



*It's about the bike,
the charity and the fun!*

Join us for the 7th Annual Amoeba Rock Rides!

Choose from two 50-mile Amoeba options, the 33 mile mini-Amoeba, or the "make your own" Amoeba Ride.

**A 100% Charity Ride to benefit the
Lance Armstrong Foundation: www.laf.org**

When: Sunday, May 3rd. Registration, including **Strong Mugs coffee**, bagels, muffins and cue sheets will be distributed beginning around 8:30 a.m. (Recommended start for 50-mile rides is 9:30-10ish)

Where: All rides start at 317 E. Olive St., Ft. Collins, CO

The Best Part: Post "Amoeba Rock" Pizza Party at Old Chicago Restaurant beginning at 2:00-ish p.m. Old C's will provide the pizzas!

Questions, comments or funny bicycle stories may be directed to Jeff at 970-484-8323 or jeffsambur@gmail.com

2009 "Amoeba Rock" Entry Form

Name/Alias: _____

Address/campsite #: _____

Daytime phone #: _____ **E mail address** _____

Sex: Male Female Unsure

Route: (Check one):

33 mile mini-Amoeba 50-mile rides I'll "make my own" Amoeba Ride Route.

Registration Fees: \$25 donation to the Lance Armstrong Foundation before May 3rd or \$30 donation on ride day. 100% of the proceeds go to the LAF. Please make the check payable to **Lance Armstrong Foundation**. (Please register ASAP. I need to know how much food to buy!)

Accident Waiver and Release of Liability in fine print....

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics but are also present for volunteers. I hereby assume all of the risks of participating &/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault. I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person. I acknowledge that this Accident Waiver and Release of Liability (AWRL) form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events. In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: AMOEBAROCK BIKE TOUR their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers; (B) Indemnify and Hold Harmless the entities of persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by the negligence of releases or otherwise.

Helmets are required! Please! Don't arrive without one. The Fort Collins Cycling Club is donating insurance coverage so there will be another waiver to autograph at the ride. Thank You! FCCC!

Signed: _____ Date: _____

Mail completed and signed application to:

Amoeba Rock Ride, c/o Jeff Sambur, 317 E. Olive St, Fort Collins CO 80524

Why stampede with an Elephant when you can mosey with an Amoeba?

For more information, or to print out more entry forms, go to www.amoebarock.org