

Ride For Pride

www.Cannonballs-Cycling.org

Join the members of the Cannonballs Cycling Team for the 16th annual **RIDE FOR PRIDE**. This supported ride is designed for all levels of cycling enthusiast - from families and recreational riders to experienced distance challengers. Each rider is free to set their own pace, and select the distance they will be proud to complete. As in previous years, a portion of the proceeds will be donated to a charitable organization See below for a list of our fundraising activities.

Ride Date: **Saturday August 11th, 2012**, rain or shine. The 100k riders begin at **7:30a.m.** & the 50k riders begin at **8:30a.m.** The 16k ride begins at 9:00a.m. These times are definite.

Ride Distance: Choose either a 100k which is approximately 63 miles, a 50k which is approximately 31 miles, or a 16k bike route which is approximately 10 miles. All routes will be marked and volunteers will be stationed to guide and support you.

Ride Location: All riders will begin and end at **Whitewater Middle School, 10201 Running Rapids Rd, Charlotte, NC 28214.**

DIRECTIONS: From Charlotte; travel I-85 West to I-485 inner loop to Exit #12 Moores Chapel Road, Left onto Moores Chapel Rd, Right onto Rhyne Rd, Left onto Belmeade Dr, Pass Whitewater Center & Left onto Running Rapids Rd.

FUNDRAISING & COMMUNITY ACTIVITIES

- Trips For Kids
- MS 150 Ride
- Bike Rodeos for kids
- Henry Baker Memorial Scholarship

Registration Fee: Twenty (\$20.00) per person (**ONLINE**, check or money order) must be **received** before August 10, 2012 or twenty-five (\$25.00) afterwards or day of ride. Kids under 12 years of age ride for free when accompanied by a paid adult rider (18 years of age or older). **Lunch included with Carrot Soufflé.**

Registration/Check-In: Register by mail or on the day of the ride from 7:00a.m. The Cannonballs Cycling Team will help provide a positive, memorable, and enjoyable experience by catering to your ride needs.

Aid Stations: Food and liquids will be available for riders to rest, refuel and recuperate.

Support: SAG vehicles will cruise the course to support all riders. Mechanical support by local bike shops.

IMPORTANT NOTICE: ANSI or SNELL approved helmets are required for all riders.

FOR INFORMATION CONTACT:

Dempsey Miller - dempsey@DempseyMiller.com or Walter Richardson - walterlr@aol.com

Website: <http://www.cannonballs-cycling.org> mail to: **PO Box 481442, Charlotte, NC 28269**

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REGISTRATION FORM

Email

NAME

Notice:

ADDRESS

CITY

STATE

ZIP

Please circle the distance you intend to ride:

100k

50k

16k

Emergency Contact

Telephone #



Trip For Kids Recyclery needs donated bikes. Donate a bike at the ride and get \$5 off registration.



**CANNONBALLS
CYCLING TEAM**

16th Annual
RIDE FOR PRIDE

Saturday, August 11th, 2012

An Official MS 150 Training Ride

Cannonballs Cycling Team
PO Box 481442
Charlotte, NC 28269

WAIVER

Each participant must read and sign!

If you are under 18 years of age, you must have a parent's or guardian signature on this waiver. If you are under 12 years of age, you must also be accompanied on the ride by a parent or guardian.

I, the undersigned, agree to indemnify and hold harmless the Cannonballs Cycling Team from all cost, expense, and liability arising out of my or my child's participation in this event. I acknowledge that bicycling may be dangerous and involves the risk of serious injury and /or property damage. I do hereby waive all claims for damage or loss to me or my child's person or property which may be caused by any act or failure to act by the Cannonballs Cycling Team and all other persons involved and or associated with this event that may arise directly or indirectly from my or my child's participation in this event; and I hereby assume liability for any loss, damage or other liability from such event.

Participant's Signature

Date

Guardian's Signature

Date

For Advance Registration, Clip and Mail with Check or Money Order to: **Cannonballs Cycling Team**
PO Box 481442
Charlotte, NC 28269