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Lorie's Ride

21st Annual Bicycle Tour

**Saturday, June 26, 2010
Chesterton, Indiana**

please note new day of the week for this event

Sponsored by
The Visiting Nurse Association of Porter County



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

VNA of Porter County
2401 Valley Drive
Valparaiso, IN 46383

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No Tour Gives You More

Bike breathtaking Lake Michigan, the Indiana Dunes, and farmland on routes that highlight the scenery and history of our Casual Coast and Country. You'll have marked routes, maps, great SAG stops, and support vehicles. Also included are a power packed continental breakfast, lots of energizing snacks and a best of the Midwest



lunch after the ride. Massages and lively entertainment will await you 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 the experienced rider, novice rider, families and even corporate groups. You can mix and match four loops to create a trip of approximately 12 to 100 miles.

There Is Such a Thing as a "Free Ride"

If you choose to make a donation or bring pledges in the amount of \$100 or more, your registration fee will be waived and you'll receive a free t-shirt as well. Children 12 and under also ride for free as long as they are accompanied by an adult riding with them - a great family outing!

Registrations and Fees

You may register by mail, online or on-site
www.firstgiving.com/vnaportercounty

\$30 - If your application is postmarked by May 26th.

\$35 - If your application is postmarked after May 26th.

On-site registration is permitted up until noon.

Start and Finish Times

all times posted in Central Standard Time

Start Time - 7 AM - Noon *century riders must leave by 8 AM*

Finish Time - Course will close at 5 PM

Check your rider information for specific SAG stop closing times.

Corporate Sponsorship

Don't want to ride but are interested in becoming an event sponsor? We have many feasible sponsorship levels with great perks. Call 219-531-8049 today for more information.

Proceeds from Lorie's Ride...

Support the Visiting Nurse Association of Porter County, a nonprofit organization providing compassionate home and hospice care in an innovative and personalized manner to those in need.

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, 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.

Safety & Emergencies

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.

Know and obey Indiana traffic laws. Always ride on the right, and ride in single file when you are in traffic. Practice safe and courteous riding habits.

SAG vehicles will patrol the routes and can help with mechanical breakdowns and routine first aid. Please carry tools for minor repairs.

The day of ride emergency number is 219-983-3713.

Ride Location

Lorie's Ride is in Chesterton, IN at Westchester Intermediate School, 1050 S. 5th St. Easily accessible from I-90, I-94, US 6 and US 30 (see map on back page).

Questions?

Contact Jim Spanopoulos or Jennifer Rykard at jrykard@vnaportercounty.org or 219.531.8049.

Lorie's Ride • Saturday, June 26, 2010

sponsored by The Visiting Nurse Association

One rider per form, copies for additional riders may be made. All paying and non paying individuals **must complete and sign** the form below (please print) OR you may register online at www.firstgiving.com/vnportercounty. Thank you!

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:

1. 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.
2. 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.
3. I agree that I will be solely responsible for my bike and related equipment.
4. I agree to abide by the rules of the ride.
5. I consent to the use of my name, photograph or likeness, voice and written responses in promotions and advertising materials.
6. Understanding that risks exist, I HEREBY RELEASE, WAIVE, DISCHARGE, COVENANT NOT TO SUE AND AGREE TO HOLD HARMLESS THE VISITING NURSE ASSOCIATION OF PORTER COUNTY, INCLUDING BUT NOT LIMITED TO THE LORIE'S RIDE ORGANIZERS, SPONSORS, COMMUNITIES, ORGANIZATIONS, MEMBERS, VOLUNTEERS, AFFILIATES AND SUPPORT PERSONNEL ("RELEASEES"), WHETHER THEY BE INDIVIDUALS, CORPORATIONS, PARTNERSHIPS AND/OR OTHER TYPES OF ORGANIZATIONS, as well as their directors, officers, employees, agents, successors or assigns, SINGLY OR COLLECTIVELY, of all blame and liability of any nature for any injury, damages, misadventure, harm, loss, or inconvenience I may incur and/or sustain, whether directly or indirectly, as a result of my participating in this ride or any of the activities associated with the event.
7. 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.
8. I further agree to indemnify and hold harmless releasees for all lawsuits, losses, damages, claims, and expenses, of any kind or nature, including attorney's fees and costs, arising from or 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 or are attributed to the negligence of any of the releasees. This Consent and Liability Release shall extend to my heirs, personal representatives, successors or assigns.
9. 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.
10. The laws of the State of Indiana will govern any disputes or other matters relating to this Consent and Liability Release, and venue for any legal action related thereto will be the Circuit or Superior Courts of Porter County, Indiana. THIS AGREEMENT MAY NOT BE MODIFIED ORALLY AND MAY NOT BE WAIVED IN ANY RESPECT. I HAVE READ THIS CONSENT AND LIABILITY RELEASE AND AGREE TO ACCEPT ITS TERMS.

Rider's Last Name

Rider's First Name

Street Address

City, State, Zip

Phone Number

Email Address

Rider's Age
<input type="checkbox"/> Male
<input type="checkbox"/> Female

Emergency Contact Name

Emergency Contact Phone Number

Name(s) of children 12 & under riding with you

_____	_____
Rider's Release Signature	Date
_____	_____
Parent/Legal Guardian's Release Signature, if required	Date

I plan on riding: 12 miles 25 miles 38 miles 62 miles 100 miles

How did you learn about this event? _____

PARTICIPATION FEE	SUB-TOTAL	Make check payable to: VNA Foundation Mail registration, fees & pledges to: Visiting Nurse Association 2401 Valley Drive Valparaiso, IN 46383 OR register online & create your own online fundraising page www.firstgiving.com/vnportercounty
<input type="checkbox"/> \$30 postmarked by 5/26 <input type="checkbox"/> \$35 postmarked after 5/26	\$	
<input type="checkbox"/> Free - I'm a participant 12 years of age or under		
<input type="checkbox"/> I plan on having a minimum of \$100 in pledges 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 participation fee.		
T-SHIRTS		
Child size _____ Small _____ Medium _____ Large \$12 each	\$	
Adult size _____ Small _____ Medium _____ Large _____ XL \$12 each	\$	
_____ 2XL _____ 3XL \$15 each	\$	
DONATIONS (enter amount of pledges raised)	\$	
TOTAL	\$	

Rider No.
(for office use only)

Directions

Lorie's Ride headquarters is located in Chesterton, Indiana, at Westchester Intermediate School. Take 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 Intermediate School is at 1050 S. 5th Street.



Here's What Riders Said About Last Year's Ride...

"My favorite organized ride."

"The whole ride was amazing!"

"Great ride, friendly people! Love what you are doing!!!"

"Too hard to choose best SAG."

"We love this ride & now my children are riding with me!"

"Love the ice cream & massages at the end. Great all around."

