

## AIR FORCE CYCLING TEAM PARTICIPATION/MEMBERSHIP CONTRACT (2019)

1. The Air Force Cycling Team (AFCT) participates in RAGBRAI for the purpose of **RECRUITING/MARKETING** for the US Air Force. The Commander, Air Forces Recruiting Service (AFRS), **MAY** grants permissive TDY (PTDY) for Air Force members to participate. PTDY is granted to individuals subject to their Unit Commander's approval. Each individual member is responsible for PTDY package to AFRS.
2. RAGBRAI is a 7 day ride, AFCT Riders should train and plan to complete the whole week including the Century distance (100 miles) SAG is a last resort for the sick and injured, not the tired and sore. Signing this contract, you are agreeing to ride the whole week.
3. **THE CENTURY RIDE IS A MANDATORY REQUIREMENT.** No matter the weather. Riders who are unsure or unable to complete this distance on the RAGBRAI Century day should not sign up for the team.
4. Team members must be associated with the USAF. All military members must supply a current copy of their Air Force Fitness Test Results from the Air Force Portal. Only Satisfactory or Excellent scores will be accepted. Member cannot be exempted from the cardio portion of the AF Fitness test, since RAGBRAI is a cardio/aerobic event. Members must have a "**Fit and Trim**" appearance. This will be strictly enforced by the base and regional leader before arriving at RAGBRAI.
5. Retirees and Dependents must submit a full body current picture of themselves in a cycling uniform, including a side view.
6. Here is a list of potential Team members
  - a. Active Duty USAF members, Air Force Reserve members, or Air National Guard members
  - b. Air Force Civilians, or Retired from the USAF, or
  - c. Dependents of any of the above categories (a-e) only if accompanied by that sponsor (each dependent should be able to complete the ride as an individual)
  - d. The team will consist of 85% military and all other categories will supplement the team
7. The AFCT is one team; everyone is expected to participate, **AS THE AFCT**, not as individuals or base teams. This applies to all facets of the ride and support.
8. As a RECRUITING event, APPEARANCE (**Fit and Trim looking**) and personal conduct is critical to maintaining the proper image of the USAF. Anyone not abiding by the standards cited here will not be allowed to participate with the Team (camp, ride, or wear the uniform) or may be sent home early at the individual's expense, and CC informed
9. The following rules will be strictly enforced:
  - a. AFCT members' will meet Air Force standards of appearance (fit and trim looking) as outlined in AFI 36-2903. Every Team member will comply, to project the proper Air Force image.
  - b. Behavior will meet standards ("we live in a glass house"), and will be enforced by the Team Executive Leadership, Team Captains, Support Director and all members of the AFCT.
  - c. Alcoholic beverages will not be consumed by riders during the duty day along the RAGBRAI route or by any member at any time in the AFCT camp.
  - d. **NO PACELINES.** Riding as a group of AFCT riders is encouraged, but remember this is not a **RACE**.
  - e. AFCT riders will be on the road from 0600 until 1730. You must sign-in at the camp NLT 1700 each day. No rider will enter camp prior to 1400 on any day except "Set up your own tent Day" without prior coordination with the Team Director. Anyone arriving prior to 1400 will be at the disposal of the Support Director as he/she sees fit.
  - f. Every AFCT member will camp with the AFCT all week (no RV's, campers, cook stoves, campfires or open flames...)
  - g. Only AFCT members will camp with the Team.
  - h. AFCT riders will wear a clean/serviceable/ current year AFCT jersey each day while riding.
  - i. All AFCT members will wear a clean/serviceable Air Force related Shirt during the entire RAGBRAI event (riders when not in AFCT jersey and support people at all times).
  - j. RETRO-day, is when you may wear any prior year AFCT/Team Aim High jersey that is serviceable or the current year jersey. Executive Director will determine which day this is.
  - k. Arm warmers if worn, must be the current year or must be black or white in color, If raining, **ONLY** clear or Official AFCT rain Jackets can be worn, but must be removed when weather clears.
  - l. AFCT Members will represent the USAF in a positive manner at all times.
  - m. AFCT riders and members will stop and help those in need when appropriate.
  - n. All AFCT members **MUST** know how to fix a flat prior to signing this contract and be willing to render aid to all sick, injured and downed riders..
  - o. AFCT will ride with **PRIDE, PROFESSIONALISM** and **SAFETY**.
  - p. No ear buds or head phones will be worn during the ride. **ONE WARNING ONLY!** Member will not be allowed to return due to this severe safety violation.
  - q. No Camelbacks will be worn on top of the AFCT Jersey; due to it covering up the AF Symbol.

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- r. First and Last days, the full kit including socks must be worn. Black Shorts are the only required apparel to wear with the current AF Jersey other than the first or the last day of RAGBRAI. Shorts must not have an emblem bigger than 1 inch in diameter, no stripes, lightning bolts or different colored panels.
  - s. Members MUST have a tent with a 2 pole maximum in the size of 10X7 or smaller.
  - t. Members are allowed one 30 gallon Rubbermaid like tote, but because of the stack-ability, we recommend the Plano 1919 Sportsman Trunk, a tent and backpack, nothing weighing over 50 pounds. That's a total of three items packed. All items will have the designated team tape color on it. Bags will be pre-checked by base or regional leader to conform to the requirements of this contract including weight prior to departing home base. This is due to the over packing in 2017 that cause us to use another team's trailer. This is also to stay in compliance of our support member contract of no bags weighing more than 50 pounds
  - u. Members can seek to get a 5 minute tent in the likes of Coleman. Otherwise they will have to set up their own tent each day of RAGBRAI. Married couples that require larger tents will have to set up their own tent if it's more than a 2 pole tent.
  - v. There will be no co-ed tents unless married
  - w. The shortest day of the week in mileage, will be designated as "Set up your own tent day." This day will coincide with the Mandatory attendance "Team Dinner Day" if the mileage is at a minimum on that day.
  - x. AFCT riders will not deviate from or shorten the RAGBRAI route regardless of the weather.
  - y. Members may order a RAGBRAI jersey on the RAGBRAI website, NO OTHER ITEMS MAY BE ORDERED.
10. **Cancellations;** AFCT Will retain the non-refundable administrative fee and the RAGBRAI fee if the team has already sent payment in to RAGBRAI. Members may sell their registration to any qualifying individual if they are seeking reimbursement after the team has paid RAGBRAI on their behalf. If for any reason you cancel, it will be your responsibility to retrieve purchased riding apparel. This may happen after a RAGBRAI, but the team has first priority to sell your kit to an AFCT standby member, since kits are only authorized for registered team members. If you ordered a RAGBRAI jersey from the website, then drop from the AFCT, you are responsible to retrieve it from your team leader, you are responsible for covering the shipping. Again there will be no overall refund of fees
  11. AFCT Riders/Support Crew is required to conduct Recruiting Activities during the entire RAGBRAI event.
  12. All Base leaders must bring qualified support people who are able to lift at least 50 pounds and to work alongside other support people under the supervision of the support director. Base leaders should ensure that 10% of their team is made up of support people. If not, riders from that team will have to rotate into a support position each day under the supervision of the support director.
  13. All AFCT Members riding on the charter bus to start town or from end town, will have an AFCT commandant that will give directions/instructions to everyone on the bus including necessary rest and eating stops. That commandant will instruct everyone on where the bus will stop to eat and when everyone should be back in their seat regardless of if they were able to get their food. This will get us quickly to the destination we set out for. Please tip the driver \$1
  14. All AFCT riders will have clipless pedals and Road bikes, no Mountain bikes. We encourage drop handlebars. Clipless pedals promotes a professional image that ensures the experience of the rider utilizing the quad and hamstring muscles for the duration of the route.
  15. There will be no music played from boxes or speakers attached to any AFCT member's bicycles for the duration of the RAGBRAI route. Everyone's music choices are different. The exception would be if the team is in formation or attending a parade.
  16. Current year cycling kit cannot be purchase for non-team members. They can only be given out after the current cycling year ending September 30th.
  17. Members with disc brakes and thru axels need to bring spacers for their disc brakes and the adapters so their bikes will hang in the U-hauls like everyone else.
  18. At this time, no recumbents are authorized on the team, due to covering up the Air Force symbol on the Jersey and the logistics to pack and load.
  19. MANDATORY formations are: Team Dinner, Team Photo, Team Socials, Reenlistments and any meeting called by the Executive Director
  20. The loading and unloading of the U-Haul trucks at any of the meet-up places before the ride and after the ride, will be a whole team effort. No one is excused from this task until we are finished.
  21. As an AFCT Member (Rider/Support Crew) I have read, understand and agree to abide by "all" AFCT rules above, the rules of RAGBRAI, proper Air Force decorum, and the directions provided by the Team Director, Support Director and Base leaders.

Printed Name: \_\_\_\_\_ Signature \_\_\_\_\_