

## RIDE TOWARD THE TRAIL

### Coast to Trail 104 and 79 mile routes

Picturesque routes through suburbs, farmland, parks, urban areas, future Legacy Trail trailhead and the coastline of southwest Florida.

### Innovative 20, 35 and 62 mile routes

Routes are designed for safety. The 20 and 35 mile routes do not travel on state roads. The 62 mile route travels to beautiful coastal Terra Ceia.

- Fuel up for your ride with our delicious breakfast
- Well-stocked rest stops
- Support vehicles
- End party with catered lunch
- Proceeds benefit The Legacy Trail extension

## Join SMBC!



No matter what your speed, the Sarasota Manatee Bicycle Club has a beautiful local ride that you will enjoy.

We are a cycling club with more than 500 members, and our rides are scheduled 7 days a week, 52 weeks a year.

We have special destination rides as well as club-sponsored social events and picnics.

To find out more go to

<http://www.smbc.us>

or

<https://www.facebook.com/>

[SarasotaManateeBicycleClub/](https://www.facebook.com/SarasotaManateeBicycleClub/)

## 44<sup>th</sup> annual Gulf Coast Cyclefest

November 4, 2018



104, 79, 62, and 20 mile cycling routes through beautiful Manatee and Sarasota Counties.

Full SAG support and five well-stocked rest stops.

### LOCATION

Main Street at Lakewood Ranch  
8100 Lakewood Ranch Boulevard  
Lakewood Ranch, FL 34202

## 44TH GULF COAST CYCLEFEST

Presented by  
**Sarasota Manatee Bicycle Club**  
Sponsored in part by  
**Crescent Wealth  
Partners**  
In support of  
**The Legacy Trail extension**

6:30 AM 104/79 mile riders' registration  
6:45 AM Registration & Breakfast  
7:00 AM Sponsor booths open

**Ride starts:** 7:30 AM – 104 & 79 miles  
8:15 AM - 62 miles  
9:00 AM - 35 miles  
9:45 AM - 20 miles

**Ride ends:** 3:30 PM

**Meals:** Breakfast & lunch included  
Breakfast served 6:45-9:15  
Lunch served 11:00-3:30

**Fees:** \$45-Register by September 30th  
\$50-Register by November 1st  
\$55-Register **after** November 1st

- Event shirts: guaranteed requested size if registered by Oct 1st
- Event limited to 700 riders

**Online registration:** [www.active.com](http://www.active.com)  
Packet Pick-up dates/times to be announced via email

**For more information including maps  
& cue sheets:**  
<http://www.smbc.us>  
**Questions:**  
[gccfreg@gmail.com](mailto:gccfreg@gmail.com)

**COMPLETE ONE REGISTRATION PER RIDER** – please print clearly (form may be duplicated)

**Make check payable to: SMBC**

**Mail to: Christine Prokosch**

**9759 51<sup>st</sup> Ter E  
Bradenton, FL 34211**

NAME \_\_\_\_\_  
Age \_\_\_\_\_ (if under 18 years old) Gender M F (circle)

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ Is contact cycling? Yes / No (circle)

EMERGENCY CONTACT PHONE \_\_\_\_\_ (cell preferred)

**RIDE DISTANCE:** 20 35 62 79 104 (circle choice) ride registration fee \$ \_\_\_\_\_

**DRI-FIT shirt size:** Men's: S M L XL XXL (circle choice)  
or Women's: XS S M L XL XXL (circle choice)

### WAIVER AND RELEASE

By signing this Waiver and Release (hereinafter called "Waiver"), I release, hold harmless, and indemnify Sarasota-Manatee Bicycle Club, Inc. (SMBC) and Main Street at Lakewood Ranch, their officers, directors, members, employees, agents, sponsors, and ride leaders from any and all causes of action, claims, damages, personal injury, and the like, and forever waive the right to sue for any alleged negligence on the part of any of the above parties. By signing this Waiver, I assume the risk involved in the activity of cycling; and recognize that cycling is inherently a hazardous activity, and may involve, among other hazards, strenuous physical activity and interaction with motor vehicles on roadways. I understand that I must execute this Waiver as a condition of participating in SMBC cycling events. Further, I agree to wear a helmet suitable for bicycling purposes during my participation in SMBC cycling events. I acknowledge that SMBC reserves the right to deny participation in its cycling events to any person(s) who do not wear such a helmet. Further, while SMBC does not undertake the obligation to inspect such helmets, SMBC reserves the right to reject from participating in cycling events anyone whose helmet does not appear to be safe for cycling purposes. **NOTICE: PARTICIPANTS UNDER THE AGE OF 18 MUST HAVE THEIR PARENT OR NATURAL GUARDIAN SIGN THE MINOR WAIVER AND RELEASE FORM THAT CAN BE OBTAINED AT THE REGISTRATION DESK ON THE DAY OF THE EVENT OR DOWNLOAD, SIGN, AND MAIL WITH REGISTRATION FORM:** <http://www.smbc.us/cyclefest.html>

**PARTICIPANT SIGNATURE**

Date: \_\_\_\_\_