

Big-Friend-Little Friend of Union Co., Inc.
Heritage Ride/Run/Walk 2007

Saturday, August 18th, 2007

Registration at the former National Guard Armory, Main Street,
Elk Point, SD (Exit 18 off I-29) starting at 7:30 am

SAG wagon & refreshments provided during Ride

Come and join in the fun! This will be our 10th year of our bike ride and raising funds for our Youth Mentoring Program. Runners/walkers will start at 8:45am with the Bike Ride starting at 9:00am. All of our bike routes are on blacktop, and we have varying lengths (8-14-25-42 & 55+ mile routes) to fit the beginning to the experienced rider. Lewis and Clark Heritage Days Festival will also be taking place, and you are welcome to join in the food, fun and entertainment at the City Park. Lunch and T-shirt options are available. This year, lunch will be served at the Legion, 1 1/2 blocks from the Registration area. The Elk Point Lions Club will be serving a pancake, sausage and coffee breakfast from 7:00-11:30, just 50 yards from our registration area for a small fee, so come early and enjoy it.

BICYCLE HELMETS ARE REQUIRED. RIDERS MUST BE AT LEAST 10, WITH ADULTS SUPERVISION NEEDED FOR YOUTH 10-16. IN CASE OF CANCELLATION (BAD WEATHER OR NO SHOW,) YOU'LL BE REIMBURSED FOR UNUSED LUNCHES, AND T-SHIRTS THAT WERE ORDERED WILL BE MAILED TO YOU.

Please return Pre-registration waiver form to BF/LF of Union Co., Inc. PO Box 193, Elk Point, SD 57025

Questions please call John or Juli at 605-356-2571, or 605-421-5050 or e-mail jgille@iw.net. Please make checks payable to BF-LF, Inc.

Please order shirts by August 6th, as a limited number will be available on the day of the ride.

Name _____

Address _____

T-shirt: Sm. ___ Med. ___ Lg. ___ XL ___ 2XL ___

X-tra T-shirts available for \$10 ea. 2XL for \$12 ea.

Phone/E-mail _____

*We be offering other shirts for those who register late
if we run out of 2007 T-shirts!*

Please contact us if you are planning a group of 5 or more for the walk/run for more information

___ Bike Ride @ \$12 ea.

___ Bike Ride, lunch & T-shirt @ \$22 ea.

___ Bike Ride & lunch only @ \$15 ea.

___ Bike Ride & T-shirt only @ \$15 ea.

___ Tandem Bike Pkg. (2 meals, ride & shirts) @\$35

___ Family Pkg. (3+ from a family) @ \$19 ea. (ride, lunch, and T-shirt) must be related

___ Extra lunches @ \$5 ea. Extra lunches also available at registration area

___ Walk/Run entries @\$12 ea.

___ Walk/Run with lunch & T-shirt @\$20 ea.

___ Walk/Run with lunch only @ \$15 ea.

___ Walk/Run with T-shirt only @ \$15 ea.

___ Team discount for 5 + H.S runners @ \$10 ea. (run only)

TOTAL ENCLOSED _____

I hereby agree not to hold the organizers, volunteers, board members, the City of Elk Point or anyone associated with Heritage Ride/Run 2007 liable for any damages I may incur during my voluntary participation in this event. I am entering at my own risk and will follow all safety rules, and fully understand the inherent risks of bicycling, running, or walking. I also agree to conduct myself, and those around me, in a safe manner during the events. The Run/Walk event is only for pleasure, and not a competition. Please come for breakfast and join in one of our events! Feel free to duplicate and distribute.

Everyone must sign, please _____

(Parent or Guardian for under 18)

Date

