

After completing each section of this page, send with your payment before May 7<sup>th</sup>, 2010

## Rider Application

9<sup>th</sup> Annual



# Tour de

# Lincoln

**Saturday, May 15**

McBean Park - Lincoln, CA

A benefit bike ride for the  
Lincoln Volunteer Center

Mail Form and Payment to  
Lincoln Volunteer Center  
P.O. Box 1295  
Lincoln, CA 95648

## Tour de Waiver/Release

With the full knowledge and appreciation that bicycling is a hazardous activity, I assume all risks attendant thereto and thus release, waiver and forever discharge the Lincoln Volunteer Center, the City of Lincoln, the sponsors, the volunteers, any involved public entity, and their respective owners, officers, employees, agents, representatives, successors, and assigns, from any and all liability or responsibility for injuries and/or property damage which I may sustain during the event or during my travel to or from the event.

This waiver and release covers myself and all parties herein, and all heirs, executors, or administrators hereto, and is given in full awareness of its content and in consideration of acceptance of my registration/entry to the event. I also attest that I am physically fit and that the sponsors require the wearing of a hard shell riding helmet when riding a bicycle. Further I agree to abide by the rules and regulations of the event, the vehicle laws of the State of California and any local municipal laws applicable.

My initials in this box and signature below show that I have read, understand and accept all of the above, and that I am at least 18 years of age.

I am under 18 years of age and my parent or legal guardian has read, understands and accepts all of the above and is initialing and signing below on my behalf.

Signature \_\_\_\_\_

Date \_\_\_\_\_

## Tour de Registration

PLEASE PRINT CLEARLY

Name: \_\_\_\_\_  
First M.I. Last

Address: \_\_\_\_\_  
Number Street

\_\_\_\_\_ City State Zip Your Age

Day Phone: ( ) \_\_\_\_\_

e-mail: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone: ( ) \_\_\_\_\_

Route Choice:  10 Mile  20 Mile  40 Mile  100K

Cost: Before May 7, 2010 –

10 Mile-\$15    20 Mile-\$25    40 Mile & 100K - \$35

After May 7 – ADD \$10 per rider/per course

Includes Continental breakfast, rest stops, water,  
route maps, sag support & post ride BBQ.

### Tour T-Shirt:

Short sleeve 100% cotton w/logo - \$15.00

Sizes (circle one): S M L XL XXL

(For XXL add \$2.00)

Rider(s) \_\_\_\_\_ @ \$15/25/35/45 ea. = \$ \_\_\_\_\_

Tour T-Shirt(s): \_\_\_\_\_ @ \$15/17 ea. = \$ \_\_\_\_\_

Extra lunch(es): \_\_\_\_\_ @ \$10 ea. = \$ \_\_\_\_\_

**TOTAL ENCLOSED: \$ \_\_\_\_\_**

Form of Payment:

Check (payable to) [Lincoln Volunteer Center](#)

Credit Card:  MC  VISA

Card # \_\_\_\_\_

Exp Date: \_\_\_\_\_

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Mail Form and Payment to  
**Lincoln Volunteer Center**  
P.O. Box 1295 Lincoln, CA 95648

DO NOT MAIL AFTER MAY 7.  
BRING IT DAY OF RIDE.

# Ride the Tour de Lincoln on May 15 ...

## ...watch the Amgen Tour of California May 16

Log onto  
[www.lincolnvolunteer.com](http://www.lincolnvolunteer.com)  
for a Tour de Lincoln  
weekend  
travel package

register online at  
**active.com**

## Tour de Lincoln

Join us for a wonderful Spring day of riding the scenic backroads (and front roads) of Lincoln, Loomis and Auburn. Easy check-in, multiple rest stops, and great post-ride barbecue.

### The Pleasure Cruise (10 miles):

Leave McBean Park and pass through the cottonwood trees along Auburn Ravine. The course is almost completely Class 2 bike lanes and rolls along a section of the Lincoln Hills Golf Course.

**The Rolling Hills (20 miles):** A shorter version of the Country Climb with beautiful scenery, less vertical gain, one rest stop and SAG support.

### The Country Climb (40 miles):

A beautiful ride winding through the hills and countryside between Lincoln and Auburn. Beautiful valley views, challenging climbs (1400' vertical gain), and passes by several horse ranches. Well stocked rest stops and SAG support.

### The Metric Century (63 miles):

Some of the Country Climb plus *MORE!* More beautiful valley views, more horse ranches, more climbing, (3,500') more miles. Well stocked rest stops and SAG

*The Lincoln Volunteer Center is a non-profit organization created to mobilize people and resources to deliver creative solutions to address community needs. The Center enlists volunteers to assist with a variety of community projects including trash pick-up, graffiti paint-out, downtown beautification, and painting fire hydrants and street curbs. Volunteers are also placed in local schools as classroom assistants, tutors, reading listeners, and homework helpers. The Center also provides volunteers for local the Certified Farmers Market, and sponsors the Secret Santa for Seniors Program during the holiday season.*

## Tour de Details

### Check-In Times:

40 & 100 K: 7:00 am - 8:00 am.

10 & 20 mile: 8:00 am - 10:00 am

After check-in riders may leave on their own after 8:00 am.

Barbecue lunch served from 11:00 am to 2:00 pm. *Course Closes at 1:00 pm.*

### Non-rider activities:

McBean Skate Park.

Feats of Clay (Tour historic Gladding, McBean factory) reservations 916.645.9713 - \$12.

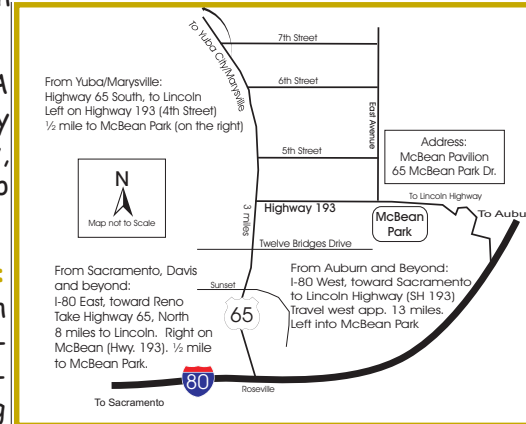
Golf - 2 public courses within 2 miles.

**Directions:** From Sacramento: I-80 East toward Reno to; 65 North into Lincoln. Turn right on Highway 193. Follow the signs.

From Marysville: Take 70 South, 65 South. In Lincoln

turn left on Highway 193.  
Follow the signs.

*For overnight accommodations contact the  
Lincoln Chamber of Commerce  
(916) 645-2035*



Questions regarding the ride:  
Lincoln Volunteer Center  
916-645-6254  
or visit [www.lincolnvolunteer.com](http://www.lincolnvolunteer.com)  
**HELMETS REQUIRED FOR ALL RIDERS**  
This is a ride not a race.  
Riders must obey all traffic laws.  
Ride will be held 'rain or shine'.  
NO refunds  
Riders should carry spare tube, patch kit,  
tools, water bottle and identification.