



3rd Annual One Lap of the Bluffs
Sunday, October 7th, 8:00 A.M.

Pre-Registration and Waiver Form
\$30 Pre-registration fee by September 15th
\$35 registration fee after September 15th
includes tee shirt and lunch after the ride at Christy Creme

*Name _____

*Address _____

*City _____ State _____ Zip _____

*Phone _____

*Email Address (optional) _____

*Please check Tee Shirt Size: Small Medium Large XL XXL

I acknowledge and accept the assumption of any and all risks involved in and incidental to my participation in the Christy Creme’s “Third Annual One Lap of the Bluffs” Bicycle Ride. I do hereby further, for good and valuable consideration, agree to hold harmless and indemnify the City of Council Bluffs, Christy Creme, Inc., Xtreme Wheels, the Bluffs Arts Council, Back to the River, Inc., Loess Hills Preservation Society, all Autumn in the Bluffs sponsors, as well as these organizations’ officers, directors, employees and agents, and to defend against all claims brought on actions field for any and all claims, suits, actions, debts, damages, costs, charges and expenses, including court costs and attorney fees, and against all liability, losses, and damages of any nature whatsoever, including but not limited to property damage and personal injury, including death, resulting at any time arising from any act or accident arising out of any of my activities in participating in this “One Lap of the Bluffs” program, or of any person sponsored by or acting on my behalf, or any claim concerning the program, or any related activities, as involving or related to me.

*Signature: (parent or guardian, if under 18) _____

Helmet required!

All Proceeds go to *Back to the River, Inc.*

Please make checks payable to *Christy Creme*
and return this form by September 15th to:

Christy Creme
2853 North Broadway
Council Bluffs, IA 51503