## Embrace the Hills

## bicyclist registration form - Sept. 21, 2019, ride

EMBRACE begins at the Mondamin Community Center - 200 Maple Street (Hwy 127), Mondamin, Iowa

Name	phone	
address	city/state/zip	
email (optional)		
emergency contact name	e and number	
shirt size	Check here if you do NOT want a shirt (The extra \$ will go to the food pantry.)	
Which route will you ride?	28 miles (mild rolling hills)52.5 or 58.5 miles (bigger, better hillage!)	
liabili	ity waiver (must be signed by all participating bicyclists)	
In consideration of the <i>Embrace the Hills</i> bicycle ride and allowing the bicyclist to participate in the event, the bicyclist (or consenting parent or guardian) agrees to assume the risks thereof. Further, the bicyclist (or consenting parent or guardian) releases the <i>Embrace the Hills</i> organizers and staff from any and all claims for property damage, personal injury, or death which may occur to the bicyclist as a result of participation in the <i>Embrace the Hills</i> event, even if the claim may arise out of negligence or carelessness on the part of the person or entities released.		
If you are interviewed and/or photographed, do we have your permission to use quotes and/or photos for promoting the ride?YesNo		
Signature of participating bi	icyclist (or consenting parent/guardian for a minor)	
name	date	
Registration fee meals, snacks, SAG support, t-shirt [while supplies last]: \$		
[checks payable	e to Tammi Mether] [check # or cash or PayPal ]	
• <b>To guarantee an </b> <i>Embrace</i> <b> shirt</b> please register and pay by Wed., Aug. 28, 2019. [Shirts are 100% polyester, moisture-wicking, with UVPF 50 sunblock.]		

- Register by Wed., Aug. 28 ... \$25 plus one non-perishable food item.
- Register after Wed., Aug. 28 ... \$35 plus one non-perishable food item.
- FAMILY rates: after 2 paid registrations, additional family members \$15 each. Children 5 & under free.
- PayPal: If you prefer to pay through PayPal, use tammimail@gmail.com, and pay as a "friend" to avoid fees.
- All military and law-enforcement personnel [current or retired] are FREE. Thank you for your service!! [Please register soon so we can plan for you – and get you a t-shirt if you register by Wed., Aug. 28!]
- All proceeds will be given to the local food pantry, Matthew House.

Details of the *Embrace the Hills* ride can be found on **www.bikeiowa.com.** Registration may be emailed to tammimail@gmail.com or mailed to Tammi Mether, 1077 Macy Ln., Moorhead IA 51558, or call 712.456.2307.

Register and pay by Wed., Aug. 28, 2019, to guarantee an *Embrace* shirt – and save \$.