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FITNESS**



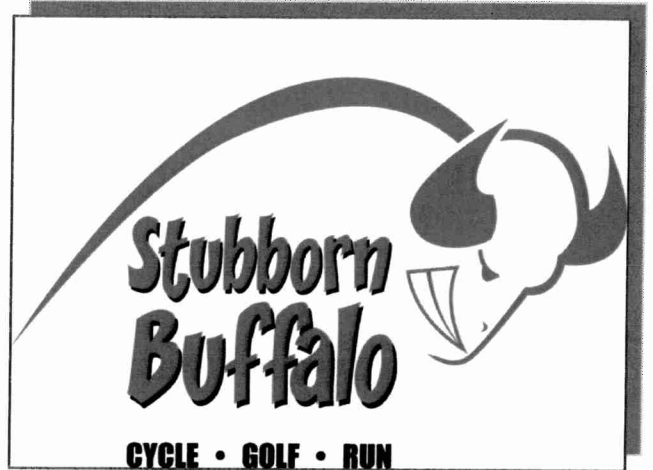
HARRISON PENSA

RULES

- Approved cycling helmets **MUST** be worn at all times
- Obey ALL traffic signs/laws
- NO Littering
- Be kind/respectful to motorists
- Stubborn Buffalo Sticker must be worn on front of helmet

For more information contact:

Ryan Van Praet, 519-354-1121
swimbikerurryan@yahoo.ca



**CYCLE WITH THE
HERD**

65k & 25k

Presented by:



Ride to Conquer ALS

Saturday

June 12th, 2010

(rain date June 13th)

9:00am- 65k

10:00am- 25k

BBQ post ride!

**SHARE THE ROAD!—ALL ROADS ARE OPEN
TO TRAFFIC**

RIDE SINGLE FILE!

CARRY ID & CELL PHONE!

*At the Pier, Mariners Road
Erieau, ON*

REGISTRATION

All routes: \$40 (\$50 After June 4/10)

All riders receive snacks/water along the route and a post ride BBQ.

First 100 riders receive a SBES fanny pack

PLEDGE SHEETS AVAILABLE **UPON REQUEST**

Saturday June 12, 2010 -

8:00 - Registration begins (All Events)

8:50 -65k Registration ends

9:50 -25k Registration ends

11:30-Post ride BBQ with prize for

MOST PLEDGES COLLECTED

THE ROUTE

All routes are out & back and leave from the Pier in Erieau. Travel out onto paved country roads that skirt Lake Erie, Rondeau Bay and Rondeau Provincial Park. This is a flat course with some rollers on 65k route.

Course will be marked and maps made available . Bring some change for variety store at the halfway point of the 65k if you wish.

MAIL CHEQUE AND ENTRY TO:

Ryan Van Praet

72 Manning Dr.

Chatham ON, N7M 0A6

—Make cheques payable to—

ALS SOCIETY OF ESSEX COUNTY

PARTICIPANT INFO

Name: _____

Address: _____

City: _____ Prov: _____

Postal Code: _____

Phone #: _____

Participants under 18 must be accompanied by a guardian

65k () 25k ()

Signature: _____

Date: _____

Age on June 12/10: _____

parent/guardian signature required (under 18)

WHY WE RIDE

This inaugural event is part of the SBES (Stubborn Buffalo Event Series) and raises much needed funds for the **ALS SOCIETY OF ESSEX COUNTY—SERVING CHATHAM-KENT FOR 25 YEARS**. Our mission at the SBES is to raise money and much needed awareness of ALS (Lou Gehrig's disease), a 100% fatal disease. Come out and take on the challenge of the 65k, or take it a bit easier with the 25k . All events are **non-competitive** and are designed to challenge the body, while giving the mind a chance to reflect on the gifts of mobility and freedom of movement. It is truly a ride for the mind and soul; a ride of thanks.