Registration Form

Girls with Gears — A Women's Cycling Event

Presented by: bikesport TRAPPE·PA

CAROL For Heart — Preventing Women's Heart Disease Through Education

Event Date: April 22, 2012

Please sign, complete and detach the bottom of this form and mail today with your registration fee. ***You must register by March 20, 2012 to be guaranteed a t-shirt.*** ***NEW LOCATION: Spring Mountain Adventures 757 Spring Mount Rd. Spring Mount, PA***

EARLY BIRD REGISTRATION (by 2/15/12) - $30 PRE-REGISTRATION (2/16/12 - 4/19/12) - $35

3 Ways to Register: Registration limited to 1,200

1. ***PRE-REGISTER BY MAIL -*** Send your check, made payable to **CAROL For Heart, Inc**. and the completed registration form to: CAROL For Heart, Inc. GWG, P.O. Box 931, Royersford, PA 19468. *Must be postmarked by April 15, 2012*
2. ***REGISTER ONLINE -*** Visit: www.CarolForHeart.org to register. Online registration available until April 19, 2012
3. ***EVENT DAY REGISTRATION:*** **$40 (if space is still available)**
   Event Day registration and check in begins at 7:00 am at **Spring Mountain Adventures Main Lodge**. (Cash or check only please)

♥ First 500 registrants receive an eco-friendly goody bag.
♥ Must register by 3/20/12 to receive a t-shirt.
♥ All registrants receive lunch!
♥ For every $25 raised receive 1 Trek Bike Raffle ticket. Raise $300 or more and receive a GWG Bike Jersey FREE—a $65 value! Raise $1,000 and earn a GWG Bike shorts Must turn in pledges by 3/10/2012 to receive jersey the day of the event. All others will be delivered after the event.

Rides Offered

10 Mile—Gently rolling hills
25 Mile—Moderate hills to hilly
40 Mile—Hilly
62 Mile—Hilly

HELMETS ARE REQUIRED!

Cue sheets available for all rides to grab and go on your own **OR** ride with a group leader (no group ride on the 40 & 62 mile route). An Instructional Session will be offered prior to the10 mile ride. It will include safety tips along with basic road etiquette. Be sure to check the departure times for the group rides. Rest stops will be provided on the 25, 40 & 62 mile rides. ***This is a cup free event so be sure to bring your own water bottle.***

Trek Bike Raffle

Grand Prize	Trek Lexa S Road Bike	(approx. $900 value)*
1st Prize	Trek 7.3 FX Fitness Hybrid	(approx. $650 value)*
2nd Prize	Trek Neko Dual Sport	(approx. $500 value)*
3rd Prize	Trek 7100 Hybrid Bike	(approx. $430 value)*

**Bikesport gift cert. may be chosen instead of the bike.*

*Raffle tickets will available before and during the event at **$5 each or 3 for $10**. To sell additional raffle tickets contact: Cindy: 888-315-9113; cmesserle@carolforheart.org. You do not need to be present to win.*

Name_____ Male or Female Age:_____

Address_____

City_____ State_____ Zip_____ Phone_____

Email Address:_____ T-shirt size(circle one) Sm Med Lg XL

Yes I would like to purchase Trek Bike raffle tickets: $5 each or 3 for $10
 # tickets _____ **$** _____ **Ride Choice: 10 25 40 62**
Registration fee: **$** _____
Total amount enclosed: **$** _____

Lunch Choice: (circle one) Grilled Chicken Sandwich No Rules Parmesan Pasta (vegetarian option)
Do you plan to ride with the group? Yes No
Yes, I hope to raise the $300—my bike jersey size is: XS S M L XL Women's or Men's

I know that I should not participate in the Girls with Gears (the "Event") unless I am medically able and properly trained. I assume the risk of any and all risks associated with this Event, including but not limited to falls, contact with other participants, weather including heat and humidity and the condition of the Event path. I also agree to comply with Event rules and regulations, directions, instructions, and/or safety precautions given by Event officials. I am participating in this event upon the express agreement and understanding that I am hereby waiving and releasing CAROL For Heart, Inc. and any and all of their affiliations and/ or associations (collectively "CAROL For Heart") as well as any and all Event Sponsors and any and all of their affiliations and/ or associations (collectively "Event Sponsors"), from any and all claims, damages, losses or liabilities including but not limited to illness or injury, which may accrue to me, my heirs, my guardians, administrators, executors or assignees, including attorneys' fees and court costs, arising out of or in any way related to, my participation in CAROL For Heart Girls with Gears. I hereby give the right and permission to CAROL For Heart to use my name, voice, photographic images and /or biographical information through any medium. I waive any right to inspect or approve the finished copy, images or printed matter that may be created in conjunction with the eventual use for any CAROL For Heart program. I also grant my permission for a doctor and/or nurse to take remedial action in case of an emergency, and that I assume all expenses in the event of an accident, illness or other incapacity, regardless of whether I have authorized such expenses. I have had the opportunity to ask any questions that I may have and such questions have been answered to my satisfaction. I have read, understood and agree to the above.

Signature _____
(Parent or guardian's signature if less than 18 years of age.)

Questions: Cindy Messerle—888-315-9113, cmesserle@carolforheart.org
Checks payable to CAROL For Heart and mail to: PO Box 931, Royersford, PA 19468