

Addresses of places to drop off forms are below

### Skookum Cycle

141 Shuswap Street NW  
Salmon Arm

### Salmon Arm Stationery and Office Supplies

310 Hudson Avenue  
Salmon Arm

### T-Shirt Size Chart

Size	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	18	20	22	24	26	28	30	32
Body Length	28	29	30	31	32	33	34	35

Chest is measured 1" down from the armhole (1/2 measurement.)  
Body Length is measured from the highest point on shoulder to the hem.

### Jersey Size Chart

Size	XXS	XS	S	M	L	XL	XXL
Chest Width	16.5	17.5	18.5	19.5	21	22.5	24
Body Length (front)	21.5	22.5	23	24	25	26	27
Body Length (back)	24	25	26	27	28	29	30

Body Length is measured from the centre back neck.

# 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 16, 2017 for the 20th 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 2,300 individuals have participated in at least one cycling tour.



20th ANNUAL

## CYCLING TOUR

Salmon Arm, BC

Saturday  
September 16, 2017

Chance to win a bicycle

[www.bikeforyourlife.com](http://www.bikeforyourlife.com)  
On-line registration available

Contact Ian Wickett at  
(250) 833-2889 or  
by e-mail at [iwickett@shaw.ca](mailto:iwickett@shaw.ca)

**BIKE FOR YOUR LIFE  
REGISTRATION FORM**

**START/FINISH**

All tours start and finish at Blackburn Park. The start time for the 100KI tour is 9:00 am, with the others starting shortly after.

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 and a drink is included in the entry fee.

**T-SHIRTS AND JERSEYS**

Commemorative t-shirts are available at a cost of \$15.00.

**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, 10, or 15 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 (\$30).....\$ \_\_\_\_\_  
Entry—Family (on one form only) (\$50)  
.....\$ \_\_\_\_\_  
Medal (N/C 12 and under) (\$5) ....\$ \_\_\_\_\_  
T-Shirt (\$15) Size \_\_\_\_\_\$ \_\_\_\_\_  
From chart on the other side.  
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:**

*\$30 per person over 18 years old*  
*\$5 per person extra if registering on Sept. 16/17*  
*\$5.00 per child (18 and under)*  
*\$2.50 per child extra if registering on Sept. 16/17*  
*\$50 per family*  
*\$3 per family extra if registering on Sept. 16/17*  
If paying by cheque or money order, please make payable to: Bike for Your Life.

Drop off forms at  
Skookum 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:  
iwickett@shaw.ca

**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.

\_\_\_\_\_  
Name (please print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date