



Celebrate Safe Cycling

Join the Sarasota Manatee Bicycle Club as we promote cyclist visibility on the roads and celebrate the continuous improvement of a safe cycling environment for all.

- Fuel up for your ride with our delicious breakfast
- Well-stocked rest stops at local Florida landmarks
- Support vehicles
- End party with catered lunch

Be seen...
Hi-Vis is the new black!

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 680 members, and our rides are scheduled 6-7 days a week,
52 weeks a year.

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

To find out more go to
<http://www.smbc.us>
or
<https://www.facebook.com/SarasotaManateeBicycleClub/>

45th annual Gulf Coast Cyclefest

November 3, 2019



100, 73, 58, 34, 26.2, 16 mile
cycling routes through beautiful
Manatee, Sarasota, Hardee & DeSoto
Counties.

Full SAG support and well-stocked rest
stops at local Florida landmarks.

LOCATION

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



45th Gulf Coast Cyclefest

Presented by

Sarasota Manatee Bicycle Club

Sponsored in part by

Crescent Wealth Partners

7:00 AM Registration & Breakfast

Ride starts: 8:00 AM - 100 miles
8:30 AM - 73 miles
9:00 AM - 58 miles
9:30 AM - 34 miles
10:00 AM - 26.2 miles
10:15 AM - 16 miles

Ride ends: 3:30 PM

Meals: Breakfast & lunch included
Breakfast served 7:00 – 10:00
Lunch served 11:30-3:30

Fees: \$45-Register by September 30th
\$50-Register by October 31st
\$55-Register Nov 1 – Nov 3

- Event shirts: guaranteed requested size for first 850 riders registered by Oct 1st
- Event limited to 1000 riders

Online registration: www.active.com or
www.smbc.us

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

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

Make check payable to: SMBC

Mail to:

**Maureen Boyd
3623 80th Dr E
Sarasota, FL 34243**

NAME _____

AGE _____(if under 18 years old) Gender M F (circle)

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

EMERGENCY CONTACT _____ Is contact cycling? Y / N (circle)

EMERGENCY CONTACT PHONE _____ (cell preferred)

RIDE DISTANCE: 16 26.2 34 58 73 100 (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
