



IPMBA

# IPMBA Instructor Course

— REGISTRATION FORM —  
ROCHESTER, NEW YORK ~ AUGUST 17-21, 2009

## Become an instructor for the premier public safety cyclist training organization.

Since 1991, IPMBA Instructors have educated countless public safety personnel in using their bikes safely and effectively on the job. This intense course will *increase* your confidence, *reinforce* your understanding of the basic principles of public safety cycling, *improve* your bike-handling skills, and *prepare* you to communicate your knowledge to others. Teaching methods include in-class presentations, on-bike drills, and peer and self-critiques. You will learn to identify and correct improper technique; how to assist students in overcoming individual difficulties; and how to incorporate various methods of instruction into your courses. When you have completed this course, you will be equipped with the skills you need to teach beginner and intermediate cyclists how to use the bike, not just as transportation, but as an indispensable tool for success on the job. Certification will be issued upon successful completion of the course requirements.

**Important Information! Please Read First!** In order to be eligible for the IPMBA Instructor Course, you must submit the following items: **1) IPMBA Instructor Application and fee** (call 410-744-2400, visit [www.ipmba.org](http://www.ipmba.org), or email [info@ipmba.org](mailto:info@ipmba.org) to request an application); **2) a copy of your IPMBA Police/EMS/Security Cyclist Certificate**. [If you are not already a certified IPMBA Member, you must submit the *IPMBA Membership & Certification Application* found in the Application Packet]; **3) a recommendation from your certifying IPMBA Instructor**; **4) a departmental letter of recommendation**; and **5) this registration form**. Current IPMBA membership and certification are required. You may join or renew with this form.

**Note: Applications are subject to review.** If your application is incomplete or you do not meet the pre-requisites described in the application, your course registration fee will be returned. We recommend that you wait for approval before purchasing non-refundable travel. The application, membership, and basic certification fees are non-refundable. All paperwork must be received at IPMBA HQ by June 5, 2009. You must submit your completed Instructor Application **prior to or at the same time** as your Instructor Course registration form. You will be notified of your acceptance into the course via email 2-3 weeks after your completed application is received. Course registration fee **MUST** accompany this registration form. Spaces cannot be reserved without payment or application approval. **No Walk-Ins.**

**If you are dismissed from the class for not meeting the standards described in the Letter of Expectations, your course registration fee will not be refunded.**

**DETAILS: HOST AGENCY:** Monroe County Public Safety Training Facility (PSTF); New York State Police. **ACCOMMODATIONS:** Comfort Inn Central-Airport, 395 Buell Road, Rochester NY 14624. Rate: \$80 + tax. Call 585-436-4400 and ask for the IPMBA rate. **COURSE LOCATION:** PSTF, 1190 Scottsville Road, Rochester NY 14624. **COURSE LENGTH:** 40 hours (five eight-hour days). **REGISTRATION DEADLINE:** Applications, Instructor Course registration forms, and all fees must be received by IPMBA by August 7, 2009. **No walk-ins!** **COURSE LIMIT:** 12.

## IPMBA Instructor Course Registration Form

Name: \_\_\_\_\_  
Home Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Phone:  Cell  Home \_\_\_\_\_  
Email\*: \_\_\_\_\_  
Department Name: \_\_\_\_\_  
Department Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Dept. Phone: \_\_\_\_\_ Dept. Fax: \_\_\_\_\_

### ▶ CHECK OFF WHAT APPLIES TO YOU! ◀

- 1. I am  a current IPMBA Member (member # \_\_\_\_\_).  
 renewing IPMBA membership (member # above; \$50 dues enclosed).  
 joining IPMBA (my \$50 dues are enclosed).
- 2. I am  an IPMBA-Certified Police, EMS, or Security Cyclist.  
 not IPMBA-Certified yet, but my Police/EMS/Security Cyclist certification application & \$10 fee are enclosed.  
 awaiting my certificate; my application was submitted on \_\_\_\_\_.
- 3. I am  a former instructor seeking recertification (PCI/EMSCI #: \_\_\_\_\_).  
 a first time instructor applicant and:  
 My application and \$125.00 fee are enclosed.  
 My application has been approved; acceptance letter is enclosed.
- 4. I am  a member of a Police bike unit.  
 a member of an EMS bike unit.  
 a member of a Security bike unit.

### PAYMENT (US DOLLARS ONLY) ENCLOSED:

- \$550 Course Registration
- \$125 Instructor Application Fee (if applicable)
- \$50 Membership Dues (if applicable)  
 New  Renew
- \$10 Basic (PC/EMSC/SC) Certification (if applicable)

\$ \_\_\_\_\_ Total Enclosed

- Check  MC/Visa

\_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_ Signature: \_\_\_\_\_

P.O. Number: \_\_\_\_\_

Department Contact for P.O.: \_\_\_\_\_

Contact for P.O. Phone: \_\_\_\_\_

Federal ID# 52-2137781

RETURN THIS FORM WITH PAYMENT TO:

**IPMBA Instructor Course**

**583 Frederick Rd. #5B – Baltimore MD 21228**

**PH: 410-744-2400 – FX: 410-744-5504**

**Email: [info@ipmba.org](mailto:info@ipmba.org)**

\* Confirmations will be emailed. Logistical information, a list of required equipment, and the PAR-Q are included in this packet..

**Refunds:** Cancellations must be in writing and postmarked by August 7, 2009. Refunds, less a \$25 administrative fee, will be processed after the course. Application fee, certification fee and membership dues are non-refundable. **No refunds after August 7.**



IPMBA

# IPMBA

## INTERNATIONAL POLICE MOUNTAIN BIKE ASSOCIATION

INSTRUCTOR COURSE ~ ROCHESTER, NEW YORK ~ AUGUST 17-21, 2009

Greetings from the International Police Mountain Bike Association and the Monroe Community College Public Safety Training Facility (PSTF). We look forward to welcoming you to the Instructor Course in Rochester, August 17-21, 2009. Please read this information carefully as you make your plans for the course. For course-related questions, contact Lead Instructor Frank Demes at demes@upd.gwu.edu or 202-439-8225. For questions about your registration status, contact Maureen Becker at 410-744-2400 or maureen@ipmba.org. For local information, contact Neil Gallivan at neil932@aol.com or 585-721-1340.

**Important:** Your application approval and course confirmation will be sent via email. If you do not receive this correspondence, do not assume that you are approved and/or registered. Contact the IPMBA office at 410-744-2400 or Maureen@ipmba.org to check on the status of your paperwork.

### TRAINING LOCATION

The course will be held in the Monroe Community College Public Safety Training Facility (PSTF), located at 1190 Scottsville Road, Rochester NY 14624. The training location is within easy biking distance from the Comfort Inn and convenient to the airport. Transportation between the Comfort Inn and the PSTF will be provided by the host agency.

### DIRECTIONS TO THE PSTF:

#### From the West:

Take I-90 east to exit 47 (Rt 490/Leroy exit) and continue east. Follow Rt 490 east to Rt 390 south. One exit past the Brooks Avenue (Airport) exit will be Scottsville Road. Take the Scottsville Road exit and yield to the right (west). Approximately 1/4 mile on the left (south side) will be the PSTF (1190 Scottsville Road), next to the Burger King.

#### From the East:

Take I-90 west to exit 46 (Rt 390) and head north. Follow Rt 390 north. You will see signs for the Airport and Greece. Take the Scottsville Road exit and yield to the right (west). Approximately 1/4 mile on the left (south side) will be the PSTF (1190 Scottsville Road) next door to the Burger King.

#### From Greater Rochester International Airport:

Start out traveling east on Brooks Ave/NY 204. Merge onto I-390 South. Exit onto Route 383 S, Exit 17. Turn right onto Scottsville Road/NY 383. The Public Safety Training Facility is located at 1190 Scottsville Road. The PSTF is approximately 1.5 miles from the airport.

**Airport Shuttle Service:** The Comfort Inn is right across the street from the airport entrance and just a short walk away. Free airport transportation is provided by the hotel. Neil may also be able to arrange for airport transportation; contact him at neil932@aol.com or 585-721-1340.

### BIKE SHIPPING

If you need to ship your bike, you may send it to: Full Moon Vista Bike Shop, 180 St. Paul Blvd., Rochester, NY 14604, Attn: Kyle. Contact: www.fullmoonvista.com; 585.546.4030. Shipping/assembling/packing rates are to be determined. Contact Neil at neil932@aol.com or 585-721-1340 for more information. Bikes will be transported to the training location and back to the shop.

### BICYCLE STORAGE

Secure bike storage will be provided at the training site during the classroom portions of the course. Bikes may be kept in hotel rooms overnight. Bikes may be stored at the training facility or at SP Rochester Barracks across the street. *IPMBA, the PSTF, the NY State Police and/or the Comfort Inn are not responsible for the safety and security of bikes. Please bring a lock and use it.*

### CHECK IN

The first day of class is Monday, August 17, 2009. Arrive at the PSTF promptly at 0745 hours. Wear your full duty uniform, bring your fully assembled bike, and be ready to ride.

### CLASS SCHEDULE

The full training schedule will be distributed with the student materials on the first day of the course. The night training is scheduled for Thursday. Schedule: Monday: 0800-1800, Tuesday, Wednesday, Friday: 0800-1700; Thursday: 1300-2100. *Note: schedule may be changed at the discretion of the instructors.*

### CLASS ATTIRE & EQUIPMENT

Uniforms are strongly encouraged for the class, both classroom and on-bike. Remember: It is important to "train how you play." Helmets are required for **all** on-bike activities. The following equipment is mandatory:

- Reputable manufacturer public safety bike in good working order, properly fitted
- Street/combination tires (26 x 1.5-26 x 2.1; no knobbies or 29" wheels)
- Pedal retention devices (BMX-style platform pedals are not acceptable)
- At least one water bottle & holder
- On-body hydration system (recommended)
- Headlight (42 lumens measured at 10 ft.)

- Steady or flashing rear bike light
- Rear mount kickstand
- Rear rack with full-size rack bag
- Panniers (EMS students only)
- Basic tool kit (4/5/6/8 mm allen wrenches; 8/10 mm wrenches; quick stick or tire levers; patch kit & two spare tubes)
- Compact air pump or CO2
- Bike helmet, approved by CPSC or equivalent
- Padded cycling gloves
- Body armor (if worn on duty)
- Shatter resistant eyewear for day and night
- Full bike uniform
- Duty belt (firearm optional)
- Chamois cycling shorts
- Clothing for all weather (jacket, rainwear, etc.)
- Sunscreen skin protection, bugspray
- *Complete Guide to Public Safety Cycling* (available from Jones & Bartlett, www.jbpub.com or 800-832-0034)
- Flash drive or memory stick, 1GB or greater capacity (highly recommended)
- Laptop computer (highly recommended)
- Instructor materials for your classroom presentations\*
- Pens, paper, and other classroom needs
- IPMBA waiver and copyright agreement (on-site)

**\*Instructor Materials**

You will be required to make two presentations (mock teaching sessions of 10 and 15 minutes). If you are comfortable using certain visual or teaching aids (e.g., flipchart, laptop, etc.), come prepared to use them. You will be required to use two or more different visual aids in your presentations, and PowerPoint can be only one of them. Projection equipment and flipcharts will be provided for in-class use, but not for practice or preparation outside of the classroom.

**HOUSING & MEALS**

Hotel: Comfort Inn Central - Airport, 395 Buell Road, Rochester, NY 14624, 585-436-4400, [http://www.comfortinn.com/hotel-rochester-new\\_york-NY404](http://www.comfortinn.com/hotel-rochester-new_york-NY404). The room rate is \$80 plus tax per night. Rate is reserved under IPMBA. If you experience any difficulty obtaining this rate from the reservations agent, ask for Anthony Polito, Sales Manager. The hotel is directly across from the airport entrance and offers free airport transportation, free parking, free continental breakfast, free Wi-Fi, and a business center. Bikes can be ridden on airport perimeter road/tunnel adjacent to I-390 to SP Rochester. The Public Safety Training Facility is across the road from State Police Barracks.

Meals are not included in the course fee but mealtimes will be scheduled at appropriate times. Information on local dining options will be available on-site.

**PARKING**

The Comfort Inn offers free parking.

Parking at the PSTF will be available at no charge. There are parking lots along the side and to the rear of the facility.

**PAR-Q**

Please complete and return the Physical Activity Readiness Questionnaire (and medical clearance form if you answered “yes” to any of the questions) at your earliest opportunity.

**WEATHER**

Rochester has a fairly humid, continental type climate, which is strongly modified by the proximity of the Great Lakes. Summers are warm and sunny. Rain can be expected every third or fourth day, almost always in the form of showers and thunderstorms. Completely overcast days in summer are rare. There usually are several periods of uncomfortably warm and muggy weather in an average summer, with nine days reaching the 90-degree mark.

August temperatures range from 58.7-79.1 degrees Fahrenheit. However, mid- to late-August weather can be in the mid to high 80’s with high humidity. Average rainfall is 3.5”.

Check the forecast and come prepared for all kinds of weather. Remember: “Climate is what you expect. Weather is what you get.” (Mark Twain)

**Thanks to our host facility,  
Monroe County Public Safety Training  
Facility**

**Thanks to our host agency,  
New York State Police**

**For more information about  
Rochester, visit  
[www.visitrochester.com](http://www.visitrochester.com).**



# PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. <b>Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?</b>
<input type="checkbox"/>	<input type="checkbox"/>	2. <b>Do you feel pain in your chest when you do physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	3. <b>In the past month, have you had chest pain when you were not doing physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	4. <b>Do you lose your balance because of dizziness or do you ever lose consciousness?</b>
<input type="checkbox"/>	<input type="checkbox"/>	5. <b>Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	6. <b>Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?</b>
<input type="checkbox"/>	<input type="checkbox"/>	7. <b>Do you know of <u>any other reason</u> why you should not do physical activity?</b>

If  
you  
answered

## YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

## NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

### DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

**PLEASE NOTE:** If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

**Informed Use of the PAR-Q:** The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

**No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.**

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

SIGNATURE OF PARENT \_\_\_\_\_

WITNESS \_\_\_\_\_

or GUARDIAN (for participants under the age of majority)

**Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.**



# PAR-Q & YOU

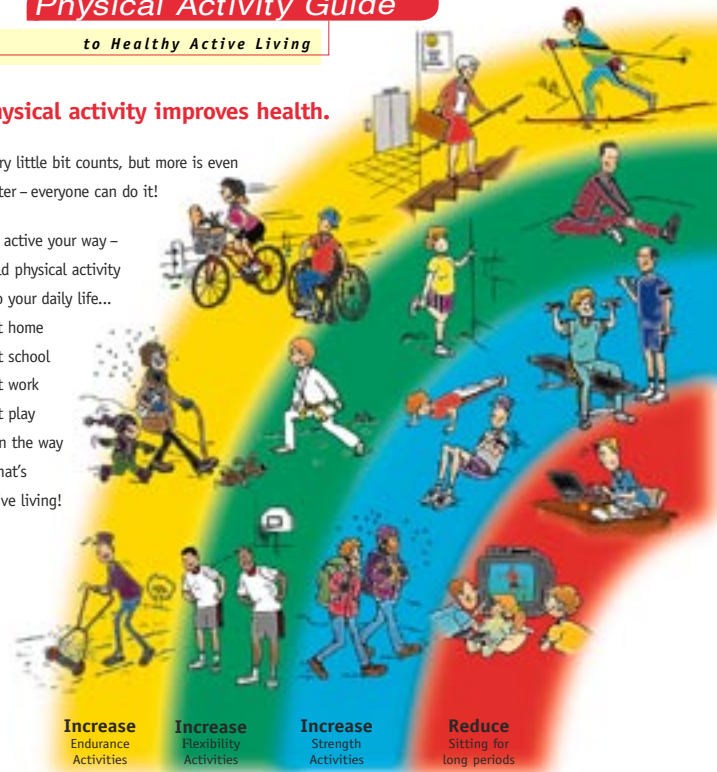
CANADA'S  
**Physical Activity Guide**  
to Healthy Active Living

## Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

Get active your way – build physical activity into your daily life...

- at home
  - at school
  - at work
  - at play
  - on the way
- ...that's active living!



- Increase** Endurance Activities
- Increase** Flexibility Activities
- Increase** Strength Activities
- Reduce** Sitting for long periods

Choose a variety of activities from these three groups:

**Endurance**  
4-7 days a week  
Continuous activities for your heart, lungs and circulatory system.

**Flexibility**  
4-7 days a week  
Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.

**Strength**  
2-4 days a week  
Activities against resistance to strengthen muscles and bones and improve posture.

Starting slowly is very safe for most people. Not sure? Consult your health professional.

For a copy of the *Guide Handbook* and more information: **1-888-334-9769**, or [www.paguide.com](http://www.paguide.com)

Eating well is also important. Follow *Canada's Food Guide to Healthy Eating* to make wise food choices.

## Get Active Your Way, Every Day – For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up.

Time needed depends on effort				
Very Light Effort	Light Effort	Moderate Effort	Vigorous Effort	Maximum Effort
• Strolling • Dusting	60 minutes • Light walking • Volleyball • Easy gardening • Stretching	30-60 minutes • Brisk walking • Biking • Raking leaves • Swimming • Dancing • Water aerobics	20-30 minutes • Aerobics • Jogging • Hockey • Basketball • Fast swimming • Fast dancing	• Sprinting • Racing
Range needed to stay healthy				

## You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can – get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk – gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it.
- Try one class to start – you don't have to make a long-term commitment.
- Do the activities you are doing now, more often.

## Benefits of regular activity: Health risks of inactivity:

- |                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• better health</li> <li>• improved fitness</li> <li>• better posture and balance</li> <li>• better self-esteem</li> <li>• weight control</li> <li>• stronger muscles and bones</li> <li>• feeling more energetic</li> <li>• relaxation and reduced stress</li> <li>• continued independent living in later life</li> </ul> | <ul style="list-style-type: none"> <li>• premature death</li> <li>• heart disease</li> <li>• obesity</li> <li>• high blood pressure</li> <li>• adult-onset diabetes</li> <li>• osteoporosis</li> <li>• stroke</li> <li>• depression</li> <li>• colon cancer</li> </ul> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



No charges permitted. Permission to photocopy this document in its entirety not required. Cat. No. 9518-62P/9518-1E ISBN 0-662-86627-7



Source: Canada's Physical Activity Guide to Healthy Active Living, Health Canada, 1998 <http://www.hc-sc.gc.ca/hppb/paguide/pdf/guideEng.pdf>

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### FITNESS AND HEALTH PROFESSIONALS MAY BE INTERESTED IN THE INFORMATION BELOW:

The following companion forms are available for doctors' use by contacting the Canadian Society for Exercise Physiology (address below):

The **Physical Activity Readiness Medical Examination (PARmed-X)** – to be used by doctors with people who answer YES to one or more questions on the PAR-Q.

The **Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for Pregnancy)** – to be used by doctors with pregnant patients who wish to become more active.

#### References:

Arraix, G.A., Wigle, D.T., Mao, Y. (1992). Risk Assessment of Physical Activity and Physical Fitness in the Canada Health Survey Follow-Up Study. *J. Clin. Epidemiol.* 45:4 419-428.

Mottola, M., Wolfe, L.A. (1994). Active Living and Pregnancy. In: A. Quinney, L. Gauvin, T. Wall (eds.), **Toward Active Living: Proceedings of the International Conference on Physical Activity, Fitness and Health**. Champaign, IL: Human Kinetics.

PAR-Q Validation Report, British Columbia Ministry of Health, 1978.

Thomas, S., Reading, J., Shephard, R.J. (1992). Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Can. J. Spt. Sci.* 17:4 338-345.

For more information, please contact the:

Canadian Society for Exercise Physiology  
202-185 Somerset Street West  
Ottawa, ON K2P 0J2  
Tel. 1-877-651-3755 • FAX (613) 234-3565  
Online: [www.csep.ca](http://www.csep.ca)

The original PAR-Q was developed by the British Columbia Ministry of Health. It has been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Gledhill (2002).

Disponible en français sous le titre «Questionnaire sur l'aptitude à l'activité physique - Q-AAP (révisé 2002)».



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Supported by:



Health Canada / Santé Canada



## INTERNATIONAL POLICE MOUNTAIN BIKE ASSOCIATION MEDICAL CLEARANCE FORM

If you answered “Yes” to any of the questions on the PAR-Q, you must have this form completed prior to enrolling in the IPMBA Conference. If you answered “No” to all of the questions on the PAR-Q, it is not necessary to return this form.

Course Date: IPMBA Instructor Course, August 17-21, 2009

Dear Medical Professional:

The person you are now seeing would like to participate in on-bike training activities developed by the International Police Mountain Bike Association (IPMBA) and taught by a certified IPMBA Instructor.

Because this person answered “yes” to one or more questions on the Physical Activity Readiness Questionnaire (PAR-Q), medical clearance is required to participate in the training. Please be aware that IPMBA Courses are physically demanding, requiring an extensive amount of on-bike exercises, in the form of rides (both on- and off-road) and various bike-handling drills. The courses range in duration from three to five days.

Based on this individual's medical history and current medical status, please conduct an appropriate medical screening and indicate below whether in your opinion, he/she is approved to attend this training:

Patient's Name: \_\_\_\_\_

\_\_\_ Yes, this person has been screened and **is** approved attend the training course.

\_\_\_ No, this person has been screened and **is not** approved to attend this training course.

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

Name, Printed: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

**Please fill out and return immediately to:**

IPMBA

Attention: IC NY 2009

Address: 583 Frederick Road, Suite 5B, Baltimore MD 21228

Phone: 410-744-2400 ~ FAX: 410-744-5504 ~ Email: [events@ipmba.org](mailto:events@ipmba.org)

Please send a copy of this completed form to the individual screened. Any questions should be addressed to the above-listed contact person. Thank you for your assistance.