

GulfCoast Cyclefest **UPDATE:**

Sunday, November 07 is the date of our "CYCLEFEST." It still seems a long time off, but November is now only 2 months away. **We aim to make this the biggest and best event yet.** To achieve this we need more help from Club members. The planning team needs help with Information Packs, in particular. Can you help? No experience is needed. Guidance and advice is given. So join our planning team. On the day of the event (and the day before) we need help with the

- registration of participants,
- sale of club clothing,
- assisting with the arrangements for lunch and serving it,
- supervision and help at Rest Stops to hand out food and drink,
- site control and cleaning, and "SAG" (providing road side assistance).

Gary's team needs help with marking the routes on the road during the preceding 2 weeks.

It's fun and worthwhile. So please let me know how you can help.

CYCLEFEST will be based in Main Street, Lakewood Ranch. Main Street will be closed to traffic. And we are arranging stalls, entertainment and good food. There is plenty of parking on both sides of Main Street – just follow the signs. Participants can choose from four NEW routes with new Rest Stops. The short 15 mile route is as safe as we can make it: so it is suitable for young families. The 32 mile route takes you out to the Palmetto Pines Golf Course. The "metric Century" (62 miles) route includes interesting and good roads, whilst the 100 mile route will take riders all the way into Terra Ceia. Riders choose their own speed and the company they enjoy!

This year will feature Door Prizes, high quality T shirts, socks, goody bags, massage, photos. and much more for participants. Whilst supporters and friends can enjoy the shops, stalls, cycles and accessories and the general festival atmosphere.

This edition of Rough Draft includes the registration form. Book now. Don't leave it. We have a deadline if you want to ensure you get a high-performance Tee shirt and other benefits.

We will be giving donations to cycling charities. So cycling is more enjoyable and safer for all.

This is your event. Please help us make it the greatest success.

Book the date and make a day of it!

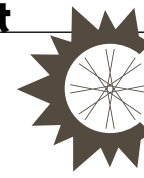
Please contact Event Director – David Hodgkinson to volunteer to help
 davidhodgkinson@verizon.net
 or phone 941-927-5936.

Titanium bike for sell

Custom made Roark titanium bike, Dura Ace components, Dura-ace seat post, Syntace aero bars, STI brake/shift levers, Carbon fork, cat-eye computer. Rolf Elam 650 training wheels 12 x 21 cassette, 1 new tube. Choice of 2 different size stems.

The bike is at Ryder's Bikes. Ask for Paul.

GulfCoast



cyclefest

2010

100 SARASOTA MANATEE BICYCLE CLUB

• **SUNDAY, NOVEMBER 7, 2010** •

Lakewood Ranch, Florida

\$35 Pre-registration (guaranteed performance shirt)

\$5 discount for each additional rider in the same household

\$5 discount for SMBC members

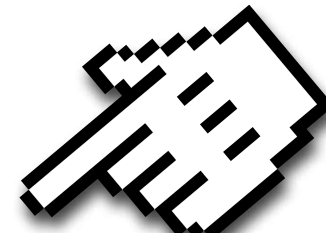
**no refunds-rain or shine, one discount per person.*

pre-register by **October 1, 2010**

*After this date registration is \$35 for everyone (shirts available first come/first served at check-in).

More info: <http://www.smbc.us/cyclefest.html>

Chris Prokosch: 941-773-9395 / christine.prokosch@yahoo.com



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 COMPLETE ONE REGISTRATION PER PERSON

Please Print Clearly

NAME _____ Age: _____ Gender: **M** ◦ **F**

ADDRESS _____

PHONE _____ EMAIL _____

CITY _____ STATE _____ ZIP _____

EMERGENCY CONTACT _____ Is contact riding? **Yes / No**

EMERGENCY CONTACT PHONE _____ (cell preferred)

RIDE DISTANCE: **15** ◦ **32** ◦ **64** ◦ **100**

Circle your choice of PERFORMANCE shirt size: Men's: **S** ◦ **M** ◦ **L** ◦ **XL** ◦ **XXL**

Women's: **S** ◦ **M** ◦ **L** ◦ **XL**

Please make checks payable to: **SMBC**

Mail this form with payment to **Chris Prokosch, 14014 1st Avenue east, Bradenton, FL 34212**

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WAIVER AND RELEASE

By signing this Waiver and Release (hereinafter called "Waiver"), I release, hold harmless, and indemnify Sarasota-Manatee Bike 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 bicycling; and recognize that bicycling 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 bicycling events. Further, I agree to wear a helmet suitable for bicycling purposes during my participation in SMBC bicycling events. I acknowledge that SMBC reserves the right to deny participation in its bicycling 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 bicycling events anyone whose helmet does not appear to be safe for bicycling purposes. In the event that I sign this Waiver for a minor child, in addition to the foregoing I also acknowledge that I am aware of and will abide by the helmet laws respecting cycling and children, and agree to take full responsibility for the child's actions, and indemnify SMBC respecting such participation. This Waiver shall be effective as to the minor child for which I, as the adult, complete this registration and accept this Waiver.

PARTICIPANT SIGNATURE (Parent/Guardian if under 18 yrs old)

_____ Date _____