

# The 5th Annual 3B Bike Ride!

**Bikes. Beers. Breaths.**

**April 21 @ 1pm (registration), Confluence Brewery**

A fundraiser for the Cystic Fibrosis Foundation

Registration is just \$30!

This includes a donation to the CFF and a commemorative T-shirt, while supplies last. (Registration before 4/3 guarantees a shirt!)

Name\_\_\_\_\_ Cell\_\_\_\_\_

Address\_\_\_\_\_

Emergency Contact name and number: \_\_\_\_\_

Tshirt size: S M L XL 2X 3X

All riders over the age of 13 should be registered. Waivers must be signed for all riders regardless of age.

I, the undersigned, agree to indemnify and hold harmless the Cystic Fibrosis Foundation (CFF), the 3B Ride organizers, and the participating businesses from all cost, expense and liability arising out of my or my child's participation in this event to benefit the Cystic Fibrosis Foundation. I do hereby waive all claims for damage or loss to me or my child's person or property, which may be caused by any act or failure to act, by the Cystic Fibrosis Foundation, its officers, agents or employees arising directly or indirectly from my or my child's participation in this event, and I hereby assume liability for any loss, damage or other liability from such event. **Important**—Participants under age 18 must have this form signed by a parent of legal guardian. **Important**—I give permission to the CFF to use any pictures, video footage, etc. that is taken at the walk to use in future promotional materials.

Signature\_\_\_\_\_

Please return this Registration Form to volunteers directly or mail to:

Jennifer Doke-Kerns (checks payable to Jennifer Doke-Kerns)

340 SW 5<sup>th</sup> Street #317

Des Moines, IA 50309

Questions? Email: Jennifer.doke.kerns@gmail.com

