

When

Sunday August 19th, 2007
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 7:00am on Sunday. Riders can also check in Saturday 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, friendship 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, whether race or ride (RAGBRAI) 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!



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 100 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.

For the Short Course rider, the trip home begins at the Iowa Speedway. Riders can depart anytime between 11:15am & 12:30pm. Short course riders are responsible for their own transportation to the Iowa Speedway and should check in there. Ride volunteers will inform riders of necessary details at that time. **If you can provide a ride or need a ride, please contact us! Carpooling is encouraged!**

Although not required, all riders are encouraged to spin several laps on the track of the Iowa Speedway as there will be photographers taking your picture for a trophy mounting later! All 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!

Bike Corral

There will be a bike corral available for riders to store their bikes in after the ride while attending the celebration. Your bike will be guarded until you are ready to depart!

Entry Form • 2007 Track and Back Bike Ride • Sunday, August 19th, 2006

☐ **Long Course** - 92+ miles
☐ **Short Course** - 46+ miles:

Before 7/31

Long - \$60
Short - \$50

After 7/31

Long - \$75
Short - \$65

Donation to the
Boys & Girls Clubs
of Central Iowa! \$

Total Amount \$

(checks payable to Boys & Girls
Clubs of Central Iowa - BGCCI)

Birthdate: _____

Phone: _____

Zip: _____

Phone: _____

City: _____ State: _____

Shirt Size: S M L XL Gender: M F

Emergency Contact: _____

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 August 14th, 2007



America's Place To Race™

Major Sponsors

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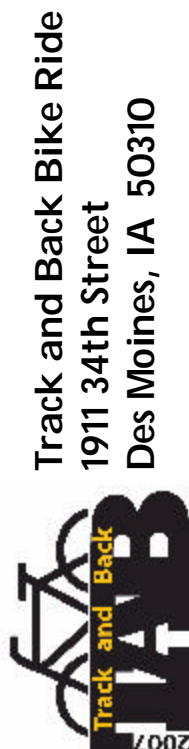
Donors:

Cabaret—West Glen
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Aspen Athletics
Crystal Clear Water

All participants will receive a
100% cotton T-shirt!

For more information:

Visit
www.trackandback.com
or phone 515-419-1197



www.trackandback.com



A Bike Ride from
downtown
Des Moines to the
Iowa Speedway
& Back!

Long Course - 92+ miles

Short Course - 46+ miles



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

www.trackandback.com