



2009 Ride for Kids
July 31 – August 2, 2009
Rider Information Form

Sign In – 4:30 a.m. Ride Start Time – 6:00 a.m.
Registration Fee \$75.00 per rider.
Riders should register before May 31, 2009 as space is limited.
Riders are responsible for raising \$1,500.00 in sponsorship.

Riders Name _____ M/F
Address _____
City _____ State ____ Zip _____
E-Mail _____
Telephone _____ Cell _____
Any allergies or medical conditions? _____

Rider's Jersey size: S M L XL XXL

EMERGENCY CONTACT INFORMATION

Name _____ M/F
Relationship to Rider _____
Address _____
City _____ State ____ Zip _____
E-Mail _____
Telephone _____ Cell _____

- Please fill out the emergency information label inside your vest.
- Wear a cycling helmet
- Carry photo identification and keep it handy.
- Exercise bicycle safety and respect other cyclists.
- Ride with the flow of the Tour.
- Maintain adequate distance between you and the cyclists around you, especially on down hills.
- Slower-paced cyclists stay to the right. Faster cyclists pass on the left
- Use care when changing lanes. Check for overtaking cyclists. Do not cut off others when changing lanes.
- Use hand signals when turning or stopping. Signal with your voice before passing: call out "on your right" or "on your left."
- Control speed, and slow down for congestion and hazardous conditions.
- Keep at least one hand on the handlebar at all times. Cycle defensively. Be prepared form moves by other cyclists.
- Move completely off the road when you stop to rest, repair your bike, or make phone calls.