

20th Annual Casual Coast and Country Bicycle Tour • Sunday, June 14, 2009

One rider per application/release. Please make copies for additional riders. Please print.



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Consent and Liability Release - Read Carefully

Release of Organizers and Sponsors: In signing this form for myself or named participant (if he/she is under 18 years of age), I accept and agree to the following statements:

- I understand that bicycle riding is a potentially hazardous activity, and I voluntarily participate in it of my own free will. In choosing to attend this event, I agree to assume all risks before, during, and after this event.
- I acknowledge that I am in sound medical condition capable of participating in this ride without risk to myself or others, and that I have no known medical condition that would endanger me or cause me to endanger others.
- I agree that I will be solely responsible of my bike and related equipment.
- I agree to abide by the rule of the ride.
- I consent to the use of my name, photograph or likeness, voice and written responses in promotions and advertising materials.
- Understanding that risks exist, I HEREBY RELEASE, WAIVE, DISCHARGE, COVENANT NOT TO SUE AND AGREE TO HOLD HARMLESS THE ORGANIZERS, SPONSORS, COMMUNITIES, ORGANIZATIONS, MEMBERS, VOLUNTEERS, AND SUPPORT PERSONNEL WHETHER INDIVIDUALS OR ORGANIZATIONS, and all successors SINGLY or COLLECTIVELY of all blame for any injury, misadventure, harm, loss, or inconvenience suffered directly or indirectly as a result of taking part in this ride or any of the activities associated with the event.
- This waiver and release of all claims, demands, actions, and liability shall include, without limitation, any injury, damage or loss to my person or property which may be caused by any act or failure to act by releasees or is sustained by me before, during or after this ride.
- I agree to indemnify and hold harmless releasees for all lawsuits, losses, damages, claims, and expenses, including attorney's fees and costs arising from relating in any respect to my participation in this ride or for my breach of this agreement. This provision will apply regardless of whether or not the lawsuit, losses, damages, claims, expenses, attorney's fees and/or costs arise out of the negligence of any of the releasees.
- If I am a minor, my parent or guardian is also signing on my behalf, and we both agree to be bound by the terms of this agreement.
- The laws of the State of Indiana will govern any disputes or other matters relating to this Consent and Liability Release. THIS AGREEMENT MAY NOT BE MODIFIED ORALLY AND MAY NOT BE WAIVED IN ANY RESPECT. I HAVE READ THIS AGREEMENT, WAIVER AND RELEASE AND AGREE TO AND ACCEPT ITS TERMS.

Rider's Last Name

Rider's First Name

Street Address

City, State, Zip

Phone Number

Male Female

Rider's Gender

Rider's Age (at time of ride)

Email Address

Emergency Contact Name

Emergency Contact Phone Number

Emergency Contact Phone Number

Names of Non-Riders Accompanying you
(in case of emergency)

Rider's Release Signature

Date

Parent/Legal Guardian's Release Signature, if required

Date

No Tour Gives You More

Bike Lake Michigan, the Indiana Dunes, and farmland on routes that highlight the scenery and history of our Casual Coast and Country. Of course you'll find marked routes, maps, great snacks



at the rest stops, and support vehicles on the ride. But you'll also get a continental breakfast (coffee, juice, pastry), plus a best-of-the-Midwest lunch, massage, and entertainment at the finish. Want to spruce up after the ride? Bring your towel – we've got showers.

Is This Ride for You?

Absolutely. Lorie's Ride is for experienced riders, novices, individuals and groups. You can mix and match four loops to create a trip of 12 - 100 miles.

- If you're hard core, ride yourself crazy on the 100-mile route.
- Something a little less strenuous? Then take the 25, 38 or 62-mile loops. All stop at Lake Michigan with views you'll never forget.
- Want a leisurely ride through town and on a bike trail? Try our 12-mile City Slicker route.

Here's What Riders Said about Last Year's Ride

"Very scenic ride- Lake Michigan view is great, country part of ride is very nice."

"On-site volunteers very friendly & helpful. Loved the music at the end! Loved meeting Lorie's Mom!"

"Friendliest ride I've ever been on. This is our first year and we will definitely be back."

"Loved the sag stops!" "Massage service rocks!"

Proceeds from Lorie's Ride . . .

Support the programs of the Visiting Nurse Association, a nonprofit organization providing care to patients in the community who are recovering, disabled, chronically or terminally ill. The VNA programs include nursing, therapies, hospice care, telehealth, companion homemaker and Meals on Wheels.

There Is such a Thing as a Free Ride

If you choose to make a donation or bring pledges in the amount of \$50 or more, your registration fee will be waived and you'll receive a free t-shirt as well. There's more. For each \$50 you donate, you'll receive a ticket for the raffle and that flat screen TV, Cubs tickets, or that weekend R&R in Door County, WI you've been waiting for. Children 12 and under also ride for free as long as they are accompanied by an adult riding with them. Corporate and Team Donors also receive free registrations. Call or email for more information.

Registrations and Fees

- \$20 - If your application is postmarked by April 15.
 - \$25 - If your application is postmarked by May 15.
 - \$30 - Postmarked from May 16 up to the day of the ride.
- Free stainless steel water bottle to the first 100 paid registrants. On-site registration is permitted up until Noon.

Corporate Donors/Sponsorship/Team Fees

Register as a Corporate or Team Donor and receive complimentary registrations and free t-shirts based upon your level of contribution.

\$1,000 Platinum – Receive 10 free registrations and 10 free t-shirts.

\$500 Gold – Receive 5 free registrations and 5 free t-shirts.

\$250 Silver – Receive 3 free registrations and 3 free t-shirts.

\$100 Bronze – Receive 1 free registration and 1 free t-shirt.

*Remember, Pledge Getters contributing \$50 or more ride for free.

Ride Location

Lorie's Ride is in Chesterton, Indiana, at Westchester Intermediate School, off Indiana 49, 1050 S. 5th St. – easily accessible from the Indiana Toll Road (I-90), I-94, US 6 and US 30 (see the map on the back page).

REGISTRATION You must complete the form below whether you are paying for an item or will receive it for free.

Please complete to help us plan for food and support vehicles.

- I plan on riding (mileage approximate): 12 miles 25 miles 38 miles 62 miles 100 miles
- How did you learn about this event? _____

DONORS/SPONSORS - I would like to donate at the following level:

Platinum Sponsor	\$1,000 donation	I receive 10 free registrations and 10 free t-shirts. (please mark sizes/quantities below)
Gold Sponsor	\$500 donation	I receive 5 free registrations and 5 free t-shirts. (please mark sizes/quantities below)
Silver Sponsor	\$250 donation	I receive 3 free registrations and 3 free t-shirts. (please mark sizes/quantities below)
Bronze Sponsor	\$100 donation	I receive 1 free registration and 1 free t-shirt. (please mark size below)
_____ small	_____ medium	_____ large _____ extra large _____ 2XL _____ 3XL

FREE REGISTRATION - Please check the line that applies.

- I plan on having a minimum of \$50 in pledges/donations turned in by the day of the ride and have indicated the size of ONE FREE t-shirt below. (If the amount of my pledges does not qualify me to receive the free ride, I agree to pay for my registration.)
- _____ small _____ medium _____ large _____ extra large _____ 2XL _____ 3XL

- I'm a rider 12 years of age or under who will be accompanied by an adult. (please note - t-shirt for child is \$12, order below)

STANDARD REGISTRATION FEES

PAID Registration

- \$20 postmarked by 4/15 \$25 postmarked by 5/15 \$30 after 5/15

T-SHIRTS FOR SALE



Child size	_____ Small	_____ Medium	_____ Large	@ \$12 each =	\$
Adult size	_____ Small	_____ Medium	_____ Large	@ \$12 each =	\$
	_____ 2XL	_____ 3XL	@ \$15 each =	\$	

DONATIONS/SPONSORSHIPS (Enter amount of sponsorship from above)

SUB-TOTAL

\$

\$

Make check payable to:
VNA Foundation

Mail registration, fees and/or pledge monies to:
**Visiting Nurse Association
501 Marquette Street
Valparaiso, IN 46383**

Rider No.
(for office use only)

TOTAL

VNA of Porter County
501 Marquette Street
Valparaiso, IN 46383



Lorraine Kirkley was a cardiac rehabilitation nurse at Porter and an avid cyclist. Lorie died in 1999 after she was abducted from her home.

Non Profit Org.
U.S. Postage
PAID
Permit 423
Valparaiso, IN

Questions?
Contact Maria Galka or Jim Spanopoulos at 219-531-8078 or loriestride2009@verizon.net.



Emergencies
We will provide limited first aid at each rest stop. Sag vehicles with cell phones will patrol the routes. The emergency number for the ride is 219-983-3713. Please leave that number with family members, and we will make every effort to reach you.

Our guards will monitor your safety at busier crossings. Assist vehicles can help with mechanical and physical breakdowns. Medical personnel will be available for routine care.

Please obey all traffic laws and regulations. Ride a properly maintained bicycle. Carry a spare tube, patch kit, frame pump, and appropriate tools. Keep your water bottle filled and wear brightly colored clothing. Practice safe and courteous riding habits. Always ride on the right, and ride in single file when you are in traffic. When you stop, please pull off the road. When passing another rider, please do so on the left and call out, "on your left," to notify the rider you are passing.

Safety
Safety is our prime concern. HELMETS ARE REQUIRED AND MUST BE WORN. Children 12 and under must be accompanied by an adult who rides with them.

Registration, Start and Finish Times
Register by mail or on-line at no additional charge - www.vnaportercounty.org/LoriesRide.htm
Start Time and On-Site Registration - From 7 am 'til Noon CST (Chicago time). Century Riders must leave by 8 am CST.
Finish Time - The ride will end at 5 pm CST. Check your rider information to see when each sag stop closes.

Enjoy the Local Flavor
If you'd like to stay longer on our Casual Coast, you can create your own itinerary by contacting the Porter County Convention, Recreation, and Visitors Bureau at 800-283-8687 or via their website, www.casualcoast.com. Take a dip in Lake Michigan or a water park, shop thrift to highbrow, dine casual or gourmet, snack on locally produced popcorn or Valpo Velvet ice cream, and finish your evening at our old-fashioned drive-in theater.

Food and Entertainment
Not only tasty, but included in the price of the ride. You'll get a continental breakfast (coffee, juice, pastry) from 7 - 10 am; energizing refreshments at rest stops, and a best of the Midwest lunch served from 10 am - 5 pm. Several local musicians have donated their time to encourage and reward your efforts.

Directions
Take the Highway 49 - Chesterton exit from either the Indiana Toll Road (I-90) or I-94. Turn West on 1100 North and North on S. 5th Street. Westchester Middle School is at 1050 S. 5th Street.

Refund Policy
No refunds can be given. However, it is permissible to sell your registration to another individual as long as that rider brings your confirmation to the ride as proof of the transfer.

Confirmation Information
Include a self-addressed, stamped envelope with your registration if you want to receive confirmation by mail. You may send one SASE for multiple registrations to the same mailing address mailed to us in the same envelope. Your cancelled check also will serve as your receipt.

Signatures
Signatures are required where indicated on the registration form. If you are 18 years or older at the time of the ride, you may sign your own name. Riders who are younger than 18 at the time of the ride must have a parent or legal guardian sign in the required places.



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Chesterton, Indiana

Sponsored by
The Visiting Nurse Association of Porter County