



2nd Annual
Community Bike Ride
Saturday
May 8, 2010
Benefiting
Central Schools

For more information
Contact Melinda at 559-320-1120
Email: cycle4central@gmail.com

HEALTHY - SMART - FUN

Registration/Check-In Time:

Please arrive 45 minutes in advance of your scheduled ride start time to check in.

Ride Start Times:

- Metric Century - 7:00 A.M.
- 10 Mile Ride - 8:30 A.M.
- Cub Tour - 9:00 A.M.
- Power Walk—9:00 A.M.

About This Ride

Participants may select one of two rides the Metric Century or the 10 Mile Ride.

What is provided to the riders:

- Pre-marked ride route
- Route Maps
- SAG support vehicle
- Post-ride lunch
- Rest Stops (beverages, healthy snacks)
- Custom designed T-shirt (while quantities last)

Rider requirements / recommendations:

- Helmets are required for all riders participating in ride
- Personal water bottle to refill at Rest Stops
- Flat tire fix a flat kit
- A parent or legal guardian must sign for anyone under 18 years old
- All riders are required to obey all traffic signs and traffic laws

Ride Start & End Location: Koligian Stadium

Three Rides to Choose From:

Metric Century

The 100 km ride will begin at Koligian Stadium, up to the historic town of Friant. From Friant the riders will continue, up the hill along Millerton Road, around to Auberry Road and back home. Enthusiastic riders can lengthen this ride, or make it tougher, by taking a detour to the Madera County side of Millerton Lake, or up Sky Harbor Road.

10 Mile Ride

The 10 mile tour takes cyclists south on Grantland Avenue to Kearney Park, where riders will make a circuit of the park before returning along the same route.

Cub Tour (ages 4 and up)

Cubbies will enjoy a ride behind Koligian Stadium on the private road leading down and around the parking lot. This ride will not go on public streets.

Power Walk

Come stretch your legs and walk the cub tour! Participants can enjoy a leisurely stroll or a heart pumping power walk on the private road behind Koligian Stadium.

The Foundation for Central Schools was formed in 2004, with a mission to support student development by encouraging community investment and involvement in our four pillars of academics, athletics, agriculture, and the arts.

Benefiting Central Schools

Cycle4Central is healthy – the entire community is invited to come out and enjoy a morning riding bicycles.

Cycle4Central is smart – proceeds from the event fund projects that would otherwise be unavailable for our students.

Cycle4Central is fun – you're invited to see for yourself.

Foundation for Central Schools Making a difference every day!

Foundation for Central Schools 2010 Bike Ride - Registration Form

HEALTHY - SMART - FUN

Sign Me Up!

- Registration options: \$30 Per Rider, \$12 Per Student, \$10 Power Walk, \$0 Cub Tour.

Registration received after April 15, 2009 will not be guaranteed a T-Shirt.

Rider Name and Tour information fields.

Total due \$

Contact Name, Address, City, Zip, Phone, and Email fields.

Students answer this questions to enter to win a raffle prize:

What year was Fresno County founded? From which existing county did it take its land? Answer

Make Checks Payable to: Foundation for Central Schools

Mail registration and check to Foundation for Central Schools •4605 N. Polk Ave •Fresno, CA 93722

Ride will take place rain or shine • Registrations are Non-Refundable

Registration will be available day of ride • T-shirt and Lunch cannot be guaranteed

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

IN CONSIDERATION of being permitted to participate in any way in Foundation for Central Schools ("Foundation") sponsored activities ("Activity"), I, for myself, and for my personal representatives, assigns, heirs, and next of kin:

(1)ACKNOWLEDGE, agree and represent that I understand the nature of cycling activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and byways open to the public during the Activity and upon which hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

(2)FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the "RELEASEES" NAMED ABOVE; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either known or unknown to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity.

(3)HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE AND AGREE TO INDEMNIFY AND HOLD HARMLESS the Foundation, Central Unified School District, their respective administrators, directors, agents, and employees, other participants, any sponsors, advertisers and if applicable, owners and lessees of premises on which the Activity takes place (each considered one of the Releasees herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW, AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS INVALID, THE BALANCE NOTWITHSTANDING SHALL CONTINUE TO BE IN FULL FORCE AND EFFECT.

A parent or legal guardian must sign for anyone under 18

Signature, Date, Print name, and Relationship fields.