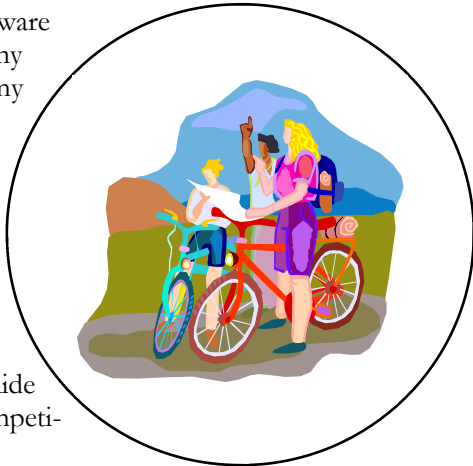


All participants must sign, please!

I hereby agree not to hold the organizers, volunteers, board members, or anyone associated with Wheeling for Women Aware Bicycle Ride 2010 liable for any damages I may incur during my voluntary participation in this event. I am entering at my own risk and will follow all safety rules, and fully understand the inherent risks of bicycling. I also agree to conduct myself, and those around me, in a safe manner during the event. The Bike Ride is only for pleasure, not a competition. Feel free to duplicate and distribute.



*A family friendly event
for riders of all ages and ability levels.*

All Participants please sign
below:

1. _____
2. _____
3. _____
4. _____
5. _____

Guardian (If under 18)

Wheeling for Women Aware
Saturday, June 12th, 2010
Adam's Nature Preserve
North Sioux City, SD
Check In & Departure 7:30am - 9:00am

Women Aware
Women Aware, Inc.
520 Nebraska Street # 237
Sioux City, IA 51101

Phone: 712-258-4174
womenaware@cableone.net

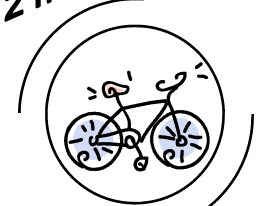


Wheeling for Women Aware
Saturday, June 12th, 2010

Adam's Nature Preserve
North Sioux City, SD

Check In & Departure 7:30am - 9:00am

NEW Location
Exit 4, I-29
follow the signs 2 miles



Women Aware

712-258-4174

Wheeling for Women Aware

Wheeling for Women Aware has some exciting new things for 2010. Adam's Homestead & Nature Preserve will be the site for starting and our post ride picnic. This offers a more family friendly ride with more than 7.5 miles of crushed limestone trails while still having easy access to our previous road route. Although there are some changes with our routes there are still several options to accommodate all cycling ability levels and busy schedules. Choose from 20, 35, or 50 mile routes in the areas of McCook Lake, Jefferson, Elk Point, and Burbank, South Dakota. Our road routes will take you on mostly flat roads, by a herd of buffalo, through scenic South Dakota farmlands, and a historic country cemetery. Add some great sponsor stops, good food, great ice cream, and a fun filled day of open air riding with friends, then finish it off with lunch and door prizes back at Adam's Homestead & Nature Center. This is sure to be a good day, and will make a difference in the lives of women in Siouxland.

Details

Helmets are required! Riders under 16 must be accompanied by an adult.

**Saturday,
June 12
Sign In
7:30am - 9:00am
NEW LOCATION**

Families

Beginning at Adam's Homestead & Nature Preserve offers a great feature for families. There will be no busy boulevard to maneuver through traffic, to access a shorter family route. Your family can enjoy the crushed limestone trails within the Nature Preserve while observing nature at its finest. Wildlife viewing stops along the trail make a good rest stop, traveling through forest areas and open prairie gives variety to the trail. See the Missouri River, a herd of buffalo, and so much more. You can also enjoy the Adam's Visitor Center, open 1:00 - 5:00.

To accommodate families there is a special discount for immediate families living in the same household. Register by May 29 for only \$40. This includes the lunch for all riders, and two t-shirts. (Extra T-shirts are available for purchase.)

The Extras

A post ride lunch is provided for all registered riders at the picnic shelter. Fun door prizes from our sponsors are also given during lunch! A t-shirt is included in every registration, and two with each family registration. Registering by May 29 will guarantee you a T-shirt, but there may be a limited number available the day of the ride. Additional T-shirts are \$12 or \$15 for 2XL.



Registration Waiver Form

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

Please indicate number of individuals participating:

Postmarked by May 29 _____ @ \$25 = _____

Late registration _____ @ \$30 = _____

Family Registration

postmarked by May 29 \$40 = _____

(after May 29 all participants must register individually)

Number in family _____

Includes: 1 t-shirt, 2 t-shirts for family registrations.

Additional shirts \$12 (\$15 for each 2XL)

Number of T-Shirts:

___ S, ___ M, ___ L, ___ XL, ___ 2XL

\$ _____

Total Enclosed \$ _____

Make Checks payable to: Women Aware

Mail to:

Women Aware, Inc.

520 Nebraska Street # 237

Sioux City, IA 51101

Phone: 712-258-4174

womenaware@cableone.net

