dream Project is voluntary and terminable at any time at the will of The Dream Project or myself.

Signature

Date

Name (printed or typed)