

The following businesses help to
make the Bike For Your Life
community cycling tour possible.

Ridetech

310 Ross Street NW
Salmon Arm

Trailheads Cycle

1860 22nd Street NE
Salmon Arm

Skookum Cycle

141 Shuswap Street NW
Salmon Arm

Salmon Arm Stationery and Office Supplies

310 Hudson Avenue
Salmon Arm

Wickett Business Services

DeMille's Sweet Corn

Askew's Foods

Shuswap Tourism—CSRD

Kurt's Deli at DeMille's

Toliver Advertising & Design

Champion Engraving

Lakeside Insurance

Community Cycling Tours

- A community together.
- A community staying healthy.
- Families enjoying the company of each other and of other like-minded residents of Salmon Arm and communities for miles around.
- People making new friends and renewing old acquaintances.

Come and join us on September 17, 2011 for the 14th anniversary of the Bike For Your Life cycling tour. The tour was started by a group of people in Salmon Arm who shared a vision of encouraging cycling for fitness.

The goal was to create a community activity that would allow people of all ages and fitness levels an opportunity to come together and ride together. To date more than 800 individuals have participated in at least one cycling tour.



14th ANNUAL
CYCLING TOUR
Salmon Arm, BC

Saturday
September 17, 2011

Chance to win a bicycle
Supplied by Ridetech

www.bikeforyourlife.com
On-line registration available

Contact Ian Wickett at
(250) 833-2889 or
by e-mail at wickett@sunwave.net

**BIKE FOR YOUR LIFE
REGISTRATION FORM**

START/FINISH

All tours start and finish at Blackburn Park. The start time for all tours is 9:00 am

When you finish at Blackburn Park, please check in with the registrar so we know you have completed the tour and have not had some difficulty on the ride.

LUNCH

A lunch consisting of a hamburger, roast corn and a drink is included in the entry fee.

T-SHIRTS

Commemorative t-shirts are available at a cost of \$12.00.

MEDALS

Medals are available for all participants who wish to receive one. Medals are engraved with the name of the participant, the date, and the distance completed.

All children (12 and under) will receive a medal.

Adults may choose to receive a medal at a cost of \$5.00.

Special medals are awarded to participants who have competed five or 10 events.

REMINDER

The Bike for Your Life cycling tour is a tour, not a race. There are no marshalls controlling traffic and riders are expected to obey the rules of the road. Maps are available so riders can stay on course.

HAVE A SAFE AND ENJOYABLE RIDE!!

PAYMENT

Entry—Individual (\$20).....\$ _____

Entry—Family (on one form only) (\$40)

.....\$ _____

Medal (N/C 12 and under) (\$5)\$ _____

T-Shir t (\$12).....\$ _____

Size S M L XL YS YM YL

Total.....\$ _____

**BIKE FOR YOUR LIFE
REGISTRATION FORM**

Please use one registration form per person

Name (please print)

Address

City/Province

Postal Code

Date of Birth

Telephone

E-mail

Emergency contact Phone #

To Participate in: 10 km 75 km
 35 km 100 km

I will be having lunch: YES No

COST:

\$20 per person over 12 years old

\$5 per person extra if registering on Sept. 17/11

\$5.00 per child (12 and under)

\$2.50 per child extra if registering on Sept. 17/11

\$40 per family

\$3 per family extra if registering on Sept. 17/11

If paying by cheque or money order, please make payable to: Bike for Your Life.

Drop off forms at
Ridotech, Skookum Cycle, Trailheads Cycle or Salmon
Arm Stationery (see reverse for addresses)

Or Mail to: Bike for Your Life
P.O. Box 2019, Salmon Arm, BC V1E 4R1

Inquiries: Ian Wickett at (250) 833-2889 or by e-mail at:
wickett@sunwave.net

**RELEASE, WAIVER STATEMENT AND
ASSUMPTION OF ALL RISKS BY THE ENTRANT**

I, the undersigned, knowingly accept and fully understand the inherent risks involved in bicycle touring. In consideration of your accepting this entry, I, intending to be legally bound, for myself, my heirs, assigns, executors, and administrators, release and waive any and all rights for any damages as I may have against organizers and agents of the Bike for Your Life cycling tour and for any and all injuries suffered by me in any cycling tours organized by the Salmon Arm "Bike for Your Life" Society and for the same consideration, the undersigned parent or guardian hereby indemnifies and agrees to hold the Salmon Arm "Bike for Your Life" Society and its agents harmless from any and all liabilities which may occur by the entry of the applicant in the Bike for Your Life cycling tour. I also hereby consent and authorize emergency medical treatment in the case of injury. I understand that any and all medical costs will be my responsibility. I represent that my physical and mental condition, as well as my equipment, is, to the best of my knowledge, adequate to allow me to safely participate in the Bike for Your Life cycling tour.

I agree to all conditions set forth in the general information and the preceding waiver.

Participants under the age of 16 must have consent from a parent or legal guardian.

Name (please print)

Signature

Date

If under 16 years of age:

Signature of Parent or Guardian

Date