

4-H BIKE-A-THON
April 27, 2014 (Rain date May 4)
2:00-5:00 p.m.

Sponsored by: *Shenandoah County 4-H Council in cooperation with Shenandoah County Ruritan Clubs*



INSTRUCTIONS:

1. Start signing up your sponsors immediately.
2. Ask each sponsor to pledge a certain amount per mile or a set amount.
3. Bring the completed sponsor form with you to the Registration Table on the day of the Bike-A-Thon. Registration desk opens at 1:00 p.m.
4. Checks are made payable to **"VCE-Shenandoah Co."** and note "Bike-a-thon" on memo line.
- *** 5. All money is to be mailed to Ray Ballowe, Bike-A-Thon treasurer, by June 2, 2014 (postmarked).
6. Good Luck!

REGISTRATION / RELEASE / CONSENT

NAME _____ AGE _____
(as of 9-30-14)

ADDRESS _____ PHONE _____

EMAIL _____ 4-H CLUB _____

Adult T-Shirt Size:

Children's T-Shirt Size:

S M L XL

6-8 10-12 14-16

Circle One

Circle One

I, _____, my parents, guardians, heirs, executors, etc., waive and release the 4-H BIKE-A-THON personnel from any claims, damages, or injury which may result while taking part in this event or as a result thereof.

Participants under 18 must have this form signed by a parent or legal guardian.

Date

Participant Signature

Date

Parent/Guardian Signature

<p>_____ Name</p>	<p>(Parent, grandparent, other) is willing to help during the Bike-A-Thon. ____ Lap Counter ____ Number Caller ____ Bike Repair</p>
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(over)

If you are a person with a disability and desire any assistive devices, services, or other accommodations to participate in this activity, please contact Carol B. Nansel, Extension Agent, 4-H, at the Shenandoah County Office of Virginia Cooperative Extension, at 540/459-6140 during business hours of 8:30 a.m. and 5:00 p.m. to discuss accommodations no later than April 21, 2014. *TDD number is (800) 828-1120.

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