

When

Saturday October 18, 2008

8:00am - 4:00(ish)???

All riders should be checked in by 7:45am and ready to ride by 8:00am. The parking lot and staging area will be open at 6:30am for any riders who would like to show up with plenty of time to spare. Help yourself to some pre-ride calories through plenty of Danish, bagels, OJ and coffee available to all participants prior to the ride! Rider check-in starts at 6:30am on Sunday. Riders can also check in Friday afternoon from 4:00 - 6:00pm at El Bait Shop!

Where

**El Bait Shop, DSM, Ia.
200 SW 2nd Street**

The Start/Finish staging ground for Track and Back will be located at **El Bait Shop**. Located just South of the Court Avenue district in downtown Des Moines near Principal Park (formerly Sec Taylor Field), this establishment has already begun dedicating itself to capturing the hearts and commitment of the cycling community.

Who

Anyone who wants a great day on the bike, chased with a BBQ Post Party and live entertainment!

First off.... this is not a race, it's a challenging ride! Although velocity and speed are highly respected, this is a day of enjoyment and payback! You should think of all of the miles you have put in this season and know you will be ready for an enjoyable experience at Track And Back!

All riders are welcome with no restrictions other than you love to ride and don't mind having a good time afterwards! **Bike World** has more than willingly stepped up to offer **FULL SAG SUPPORT** so you don't have to worry about getting hung up on the course. Bottom line is that this ride wants all riders to know they're going to be taken care of!

One
Hilluva
Ride!



What

A 92+ or a 46+ mile ride are available to choose from, both include laps around the Iowa Speedway!!!

When was the last time or the next time you'll ride around a professional NASCAR race track?
This is the only opportunity to actually ride your bike around the Iowa Speedway!

There are two distances available for any rider considering participation! The 92+ mile route begins at 8:00am at El Bait Shop and heads East towards the Iowa Speedway. The approximate distance out is 46 miles on the way out and follows the same route on the way back. Participant can also tackle just one leg of the course, approximately 46+ miles. At this time, riders are responsible for their own transportation to and from the Iowa Speedway.

Although not required, all riders are encouraged to spin several laps on the track of the Iowa Speedway. Any photos will be available shortly after the event.

Post Ride Celebration!

The post-ride event will be filled with everything someone coming off a 50-100 mile bike ride is looking for! El Bait Shop knows smokin' BBQ as good as any and will be providing a complete complimentary feast for all riders! In addition, one of Central Iowa's grooving' bands, Mr. Baber's Neighbors, will be jamming' the afternoon away for your entertainment!

Lastly, the TAB committee has been accumulating plenty of prizes available for a drawing ranging from gift certificates, goods & apparel to a brand new bike! You must be present to win and you won't want to miss it!

Visit the website for more details!

www.trackandback.com

Entry Form • 2008 Track and Back Bike Ride • Saturday October 18th, 2008

<input type="radio"/>	Long Course - 92+ miles
<input type="radio"/>	Short Course - 46+ miles
7/31-10/15	
Long -	\$60
Short -	\$50
10/16 - 10/18	
Long -	\$75
Short -	\$65
Donation to the Boys & Girls Clubs of Central Iowa! \$ _____	
Total Amount \$ _____ <i>(checks payable to Boys & Girls Clubs of Central Iowa- BGCC)</i>	

Name: _____	Birth day: _____
Address: _____	Phone: _____
City _____	Zip _____
State _____	M _____ L _____ XL _____ XXL _____ Gender: M _____ F _____
Email: _____	Shirt Size: S _____ M _____ L _____ XL _____ XXL _____
Emergency Contact: _____	Phone: _____

I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for my all liabilities, claims, actions, or damages that I may have against them arising out of or in anyway connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, web site images, recordings or any other record of this event.

Signature of Participant: _____ Date: _____
(or Signature of Guardian if under age 18)

MAIL TO: Track and Back Bike Ride, 1911 34th Street, Des Moines, IA 50310
Do NOT mail after October 10th, 2008

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**BOYS & GIRLS CLUBS
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All participants will receive a
100% cotton T-shirt plus a chance
to win one of many giveaways!

For more information:

www.trackandback.com

**Track and Back Bike Ride
1911 34th Street
Des Moines, IA 50310**



www.trackandback.com



The Bike Ride from
Downtown Des Moines
to the
Iowa Speedway & back!

Long Course - 92+ miles

Short Course - 46+ miles



All proceed will benefit
the Boys & Girls Clubs of
Central Iowa

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