



A 501c3 Not-for-profit organization

2010 Ride For Kids

Registration Fee: \$230.00

(Includes hotel accomodations, rider jersey and all Sag supplies.)

Friday, October 1 - Sunday, October 3, 2010

Transportation will be provided to Lake George.

Riders are responsible for raising a minimum of \$1,000.00
dollars 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.