

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 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!)

liability waiver (must be signed by all participating bicyclists)

In consideration of the **Embrace the Hills** 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 **Embrace the Hills** 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 **Embrace the Hills** 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?
_____ Yes _____ No

Signature of participating bicyclist (or consenting parent/guardian for a minor)

name _____ date _____

Registration fee... meals, snacks, SAG support, t-shirt [while supplies last]: \$ _____

[checks payable to Tammi Mether] [check # _____ or cash _____ or PayPal _____]

- **To guarantee an Embrace shirt** 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 \$.