

Bike-A-Mile...or 20

A Benefit for Greenbrier Episcopal School's
Athletic Program

Saturday, April 4, 2009

- 9:30 am

1, 10 and 20 mile Bike Ride (and 1 mile walk) on
the Greenbrier River Trail, starting in Caldwell

Pre-register and submit sponsorships and money
collected by March 15th to GES, 10 Dry Creek Rd,

WSS, WV, 24986 or drop off at Serenity Now or the Forum

in Downtown Lewisburg or on-line at www.gesride.com

FABULOUS PRIZES for riders with the highest sponsorships in each
distance and age category to include a new Mountain Bike (\$1000
value), bike helmets, weekend getaways, dinner at area restaurants
etc. Ask your neighbors, friends and local businesses to sponsor you.
Don't ride? Walk-A-Mile instead! (Sponsorship forms are available
separately.)

Cut here and mail bottom half with payment.

Participant Form

Participant's Name: _____ Age: (Circle one) Under 18 Over 18

Address: _____ City: _____ State: _____ Zip Code: _____

Home Phone: _____ Email: _____

Shirt Size: (circle one) Youth S M L Adult S M L XL

Distance: (circle one) Bike 1 10 20 mile Walk 1 mile

Registration Fee: \$15 .00 pre-registration

Participants registering the day of the race will be charged a \$30.00 registration fee. Each rider registered by March 15th will receive a technical bicycling short sleeve jersey with the Bike A Mile...or 20 logo.

Please enter me in the BIKE A MILE or 20 event on Saturday, April 4, 2009. In consideration of accepting this entry, I hereby, for myself, my heirs, executors, administrators and personal representatives, waive and hold harmless Greenbrier Episcopal School together with its employees, officers and agents, the City of Lewisburg, West Virginia, its employees, officers and agents, from any and all claims, demands and causes of actions for personal injuries, including death, which I may have by virtue of my participation in said event. I also give Greenbrier Episcopal School permission herby for the free use of my name and/or picture in any broadcast or other account of the event. I further attest and certify that I am physically fit and have sufficiently trained for participation in this event. All riders MUST wear a helmet in this ride.

Signature of Participant or Guardian if participant is younger than 18 years of age

Date

All riders are required to wear a helmet in the ride. Please carry water and a small snack during the ride. Snacks and water will be available at the start of the ride and at the 10 mile mark. Greenbrier Valley Bicycle Club members will be riding on the trail to provide technical assistance and support during the ride. Free Spirit Adventures & Bike Sales are proud to provide professional bicycle mechanic services for the 1st Bike-A-Mile Fundraiser at the start and finish of the ride.