

RELEASE

*This release form is a contract with legal consequences.
Read it carefully before signing.*

In signing this entry and release form for myself or the named entrant, if he/she is under 18, (hereafter collectively referred to as "I"), I hereby agree that I know the risks associated with bicycle events and I willingly accept them. I am covered by my own medical insurance and accept full responsibility for all medical expenses I may incur as a result of my participation in this event. I will permit emergency treatment in the event of injury or illness. To my knowledge, I have no physical or mental conditions that would endanger myself or others by my participation in this event. I have properly maintained my bicycle and related equipment so as to ensure my safety and that of other participants. I agree to wear an ANSI/Snell approved bicycle helmet that may protect against serious head injuries and I assume all liability for the selection of my helmet. I agree to follow safe bicycle practices while participating in this event.

I agree not to sue the Rapid Wheelmen Inc. and its members, officers and volunteers, and all other event sponsors, whether individuals or organizations (collectively referred to as Released Parties). I also agree to hold harmless, and release from all liability for myself and my heirs, the Released Parties of all blame or liability for any injuries, deaths, losses, damages or inconveniences that I suffer while traveling to, from, and while participating in this event. It is my responsibility to know the Michigan Vehicle Code and other special rules pertaining to this event as set forth in the event materials. I agree that the above representations are contractually binding and not mere recitals. This contract may not be modified orally and a waiver of any provisions contained herein shall not be construed as a modification of any other provisions herein. I HAVE READ THIS CONTRACT, UNDERSTAND IT AND AGREE TO BE BOUND BY ITS TERMS.

Signature of Participant

Date

*Signature of Parent of Guardian
(if Participant is under 18)*

Date

Who are the Rapid Wheelmen?

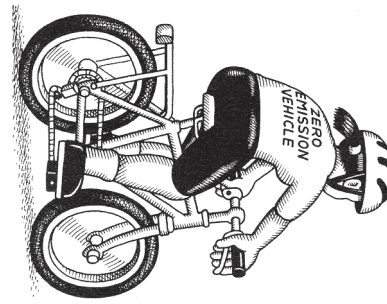
The Rapid Wheelmen Bicycle Club is one of the oldest cycling clubs in Michigan, founded in 1970. Our 400+ members, represent all levels of interest and ability – from casual trail riders to endurance and racing specialists. We like to ride, talk about bikes and bike trips, support cycling-related causes, and ride!

The Club hosts three invitational rides each year - 100 Grand, Maple Leaf, and Colorburst in addition to weekly Time Trials, and a full schedule of rides and cycling events each month. Through funds raised on our Colorburst ride, we've donated well over \$100,000 to various bike-related causes, including MADD, Elves & More, Michigan Trails & Greenways, and the bicycle patrol units of various law enforcement agencies.

Membership is \$25 per family/year. Check us out at www.rapidwheelmen.com.



2011: Less thinking about riding - MORE RIDING!!!!



100 Grand
Rapid Wheelmen
PO Box 1008
Grand Rapids, MI 49501

PRESORTED STANDARD
US POSTAGE
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PERMIT NO. 1233



38th Annual

100 Grand BICYCLE TOUR

Saturday June 4, 2011

Powered by The Rapid Wheelmen
www.rapidwheelmen.com

38th Annual

100 Grand BICYCLE TOUR

Saturday June 4, 2011

6:45 - 9:30 am

Registration.

141 Milers should be on the road by 7:00 am.

8 - 10:00 am

Hit the Road

100-mile riders should be on the road by 9am.

8:00 am

Road Bike 101 Begins

START/FINISH

West Side Christian School (see map).
Post-ride showers are available.

ROUTES

17, 36, 65, 105 or 141 miles of well-marked, scenic back roads.

Rollers and a few stout hills, interspersed with terrific long, quiet stretches. Rest stops every 20 miles or so. Food and beverage available at all rest stops.

FOOD

Ahhh, the food...lunch at a shady rest stop for 65, 105 and 141 mile riders.

Lunch at the end of the ride for 17 and 36-mile riders. BBQ pork sandwiches, wrap sandwiches w/ vegetarian option. Watermelon! Ice-cold soda. Lots of fruit, snacks, and homemade cookies from world-renowned Rapid Wheelmen bakers. *No one rides hungry!*

www.rapidwheelmen.com/100grand

HELMETS

Required. NO headphones.

SUPPORT

Mechanical support by Alger Cycling. SAG service.

ELIGIBILITY

Riders of all ages/ability are welcome. Riders under 16 MUST ride with an adult.

REGISTER by May 24th

Use this form or download one from www.rapidwheelmen.com/100Grand. Mail with check or money order.

Or register online at www.active.com.



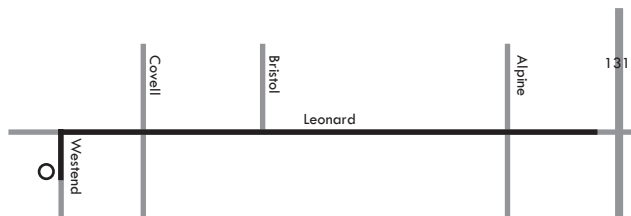
Day of event registrations are welcome. Cash or check only on DOE.

****All 141-mile riders must pre-register. No day-of event registration for 141-mile riders****

DIRECTIONS TO START

955 Westend Ave. NW, Grand Rapids

- From US 131 exit 87 (Leonard St.)
- Take Leonard Street west 2.1 miles to Westend (first street west of Covell).
 - Turn left on Westend
 - Go ¼ mile to the school.
- Check www.rapidwheelmen.com for additional maps and lodging information.



ROAD BIKE 101

Ride the road like a pro!

Nervous about riding in traffic? Are you unsure of how "rules of the road" apply to bicycles?

Join us for RB101. You'll ride in small groups with experienced cyclists along our challenging 36-mile course. This is great for those who wish to gain street skills or group riding experience.

This is a challenging 36-mile route with a mid-point rest stop. Please be sure you have enough conditioning to complete the entire route. This should take a maximum of four hours

REGISTRATION BY MAY 24 REQUIRED FOR RB101.

NEW! 141-MILE ROUTE

New this year is a 141-mile route for riders training for the 24-Hour Challenge or who just want a longer ride. Riders must pre-register for the 141-mile route – no day-of-event registration for the 141-mile route. 141-mile riders must begin riding by 7:00 am. The first 141-mile rest stop comes after 36 miles. The remaining rest stops will be at about 20 mile intervals. SAG support stops at 5:00 pm for all routes.

QUESTIONS? COMMENTS?
100grand@rapidwheelmen.com

One form per rider - photocopy if needed or download from www.rapidwheelmen.com

Mail Completed Entry Form and Check to:

100 Grand / **Rapid Wheelmen**
P.O. Box 1008 • Grand Rapids, MI 49501

Please print legibly

Sign release on back ----->

Name _____

Age _____ Sex: male / female

Address _____

Phone _____

Email _____

for confirmation purposes only

Emergency name _____

Emergency phone _____

This is my first 100 Grand Yes _____ No _____

I plan to ride... (select one)

- 17 mi - lunch at school
- 36 mi - lunch at school
- 65 mi - lunch on the road
- 105 mi - lunch on the road
- 141 mi - lunch on the road
- Road Bike 101 - 36 mi - lunch at school

***Entry Fee before May 24** *Enclosed*

Individual **\$20** _____

Family **\$40 _____

***Entry Fee after May 24 or DOE**

Individual **\$25** _____

Family **\$50 _____

*** Rapid Wheelmen members receive a \$5 individual or \$10 family discount.**

****Please list each family member name, age and route on a separate sheet and attach.**

Make checks payable to Rapid Wheelmen.

Online registration at www.active.com.