

Spring Fling 2009 Entry Form

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Early Registration fee postmarked by April 4:
\$20 for individuals
\$40 for family (parents plus minor children)

Registration fee postmarked after April 4 or
on-site registration the day of the ride:
\$25 for individuals
\$50 for family

Please consider joining the
Great Plains Bicycling Club!
\$10 for an individual
\$15 for a family membership

Start: Eagle _____ Louisville _____

Registration Fee (see above): \$ _____

GPBC Membership: \$ _____

Spring Fling T-Shirt (\$10 ea): \$ _____

Shirt Sizes: S _____ M _____ L _____ XL _____ XXL _____

T-Shirts available at event for registrations post-
marked by 4/4; otherwise pick up at a local bike
shop a few weeks after the event.

Total Remitted: \$ _____

Mail this form with signed liability waver (on
reverse), and check payable to the Great Plains
Bicycling Club to:

Great Plains Bicycling Club
PO Box 5621
Lincoln, NE 68505-0621

Great Plains Bicycling Club
P.O. Box 5621
Lincoln, NE 68505-0621
www.greatplainsbikeclub.org

ADDRESS SERVICE REQUESTED



Metric Century Ride
(Distances up to 60 miles)

Saturday, April 25, 2009
9:00 AM

Eagle and Louisville, NE

SAG Support Provided



Spring Fling Metric Century Ride April 25, 2009

Your bicycle has been pining away in the basement or garage all winter. But the days are now getting longer and warmer! So dust it off, pump up the tires, and join your cycling friends for the Great Plains Bicycling Club's Spring Fling!

Spring Fling will meander through the scenic countryside between Eagle and Louisville, Nebraska. The ride follows an out-and-back route on paved roads linking Eagle, Elmwood, Murdock, South Bend, and Louisville. For a change of pace, you can start in either Eagle or Louisville (we will have pre-registration lists in both towns and you can register the day of the ride in either town). The round

trip distance between Eagle and Louisville is approximately 60 miles (a metric century). The round trip distance from Eagle or Louisville to Murdock is about 30 miles. For a shorter distance simply turn around and head back to your starting point whenever you like.



Fixed SAG support stations will be provided at Eagle, Louisville, and Murdock. Roving SAG vehicles will also patrol to provide assistance and pick up cyclists in need of a ride back to their starting point.

This is not a race (unless that is how you are wired) so feel free to ride any of the distances at any pace you find comfortable. All ages are welcome, but riders under 18 years of age must ride with a parent or guardian.



**For your safety,
helmets are
required.**

**Registration on ride day:
8:30 to 9:00 AM
Eagle or Louisville, NE**

**Eagle Start:
Eagle Elementary School
600 South 1st Street
Eagle, NE**

**From Lincoln: US 34 east to Eagle,
2 blocks north at US 34 / Hwy 43
intersection at east edge of Eagle**

**Louisville Start:
Louisville Public Schools
202 West 3rd Street
Louisville, NE**

**From Omaha: I-80 west to exit 440
(Hwy 50), 11 miles south on Hwy 50**

The ride starts at 9:00 AM

No Rain Date. No Refunds.

For information please contact:

**Pat Bracken, Ride Director
pdbracken@neb.rr.com
402.477.6357**

Liability Waiver

This liability waiver must be signed by each participant before they begin riding. Parent or guardian must sign for a minor.

In consideration of the GPBC providing bicycling opportunities and allowing me/us to participate in its events, I/we agree to assume the risks thereof. Further, I/we release the GPBC and its officers, directors, members and agents from any and all claims for death, personal injury, or property damage which may accrue to me/us (or a minor in my care) as a result of participation in any GPBC activity or event, even though the claim may arise out of negligence or carelessness on the part of the person or entities released.

Signed: _____

Parent or guardian must sign for a minor.