



Friendship Haven  
420 Kenyon Road  
Fort Dodge, Iowa 50501  
Questions? 515-573-6705  
giving@friendshiphaven.org

Additional donations & pledges benefit the Good Samaritan fund and are 100% tax deductible.

Preparing for the unexpected is a part of growing older. Over the years, the leaders of Friendship Haven have established a Good Samaritan Fund that serves as a generous source of support for residents whose savings have been exhausted by sudden illnesses or other complications. Thanks in large part to the Good Samaritan Fund, Friendship Haven has been able to continue to provide a home for residents who can no longer afford the full cost of their housing or care. Bring your family and join Friendship Haven's residents and staff in making a difference through your contribution to the Good Samaritan Fund!



Bike Ride & Bike Parade



July 11, 2009

## Registration Form

Ready to cycle? **Gear up for Good** is positioned to prime up those RAGRAI riders and those just riding for fun. Wear a costume if you'd like! Cyclers ride both on and off road through Fort Dodge. Two race Length options, 10 miles or 16 miles. Join us as Friendship Haven builds upon our commitment to the seven dimensions of wellness. All proceeds from the event benefit Friendship Haven's **Good Samaritan Fund**. Participants will receive a t-shirt and snacks at the finish line. Race starts and ends at Friendship Haven.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/St/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Age on 7/11/2009 \_\_\_\_\_

Signature \_\_\_\_\_

### Registration Information

Kids 12 and under	Free
Adults (until 7/1/2009)	\$20
Late & Ride Day Sign Up	\$25

All fees are non-exchangeable and non-refundable

T-Shirt Size    S    M    L    XL    XXL

**Names of Other Participants (Please include shirt size)**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Bike Ride Information

Registration	7:30 a.m.
Ride	8:00 a.m.
Bike Decorating	9:30-10:00 a.m.
Parade	10:00 a.m.

Adults (until 7/1/2009)    \$20  
Late & Race Day Sign Up    \$25  
Total \$ \_\_\_\_\_

\_\_\_\_ Can't participate, but I'll donate!

Please return  
registration to:

Gear Up For Good  
420 Kenyon Road  
Fort Dodge, Iowa 50501

**Checks payable to:  
Friendship Haven**

**Waiver:** I understand that participating in this event is potentially dangerous. I certify that I have full knowledge of the risks involved in this event and that I am physically fit and trained to participate. I do hereby waive and release any and all claims for damages that I may incur as a result of my participation in this event, against the organizers, sponsors, promoters, municipalities, volunteers, and officials of these organizations.



07/11/2009