

Heatstroke 100 Entry Form
August 23, 2009, 7:30 a.m.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Distance (miles):

()25 ()36 ()42 ()67 ()103

Registration fee (see below) \$ _____

Join GPBC, optional (see below) _____

Heatstroke T-Shirt (\$10 ea.) _____

(Available at event for registrations postmarked by 8/1;
if after 8/1 shirts can be picked up a few weeks after event)

(S) (M) (L) (XL) (XXL)

Total \$ _____

Registration fee is \$20 for individuals (\$25 if postmarked after August 1); \$40 for family (parents plus minor children) (\$50 if postmarked after August 1).

Registrations welcome day of ride.

Consider joining the GPBC; \$10 for an individual; \$15 for a family membership.

Please send your completed registration form and liability waiver to:

**Great Plains Bicycling Club
P.O. Box 5621
Lincoln, NE 68505-0621**

Great Plains Bicycling Club
P.O. Box 5621
Lincoln, NE 68505-0621
www.greatplainsbikeclub.org

ADDRESS SERVICE REQUESTED



Century Ride

RIDE DISTANCES ARE

25, 36, 42, 67 & 103 MILES

**SUNDAY
AUGUST 23, 2009
7:30 A.M.**

SAG SUPPORT PROVIDED

A bicycle ride brought to you by


GREAT PLAINS
Bicycling Club
Lincoln nebraska

Heatstroke 100

Hot and humid in August? You bet! But Nebraska cyclists have endured the heat and pedaled in scorching sun time and time again. What better way to beat the heat than to ride in the Heatstroke 100 ——— if you dare!

The ride starts at the Strategic Air and Space Museum, next to Mahoney State Park near Ashland. We have several ride distances from 25 to 100 miles (a “century”). The route is on paved roads except about 1/4 mile of limestone trail on each side of the Lied Bridge. The limestone surface is suitable for road bikes.

For those cyclists who want an even hotter ride we will provide hot peppers and spicy hot sausages. We will even provide blankets for those afraid they might catch a chill.



For the saner cyclists (wimps) there will be the usual fruit, water and cookies at the SAGs.

This is not a race (unless that’s how you’re wired) so feel free to ride any of the above distances at any pace that you find comfortable. All ages may participate, however riders under 18 years old must ride with a parent or guardian.

For information please contact:

Steve Clements

(402) 730-3908

steve.clements@nifa.org



**For your safety,
helmets are required**

Registration:

7:00 - 7:30 a.m.

Strategic Air and Space Museum
28210 West Park Highway (Hwy 66)
Ashland, Nebraska 68003
(1/2 mile west from I-80 exit 426 on
Highway 66—next to Mahoney State
Park)

The ride begins at 7:30 a.m.

NO RAIN DATES, NO REFUNDS

The 100 mile route consists of three different loops in the Platte River valley and surrounding area. We will cross the Platte River using the beautiful Lied Platte River Bridge. This bridge is an abandoned Rock Island Railroad bridge rehabbed with concrete surfaces. The ride has scenic vistas and rolling hills.

Several SAG support stations will be provided and roving SAG vehicles will patrol to provide assistance and pick up cyclists in need of a ride back to the starting point.

Liability Waiver

In consideration of the GPBC providing bicycling opportunities and allowing me/us to participate in its events, I/we agree to assume the risks thereof. Further, I/we release the GPBC and its officers, directors, members and agents from any and all claims for death, personal injury, or property damage which may accrue to me/us (or a minor in my care) as a result of participation in any GPBC activity or event, even though the claim may arise out of negligence or carelessness on the part of the person or entities released.

Signed: _____

Parent/Guardian (for minor)

The liability waiver must be signed by each participant before participation.

**GREAT PLAINS
BICYCLING CLUB**

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