

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

- Skookum Cycle
- Sunwave Cable
- Salmon Arm Stationery and Office Supplies
- Wickett Business Services
- Champion Engraving
- LA Sign
- Lakeside Insurance



SALMON ARM STATIONERY & OFFICE SUPPLIES

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 June 14, 2008 for the 10th 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 750 individuals have participated in at least one cycling tour.



Community Cycling Tours

“” 12th ANNUAL
Bike For Your Life!

CYCLING TOUR
Salmon Arm, BC
Saturday
June 13, 2009



Chance to win a 21 -speed bicycle

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

KEEP THIS PANEL FOR START TIMES AND CONTACT INFORMATION

START/FINISH

All tours start and finish at Blackburn Park. The groups with the farthest to go will start first.

100 km starts at 9:00—9:15 a.m.

75 km starts at 11:00—11:15 a.m.

35 km starts at 12:30—12:45 p.m.

15 km starts at 1:30—1:45 p.m.

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. At that time you will receive a draw ticket for the bicycle. The draw will be held at 4 p.m. and the winner must be present to claim the prize.

MEDALS

Medals are available for all participants who wish to receive one.

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

Adults may choose whether or not they wish to receive a medal and the registration is reduced for those who do not want one.

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

Every effort is made to ensure people receive their medals at the conclusion of their ride. We cannot guarantee that we will be able to deliver medals on June 13 to those who register on that day, but they will be delivered in the following week.

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!!

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 _____

Emergency contact Phone # _____

To Participate in: 15 km 75 km
 35 km 100 km

COST:

\$10 per person over 12 years old

\$7 per person to participate but not receive a medal

\$5 per person extra if registering on June 13, 2009

\$5.00 per child (12 and under)

\$2.50 per child extra if registering on June 13, 2009

\$24 per family (parents do not receive a medal)

\$28 per family (everyone gets a medal)

\$3 per family extra if registering on June 13, 2009

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

Drop off forms at

Skookum Cycle, Shuswap Street N, Salmon Arm or
Wickett Business Services, 310 Hudson Avenue NE,
Salmon Arm

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 organize the 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 _____