

# Join us for the Inaugural Bike Ride!



June 5, 2010, Bremerton, WA

Whether you want a challenge or an easy family ride, there is something for everyone!

Start Location: Bremerton Evergreen Rotary Waterfront Park  
1400 Park Ave, Bremerton, WA 98311

Registration Opens at 8:00 am; course closes 4:30 pm  
Kids Bike Rodeo 10 am-2 pm

'Ride with the Mayor' starts at 9:00 am (This route closes at 10:30 a.m.)  
After-ride meal served to paid registrants 11:30 am-4:30 pm

**City of Bremerton Parks and Recreation, Mayor Patty Lent, the American Red Cross West Sound and the West Sound Cycling Club invite you to explore the artistic surroundings, green parks and breathtaking waterfront vistas and mountain views of Bremerton and its surrounding area.**

**ROUTE:** We have a three mile 'Ride with the Mayor', a ten mile 'Family Ride', and two 30+ mile loops originating in Bremerton which combine for a Metric Century Challenge through the Bremerton countryside. The course begins and ends at picturesque Rotary Evergreen Park. The courses are designed to showcase the Bremerton Park system and engage riders in supporting the American Red Cross.

**DETAILS:** Registration includes ride support, well-supported stops with snacks and drinks, a souvenir button and a free raffle ticket for great prizes. Registered participants are invited to join us for hot dogs and hamburgers after the ride. Kids under 12 ride free with a registered adult. Souvenir T-shirts will be available for purchase at the event.

**KIDS STUFF:** There will be a Childrens' Bicycle Rodeo, for ages 5-12 marshalled by the American Red Cross volunteers. Free bike helmet and fitting for the first 100 participants courtesy of Girl Scouts of Western Washington.

**PRE-REGISTRATION COST:** \$25/adult rider; 12-18 year-old riders/\$10; kids under 12 ride free with a paid adult. Price includes supported rest stops, on-course support vehicles, end-of-ride meal and free value packed raffle ticket. Limited number of meals available to non-riders \$5.

**PARKING:** We encourage riders to bike to the event. A limited amount of parking will be available at Olympic College, 1600 Chester Avenue, Bremerton, WA. Watch for signs.

**Special Outdoor NW Magazine sport bag for first 400 pre-registrations**  
(Bags not picked up by 4:00 p.m. on day of the event will become property of Life Cycle Bremerton)

**\$1 of each registrant fee will support the Bike Alliance Washington (BAW).  
Proceeds of this ride will benefit local American Red Cross programs and services.**

Would you like to help raise money for the American Red Cross by collecting pledges for your ride?

See our website to find out how! Ride Information and PRE-registration is also available at

**[www.westsoundredcross.org](http://www.westsoundredcross.org) Or, call (360) 478-7686 for info**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_ EMAIL: \_\_\_\_\_

EMERGENCY CONTACT AND PHONE: \_\_\_\_\_

**HELMETS APPROVED BY CPSC, SNELL, ASTM OR ANSI ARE REQUIRED FOR THIS RIDE**  
(Please see reverse side to complete registration)

Sponsors include:



Premier Media Sponsor

**PRE-REGISTRATION PRICES GOOD THROUGH MAY 15, 2010**

**I am PRE-registering for the following:**

Adult Rider \$25  
 Child Rider 12-18- \$10  
 Child Rider under twelve- FREE  
 # of Additional Meal Tickets @ \$5 each  
 \$ \_\_\_\_\_ I'd like to make an additional donation to American Red Cross.  
 \$ \_\_\_\_\_ Total Amount enclosed/charged

**NOTE: FEES PAID ARE NON-REFUNDABLE**

\*\*\* Registration will be \$30/adult and \$15/child 12-18 after May 15th

Check Enclosed OR,  Charge my Credit Card  
 VISA  MASTERCARD

NAME ON CARD: \_\_\_\_\_

ACCOUNT #: \_\_\_\_\_

EXP: \_\_\_\_\_ 3 DIGIT CVN#: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

**Register online at [www.westsoundredcross.org](http://www.westsoundredcross.org) or mail this completed form to:  
ARC Life Cycle P. O. Box 499 Bremerton, WA 98337 FAX (360) 792-0498**

American Red Cross Life Cycle Bremerton Release

**\*\*\* Note: THIS FORM MUST BE SIGNED AND COMPLETED ON BOTH SIDES FOR YOUR REGISTRATION TO BE COMPLETE**

In consideration of the acceptance of this entry & by signing this Release for myself (or for the participant if the participant is under 18), I agree to RELEASE, HOLD HARMLESS, and INDEMNIFY the American Red Cross Serving King & Kitsap Counties, City of Bremerton Parks and Recreation and Olympic College, other host bicycle clubs, and all support staff, sponsors, advertisers, owners and lessors of premises on which the activity takes place, their respective officers, agents & members, & any other parties connected with the bicycle event for any injury, loss or damage suffered as a result of participation in the bicycle event or any activity associated with it, including injury, loss or damage caused by Negligence of any party.

I understand that there are certain risks associated with bicycle riding, including the risk of serious personal injury or death & I expressly agree to assume those risks. I understand the route chosen is challenging, not necessarily the safest route, & that weather conditions may make this ride more difficult. I warrant that I am in proper physical condition to participate in this event, that I am a sufficiently competent cyclist to handle the road conditions, & that my bicycle is in safe operating condition.

I understand that wearing a helmet can minimize head injuries which may occur in a cycling accident & that the American Red Cross Life Cycle Bremerton Bike Ride requires all riders to wear approved helmets. I agree to wear a helmet while participating in this event, & to follow the rules of the road & all applicable laws & safe bicycling practices.

I understand that this Release is also binding on my heirs and representatives. If I am signing on behalf of a minor, I accept full responsibility for all medical expenses incurred as a result of the minor's participation. I agree to HOLD HARMLESS & INDEMNIFY the entities named above for any claims brought on behalf of the minor.

SIGNATURE OF PARTICIPANT: \_\_\_\_\_

DATE : \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN IF PARTICIPANT IS UNDER 18: \_\_\_\_\_

DATE: \_\_\_\_\_