



Santiam Spokes, Inc.
 c/o Samaritan Lebanon Community Hospital
 P.O. Box 739, Lebanon, OR 97355
 www.santiamspokes.org

18th Annual Strawberry Century Tour

101 or 72 or 53 or 13 Sweet Miles By Bicycle
 Sat, June 12, 2010 • Start 7:00 am - 10 am • Lebanon High School, Lebanon, OR

Join your friends and friends-to-be on the 2010 Annual Strawberry Century tour. Hop on your bike in beautiful June weather and enjoy 101, 72, 53 or 13 miles of rolling to moderately hilly landscapes, historic towns, and scenic views of the Cascades and Willamette Valley. Your ride will take you on little-traveled backroads of Linn County along the Santiam and Calapooia rivers. There is great food at two full sag stops culminating with a fresh strawberry dessert at the finish! Several other water stops with bananas and cookies are along the routes also. Then there are the people who make it all happen – a warm, friendly, and helpful group who direct you at important points, serve you food, and help out in an emergency. The Strawberry Century is a great way to start off summer.

Detach and mail with your check to Santiam Spokes, Inc. • c/o Samaritan Lebanon Community Hospital. • P.O.Box 739, Lebanon, OR 97355

Registration

Submit one form per person registering. This form may be duplicated. Each registrant must sign the Waiver and Release of Liability on the reverse side of this form. Registrants under age 18 must submit a Waiver and Release of Liability signed by his/her parent /guardian.

First _____ Last _____ Age for youth _____

Address _____

Address continued _____

City _____ State _____ Zip _____

Registration Fee Enclosed (see schedule below): \$ _____

	**PreR	*After
Single Rider	\$ 20	\$ 25
Youth 13 & under accompanied by an adult	10	10
13 mi Ride per person (max per family \$20)	10	10

(**PreR: PreRegistered with postmark by June 4) (*After: Registration after June 4)

We are proud to announce that \$1 of every registration will be donated to the Bicycle Transportation Alliance. For more info on the BTA go to www.bta4bikes.org. You may also call 503-226-0676 or write BTA, PO Box 9072, Portland, OR 97207.

T-Shirt Order

The t-shirts will be imprinted on the front with this year's design (shown on this brochure) in two colors on safety green 100% Polyester for durability & wicking. **Place your order by May 19 for the lower price and to reserve a shirt in your size.** Only a few average size shirts will be available the day of the ride at \$17/SS & \$20/LS.

Fee enclosed for t-shirt(s) specified below \$ _____

_____ Short-sleeve t-shirt (each) \$ 15 *Only with postmark by May 19*

size(s): _____ youth large _____ S _____ M _____ L _____ XL _____ XXL

_____ Long-sleeve t-shirt (each) \$ 18 *Only with postmark by May 19*

size(s): _____ youth large _____ S _____ M _____ L _____ XL _____ XXL

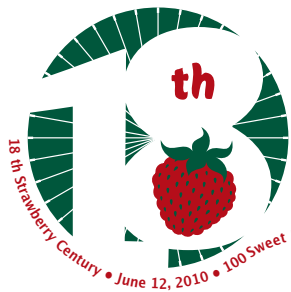
Total Enclosed For Registration and T-Shirts..... \$ _____

Please mail your check and registration to:



Santiam Spokes, Inc.
 c/o Samaritan Lebanon Community Hospital
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Thank You
 We'll see you on June 12!



18th Annual Strawberry Century Tour

Saturday, June 12 • This early summer century samples some of the best in Linn County — scenery, clean air, low traffic and terrific people. Our t-shirt is safety green, moisture wicking, 100% polyester, silkscreened with this year's logo. Be cool & be seen in this striking t-shirt.

The course is well marked this year and follows the routes used in 2009. The 101 mi route puts the extra mileage at the beginning and then follows the same route as the 72 mi riders from Sunnyside Park back. All routes can be viewed at www.santiamspokes.org.

Fees >Single: \$20 PreRegistered (by June 4) or \$25 after June 4.
 >Youth -13 and younger when accompanied by an adult: \$10.
 >Family 13 mi ride per person: \$10 (max per family \$20).

Registration Times . . . 7:00 to 10:00AM. We ask that 101 mile cyclists leave by 9:00.

13 mi. Family Ride . . . Riders may use the map to self guide at any time, but we are offering guided rides every half-hour from 8:30 — 10:00 AM.

Location Our start/finish is at Lebanon High School, as in the past. All routes begin & end at 1700 S. 5th. Street (see map right), Lebanon. Restrooms & water are available at the school.

Helmets & Safety Cyclists must wear safety rated (CSPC) helmets. Cyclists must observe all applicable laws and must ride in a safe and courteous manner. Give voice signals when passing on the left and be considerate of slower riders. Tour staff have the authority and responsibility to remove any unsafe rider from the tour.

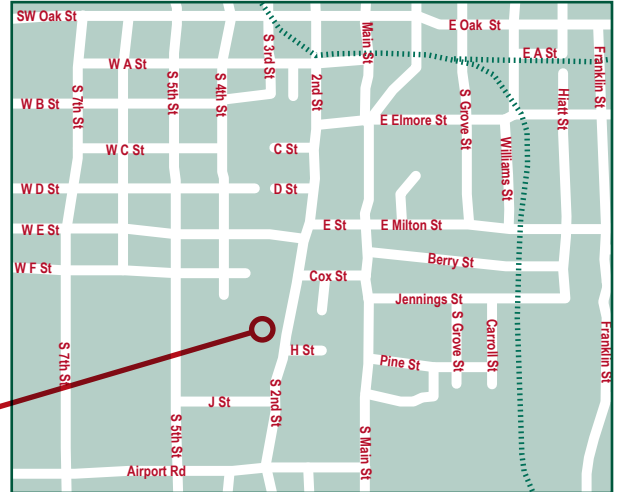
Sag Course closes at 5:00 P.M. Riders still out will be given an opportunity to ride the sag back. If they decline, they will be on their own.

Lodging Valley Inn: 2885 S Santiam Hwy., Lebanon, 541-258-8184. • Shanico Inn: 1840 S Main St., Lebanon, 541-259-2601 • Cabbage Patch B&B: 541-258-1774, Lebanon, 541-451-4910 • Sweet Home Inn • 805 Long St., Sweet Home, 541-367-5137

T-Shirts A short-sleeve or long-sleeve t-shirt, in your size, silk-screened in two colors on a 100% poly, moisture wicking shirt (safety green in color) is available for \$15 and \$18 respectively when ordered with a postmark by **Wednesday, May 19**. We order shirts well before the tour, so only a limited number of t-shirts in average sizes will be available on the day of the tour at \$17.00 (SS) or \$20.00 (LS).

More Information Ken Orwick, 541-451-2945 evening only. e-Mail: korwick@samhealth.org

>>To register on-line and for updates on the Strawberry Century visit our website • www.santiamspokes.org<<



Each registrant must sign the Release below. Detach and mail with your check to Santiam Spokes, Inc. • c/o Samaritan Lebanon Community Hospital. • P.O.Box 739. Lebanon, OR 97355

Release and Waiver of Liability, Assumption of Risk & Indemnity Agreement

In consideration of being permitted to participate in any way in Santiam Spokes, Inc. sponsored bicycling activities by signing below, I for myself, my personal representatives, assigns, heirs, & next of kin:

- acknowledge, agree, and represent that I understand the nature of bicycling activities and that I am qualified to participate in such bicycling activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.
- fully understand that: (a) bicycling involves risks and dangers of serious bodily injury, including permanent disability, paralysis and death; (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating, the actions or inactions of the general public, the conditions under which the activity takes place, the negligence of the club or its officers, or the negligence of the releasees named nearby; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, damages and injury I incur as a result of my participation in the activity.
- hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless the Santiam Spokes, Inc. bicycling club, its respective administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, (each

considered one of the "Releasees" herein) from all liability, claims, demands, losses, injury, or damages on my account or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement I, or anyone on my behalf, makes a claim against any of the Releasees", I will indemnify, save and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I have read this agreement; I fully understand its terms; I understand that I have given up substantial rights by signing it; and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance shall continue in full force and effect.

Signature

Date

Each rider must sign this Release. Riders under 18 must submit a Release signed by his/her parent/guardian.

Emergency Contact Person

Name

Relation

Phone Number