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Stay connected to the FLATS project online and receive updates and information on donating, progress, upcoming events, community activities, and more!

Sunset Bike Ride and Walk

September 17th, 2011

6:30-8:30 pm

Registration begins at 5:30 pm

Ride begins at the

Adair County Family YMCA

Prizes to be raffled following the event!



All proceeds will benefit:



Closer than you think!

www.kvflats.org

Participant Information:

Name _____

Address _____

City/State/Zip _____ / _____ / _____

Phone _____

DOB _____

Email _____

Do you have a medical condition we need to know about:

_____ Yes _____ No

If yes, please explain: _____

Enclosed Payment:

- ◇ \$12 for Walking
- ◇ \$15 for Student Bicycling
- ◇ \$20 for Adult (Single) Bicycling
- ◇ \$40 for Family Bicycling (includes 2 gifts)

Please contact Amanda Powell for special group rates for parties of 8 or more!

Family Fun for All Ages!

Support the Forest Lake Area Trail System (FLATS) at the Sunset Bike Ride and Walk!

The 6-mile fun ride and 4-mile walk takes place on September 17th, 2011, and will begin at 6:30 pm.

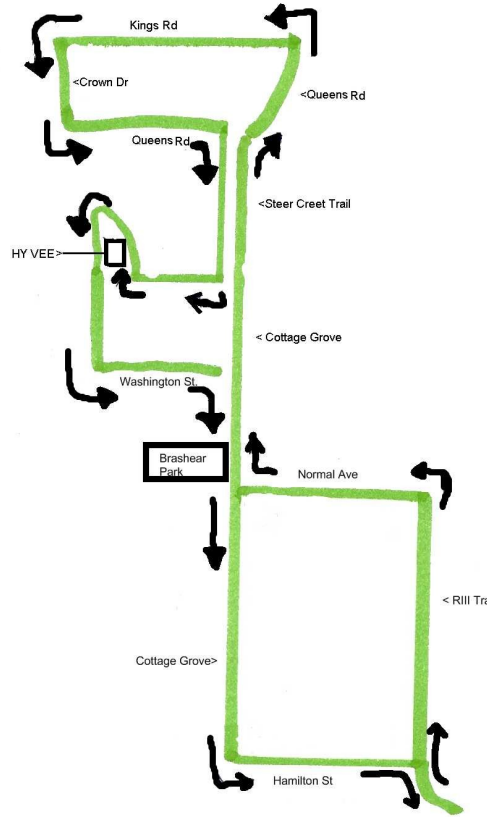
Participants begin at the Adair County Family YMCA. Cyclists ride on some of the city's existing bike trails and lanes, with a stop at Hy-Vee for food and refreshments. Walkers begin at the YMCA and complete 2 laps of the 2-mile circuit around the Kirksville schools.

Safety Rules

- All bicyclists must wear helmets and obey Kirksville traffic ordinances.
- Bicyclists need to have a helmet and a functioning front white light and rear red light. Light sets will be available at the event.
- Children under 14 must be accompanied by an adult.

Please note that the entry fee is non-refundable. The Sunset Bike Ride and Walk will occur rain or shine.

DON'T FORGET YOUR HELMET!



Participants receive a water bottle on a first-come, first-served basis. Lights sets for purchase at cost are available to cyclists who do not already have them. FLATS information as well as information about local and area fitness and health groups and initiatives will be available prior to the start of the ride.

Stick around after the race—prizes to be raffled!

Registration Form

Send with correct payment to:
Amanda Powell
Kirksville Chamber of Commerce
304 S. Franklin, Kirksville
660-665-3766

I understand that participation in the Sunset Bike Ride and Walk requires that I be in good physical condition, and that injury or death could occur. In consideration of the foregoing, I, for myself, my executors, administrators, and assigns do hereby release and discharge the State of Missouri, the City of Kirksville, Kirksville Rotary, Forest Lake Area Trail System and its employees, the race directors, all volunteers, all providers of products and services, from all damages, demands, action and causes of action whatsoever, in any manner arising or growing of participation in said bike ride/walk.

I hereby affirm that I am eighteen (18) years of age or older. I have read this document and understand its content. For persons under 18 years of age, a parent or legal guardian must sign the AWRL and complete the following section.

Name (please print) _____

Signature _____

Date _____

Please see reverse as well.