



When: June 6, 2010

Where: Valley Health Wellness Center

Events: 10 Mile
30 Mile
50 Mile
70 Mile



"Team Up" for our Kids

We encourage you to help us raise funds for our Boys & Girls Club by riding with the team and soliciting pledges. Don't have a team? Then consider forming one, at work, at church, civic club or with a group of friends. For more information,

Visit our website:

www.svhride.org or email info@svhride.com

Release and Assumption of Risk

This is a legal Document. Please read and understand before signing. If you have an questions consult an attorney.

In consideration of my participation, I waive, release, discharge for myself, my heirs, executors, administrators and legal representatives (including successors) any and all rights and/or claims which I have, may have or may hereafter accrue to me against the sponsors and promoters of the Shenandoah Valley Heritage Ride (SVHR) or other sponsors or affiliated organizations and their respective agents, officers and employees for any and all damages, injuries or claims which may be sustained by me directly or indirectly and arising out of my participation in the SVHR.

I, the undersigned, freely acknowledge and realize the dangers of participating in the SVHR and fully assume all risks including, but not limited to, collision with pedestrians, vehicles, other riders, and/or fixed or moving objects, the negligence of other riders, sponsors, promoters, or drivers, and dangers arising from falls, road surface, equipment failure, inadequate safety equipment and weather conditions as well as the possibility of physical and/or mental trauma (or injury). I understand that any route or activity chosen as part of outdoor adventure may not be the safest ,especially bicycling public roadways and in bad weather, that cyclists have been hospitalized and/or killed because of traffic mishaps that are either their responsibility or others' responsibilities. I further agree that I will bear all expenses incurred in any such accidents.

I realize that SVHR requires physical conditioning and I represent that I am in sound medical condition. I have no physical or medical impediment which would endanger others or myself. I understand and agree that a situation may arise during SVHR which may be beyond the control of the sponsors, promoters or organizers and agree to ride so as not to endanger either others or myself.

I will wear an ANSI or SNELL certified helmet when riding a bike during SVHR. I will obey all VA traffic laws and regulations. I understand that if I leave the route I am no longer on the ride. I agree that my photograph, video or voice may be used in promotion or advertising for SVHR with no compensation due.

The above agreements and representations are my express understandings of the risks and I assume these voluntarily and freely without coercion or duress. This agreement may not be modified orally and may not be waived in any respect. I accept responsibility for the condition and adequacy of my bicycle and agree to abide by the rules of SVHR relating to wearing a helmet, riding single file, appropriate behavior, as well as other organization requirements.

Signature _____ Date _____

Printed Name _____

Parent/Guardian Release:

Everyone under eighteen (18) years of age must have the following completed . I, as parent or guardian of the above named minor, hereby give my permission and consent voluntarily and freely for my child to participate in the SVHR. I further agree individually and on behalf of my child to the above terms after having fully read the "Release and Assumption of Risk". I will, or another responsible adult authorized by me, will ride with my child at all times.

Signature: (Parent or Guardian) _____

Printed Name _____

ValleyHealth



**BOYS & GIRLS CLUB
NORTHERN SHENANDOAH
VALLEY**



In partnership with the Winchester Wheelmen

June 6, 2010

Registration Form

Shenandoah Valley Heritage Ride

The Boys and Girls Club of Northern Shenandoah Valley invite you to join us for our annual Shenandoah Valley Heritage Ride fundraiser. The Boys & Girls Club is a safe haven where our children can come after school to do homework and participate in various programs and fun activities.

Join us on a ride through the historic countryside of the Shenandoah Valley. Our ride begins in historic Winchester and rolls through the historic countryside of Frederick County. This is a self-paced ride for everyone from the recreational to the serious cyclist.



The Routes Include:

- 10 Mile Ride
- 30 Mile Ride
- 50 Mile Ride
- 70 Mile Ride

All Routes will start and finish at the Winchester Medical Center Wellness Center in Winchester, Virginia.

Start time is 9 a.m. for the 30, 50 & 70 Mile rides.
Start time is 9:10 a.m. for the 10 Mile ride.

Contact:

Sara Bradley 703-350-1849

or

Heather Forman 540-723-6665

info@svhride.org

Name _____

Address _____

City, State, Zip _____

Phone _____

Age (if under 18) _____

Email _____

Which Route Do You Anticipate Cycling?

	Before 5/31	After 5/31
<input type="checkbox"/> 10 Mile	\$25.00__	\$30__
<input type="checkbox"/> 30 Mile	\$25.00__	\$30__
<input type="checkbox"/> 50 Mile	\$25.00__	\$30__
<input type="checkbox"/> 70 Mile	\$25.00__	\$30__
<input type="checkbox"/> Tandem Riders	\$50.00__	\$60__

Please indicate payment method:

Check enclosed (payable to Boys & Girls Club of Northern Shenandoah Valley)

MasterCard Visa Discover

Card Number: _____

CID# _____ Exp Date _____

Name on Card _____

Please specify T-Shirt Size:

SM

MED

LG

XL

XXL

Send this form and payment to:

Boys & Girls Club of the NSV

Attn: Terri Cluss

4 Weems Lane #204

Winchester, VA 22601

The Boys and Girls Club Mission:

To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.

The three major objectives of the Boys & Girls Club Shenandoah Valley Heritage Ride:



Awareness and Outreach

To create a community-based event that generates awareness of the Boys & Girls Club programs and facilitates an outreach campaign to generate new interest in and support of the club.

Club member involvement

To create an opportunity for the Club's youth members to build confidence, character and personal development skills by getting involved in the event either in the planning and execution process or by riding in the event.

A Heritage Event

Establish more than just a one day bike ride and fundraiser but an inspirational event that involves the heritage of the Shenandoah Valley. Establishing it as one of the premier cycling events in the Valley providing a distinctive experience for seasoned cyclists, recreational cyclists, weekend warriors, tandem riders, families and everyone that takes part