

MINNESOTA IRONMAN BICYCLE RIDE **REGISTRATION**

REGISTRATION INSTRUCTIONS

1. Complete one form per person (includes tandem and trail-a-bike riders). Copies of the registration form are acceptable.
2. Read and SIGN the safety pledge and waiver.
3. Make check or money order payable to: **HI - Minnesota.**
4. Enclose check or money order in envelope.
5. Mail to

Minnesota Ironman Bike Ride
622 Selby Ave
St Paul, MN 55104

CHECK BEFORE YOU MAIL

- Signatures where needed?
- Check enclosed?
- One form per person?

Incomplete forms will be returned

JOIN A TEAM: **SAVE \$; HAVE FUN!**

We recognize the advantage of creating a team for an event like the Minnesota Ironman Bike Ride. Teams build camaraderie and strong friendships. The MIBR is offering team registration for groups of 10 or more. Teams can be a corporate group, a cycling team, a group of families or a bunch of friends. We welcome your team to the 2010 MIBR!

Cost per rider with Team Registration is reduced to \$25 per person.

Team registration is only available through mail-in registration. ALL rider forms need to be included in the same envelope. Teams are defined as any group of 10 or more riders wishing to register as a group.

Use the following checklist to develop your team:

1. Start by choosing someone to be the Team Captain.
2. Team Captain will verify each registration form. We will need contact information and signed waiver from each individual in

the group. **IMPORTANT: We need an individual e-mail address for each rider.** Please print carefully.

3. Team Captain will verify payment from individual riders. (This also allows each rider to order MIBR merchandise of their choosing.)
4. Team Captain will mail all registration forms and individual payments in one envelope to the MIBR office by **March 29, 2010. Please note the early deadline.** Start your recruitment early.
5. Team Captain should call the office as questions arise: 651-251-1495



Registration Deadlines: March 29 Teams • April 9 Individuals

IN A HURRY?

Register on-line at www.IronmanBikeRide.org

To offset credit card fees when registering on-line we have reduced the cost of a long- or short-sleeved T-shirt by \$3.00 OR the cost of a Jersey by \$5.00.

MINNESOTA IRONMAN BICYCLE RIDE REGISTRATION

- PRINT CLEARLY -

DEADLINE FOR REGISTRATION IS APRIL 9, 2010

RIDE DATE
April 25, 2010

NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____

Please include your e-address to receive the April 16 Confirmation Newsletter and your Rider Number.

Important: Please use individual e-address for EACH rider. Be careful and neat... Thank You

e-mail address _____ one e-mail address per rider

Privacy Policy Applies

Day Phone (_____) _____ Evening Phone (_____) _____

What distance do you plan to ride? 100 miles 65 Miles 30 Miles -
You can change your mind.

YES! I would like to **volunteer** to help on the MIBR.

Please contact me.

MIBR SAFETY PLEDGE

READ AND SIGN THE FOLLOWING WAIVER

In compliance with laws and courtesies of bicycling, I pledge to:

- Ride to the right of the center line.
- Obey stop signs and semaphores unless otherwise directed by a uniformed officer or other identified volunteer.
- Ride no more than two abreast. It's the law.
- Yield right of way to emergency vehicles.
- Take responsibility for my own safety.
- **Wear a properly fitted and certified helmet at all times while riding the MINNESOTA IRONMAN BICYCLE RIDE.**
- Ride as far to right as is practical.

I, the undersigned, know that bicycling is a sport carrying significant risk of personal injury, I know that there are natural and man-made obstacles or hazards, surface and environmental conditions, and risks which in combination with my actions can cause me severe or fatal injury. I agree that as a participant, I must take an active role in understanding and accepting these risks, conditions, and hazards.

I also agree that I, and not HI-Minnesota and/or its councils, staff, volunteers and sponsors, am responsible for my safety while I participate or train for the MIBR.

I hereby release HI-Minnesota, its sponsors, organizers, associated entities and any or all persons connected with the MIBR from all liability for any injuries or damages.

This statement of risk and safety pledge and signatures thereto, shall be valid for and apply to all portions of the 2010 MIBR at this site in a contiguous period of time.

Participant Signature _____ Date _____

Parent or Guardian Signature if under 18 _____ Date _____

FOR OUR STATISTICS

Age: ___ Sex (M/F): ___

Number of years ridden the Ironman

First ___ 1-5 ___ 6-10 ___ Over 10 ___

Where did you get this registration form?

- Bike Shop Fitness/Health Club
 Mailed to me From a friend
 Internet Newspaper
 Other

1. REGISTRATIONS FEES

Adults..... **\$30.00**

Youth Riders age 17 and under \$15.00

Team Member Fee only Details on page 3. \$25.00

Registration Fees Are Nonrefundable **ENTRY FEE** \$ _____

2. SHORT SLEEVE T-SHIRTS @ \$12.00 ea (XXL \$14.00) \$ _____

IRONMAN [Sm___] [Med___] [Lrg___] [XLrg___] [XXLrg___]

IRONWOMAN [Sm___] [Med___] [Lrg___] [XLrg___] [XXLrg___]

LONG SLEEVE T-SHIRTS @ \$17.00 ea (XXL \$19.00) \$ _____

IRONMAN [Sm___] [Med___] [Lrg___] [XLrg___] [XXLrg___]

IRONWOMAN [Sm___] [Med___] [Lrg___] [XLrg___] [XXLrg___]

IRONMAN VOLER JERSEY @ \$65.00 ea \$ _____

[XSm___] [Sm___] [Med___] [Lrg___] [XLrg___] [XXLrg___] [XXXLrg___]

IRONMAN SOCKS \$10.00 ea or 2 pair for \$18.00 \$ _____

[Sm/Med 6-10___] [L/XL 8-13___]

MINNESOTA BIKE ATLAS (7th Edition) @ \$20.00 ea \$ _____

IRONMAN WATERBOTTLE @ \$4.00 ea \$ _____

PATCH (IRONMAN Embroidered) @ \$4.00 ea \$ _____

CLOISONNE PIN (IRONMAN Lakeville) @ \$3.00 ea \$ _____

3. Donation to HI - Minnesota (tax deductible) \$ _____

4. TCBC Membership (complete and enclose membership application) \$ _____

5. Make checks payable to HI - Minnesota **TOTAL ENCLOSED:** \$ _____



web download