


1st Annual Cycles and Strides



10mi Bike Ride OR 5K Run/Walk

Cycles & Strides is a fundraising event for the Charlotte BMX Track in Punta Gorda. Charlotte BMX, Inc. is a 501 (c) (3) non-profit organization which relies on volunteers as well as sponsors to provide a place for people of all ages to learn, practice, and race BMX.

Cycles & Strides will include a timed 10-mile open wheeled bike ride as well as a 5k run/fun walk. Both events will start/ finish at Charlotte BMX Track. They will occur simultaneously on separate courses. The course for the bike ride will be on various roads, and the course for the walk/run will be split on roads as well as grass. Awards will be given to all age classes (awards breakdown on back of flyer).

Participants may only register for one event.

Date & Time: Saturday, October 30, 2010 Race Starts at 8:00 am (Registration closes 7:30am)

Location: [Charlotte BMX Track](#)
[2505 Carmalita St.](#)
[Punta Gorda, FL 33951](#)

Entry Fee: Pre registration price: **\$10** (10/11/2010 deadline) OR **\$13** day of race and after deadline.

Please Make Checks payable to: Charlotte BMX, Inc.

Mail completed Registration form and fee to: Charlotte BMX
P.O. Box 511161
Punta Gorda, FL 33951-1161

Registration Information:

Name: _____ **Email:** _____

Address: _____ **City:** _____

State: _____ **Zip:** _____ **Age (as of 10/23/2010):** _____ **Gender:** M or F

Event to Participate in: Run/Fun Walk OR Bike Ride (must choose ONE event)

T-Shirt Size: S M L XL (First 100 participants to sign up will receive a free t-shirt!)

Waiver and Release of Liability:

The undersigned "Participant" for myself and my respective heirs, executors, administrators and assigns in consideration of my participation in the Cycles and Strides Event on October 30, 2010 at Charlotte BMX, hereby release Charlotte BMX, Inc., the officials whom are involved, volunteers, Charlotte County, and any other people officially connected with this event, from any and all liability, damage to or loss of personal property, loss of money, sickness, bodily injury, or death from whatever reason including but not limited to negligence and/or intentional acts which might occur as a result of or during participation in this event. Specifically, I release said organization and persons from any liability or responsibility for my physical condition, for the condition or selection of course route and for the presence or actions of any other participants. This is a Release from any and all claims against the aforementioned organization and individuals pertaining to this event. I am aware of the risks of participation, which include, but are not limited to, the possibility of sprained muscles and ligaments, broken bones and fatigue. I hereby state that I am in sufficient physical condition to accept a rigorous level of physical activity. I understand that participation in this event is strictly voluntary and I freely chose to participate. I understand that the Charlotte BMX track does not provide medical coverage for me. I verify that I will be responsible for any medical costs I incur as a result of my participation.

Signature of Participant and/or Parent or Guardian if under 18 (required) **Date:** _____

Awards Breakdown:

Divisions: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

10 mile open wheel bike ride:

- Trophies will be presented to the overall top 3.
- Ribbons will be presented to top 3 finishes in all divisions.

5k Fun walk/ Run:

- Trophies will be presented to the overall top 3.
- Ribbons will be presented to top 3 finishes in all divisions.

*If you have any questions please do not hesitate to contact Amanda Carr amcarr08@yahoo.com (941) 268-5255, or Charlotte BMX charlottebmxtrack@yahoo.com.