

Red River Century Ride for Diabetes

in support of the Children's Hospital Foundation of Manitoba

Sunday, July 25, 2010

REGISTRATION FORM

Help make a difference in the lives of kids in Manitoba

Brought to you by

in support of



YES! I want to be a part of the Red River Century Ride

I am signing up as a TEAM INDIVIDUAL

Full Name _____ E-mail _____

Address _____ City/Prov _____ Telephone _____

Entry Fee: \$40 per rider plus a minimum of \$200 in pledges (includes a special riders t-shirt, dinner, and entertainment)

I am paying with: CASH CHEQUE CREDIT Card (circle one) VISA M/C
Card Number _____ Exp. _____

I wish to ride: Metric Century (100KM) ride, one complete circuit
 25 - 50 km route available for those who want to ride but are uncertain as to how far
(participation is just as important as distance!)

T-shirt size: XS S M L XL

The route is beautiful, consisting of gently rolling terrain with river on one side and gorgeous properties on the other. There will be a free bike check up at St. Mary's Olympia Cycle up to a week before the event and you can check the Olympia website for training tips or visit the team at Olympia St. Vital (326 Mary's Road).

* FIRST AID WILL BE AVAILABLE AT ALL TIMES * AID STATIONS WILL BE AT REGULAR INTERVALS WITH FOOD AND DRINK * MECHANIC SUPPORT AVAILABLE BEFORE AND DURING RIDE * VOLUNTEERS WILL BE AT KEY INTERSECTIONS FOR TRAFFIC CONTROL * YOU WILL HAVE A RIDE NUMBER AND ROUTE MAP * HELMETS ARE MANDATORY * PORT-A-POTTIES AT ALL AID STATIONS

In consideration of accepting this entry, I hereby, for myself, my heirs, executors, administrators and assignees, waive any and all rights and claims for damages I may have against the sponsors, the organizers, their agents, representatives of successors, for any and all injuries suffered by me at this event to be held Sunday, July 25, 2010.

Signature of rider _____ Date _____

Signature of parent (if rider is under 18 yrs.) _____ Date _____

**Drop off completed registration form at Olympia Cycle & Ski, 326 Mary's Rd. or fax to 204.233.0246
For more information please call 204.237.8909**