

2009 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.
5. Mail to
MINNESOTA IRONMAN BIKE RIDE,
622 Selby Ave,
St Paul, MN 55104

Thank You for Sending Us Your Registration

Due to the form of this brochure we need you to gently remove this page, fill it out, and mail it to us. Please PRINT clearly! Great to have you with us!

Thank you for registering by mail or online before our April 10 deadline.

Register On-line at www.IronmanBikeRide.org and receive a T-shirt discount! To help defray your credit card fee when registering at www.IronmanBikeRide.org, we are reducing your cost on a long or short sleeve T-shirt by \$3.00

CHECK BEFORE YOU MAIL

- Signatures where needed?
 - Check enclosed?
 - One form per person?
- Incomplete forms will be returned

DEADLINE FOR REGISTRATION IS APRIL 10, 2009

– PRINT CLEARLY –

NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____

Please include your e-address to receive the April 17 Confirmation Newsletter and your Rider Number. **Be careful and neat... Thank you.**

e-mail address _____

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! Enter me in the drawing for a free **Ride with Erik t-shirt** Details on page 4.

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.

**RIDE DATE
April 26, 2009**

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 2009 MIBR at this site in a contiguous period of time.

Participant Signature _____ Date _____

Parent or Guardian Signature if under 18 _____ Date _____



1. REGISTRATIONS FEES

Adults **\$30.00**
 Youth Riders age 17 and under \$15.00
 Team Member Fee 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___]

PEACE COFFEE (IRONMAN Brew-French Roast) 1 lb bag Whole Bean @ \$11.00 ea \$ _____

PEACE COFFEE (IRONMAN Brew-French Roast) 1 lb bag Ground @ \$11.00 ea \$ _____

SOCKS (IRONMAN) \$8.00 ea or 2 pair for \$15.00 \$ _____

[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:** \$ _____

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 _____