



VOLUNTEERS NEEDED

Can't ride but want to be part of the fun and receive a free Woodbury Days T-shirt! There are many volunteer opportunities available to support the Woodbury Days Bike Ride, registration, rest stops or road Marshall. Please register online or contact Reed Smidt at:

651-714-3588

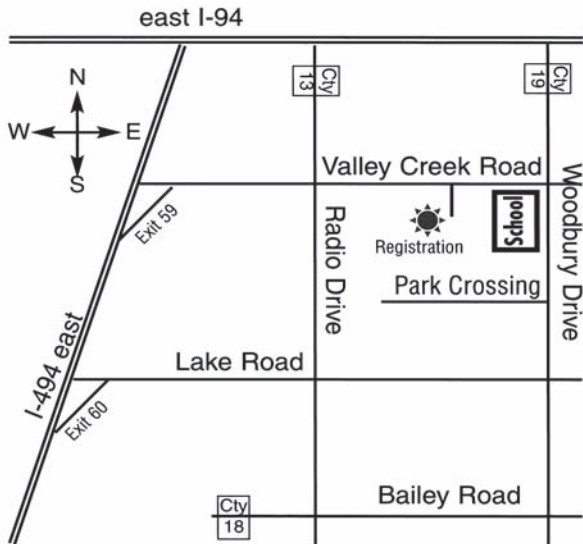
e-mail: rsmidt@ci.woodbury.mn.us

Directions to Colby Lake Park

From Mpls./St. Paul. Take I-94 East to Woodbury Drive (county road 19). Go South on Woodbury Drive 1 mile to Valley Creek Rd.. Turn right and go approx. 1-1/2 blocks. Park entrance is on your left.

From Bloomington I-494, Go East to (exit 59) Valley Creek Rd. Turn right onto Valley Creek Rd. Go east approximately 3.2 miles to Colby Lake Park. (9125 Valley Creek Road) The entrance to the park is on the right hand side, at the bottom of the hill.

NON-PROFIT ORG.
US POSTAGE PAID
PERMIT NO. 392
ST. PAUL, MN



Woodbury Days Council
11th Annual Bike Ride
P.O. Box 25042
Woodbury, MN 55125

CHANGE SERVICE REQUESTED

WOODBURY DAYS

August 29th, 2009

11th Annual Bike Ride



WOODBURY DAYS

11th ANNUAL BIKE RIDE

August 29th, 2009



REGISTRATION FORM — 11TH ANNUAL WOODBURY DAYS BIKE RIDE

Please Print Clearly

Name: _____ \$25.00 Pre-Register, Postmarked by 8/21/09
 Address: _____ After 8/21/09 must register Day of Ride: \$30.00
 City: _____ \$20.00 per person for groups of 4+ by 8/21/09
 State: _____ \$25.00 Day of Ride, per person for groups 4+
 Zip: _____ (Children 5 and under ride free)
 Sex: F M Phone: (____) _____ Total _____
 Age: _____

Make checks payable to: **Woodbury Days Council**

Mail signed registration form and check to:

Woodbury Days Council
P.O. Box 25042
Woodbury, MN 55125

How did you hear about this ride?	
<input type="checkbox"/> Newspaper	<input type="checkbox"/> Bike Shop
<input type="checkbox"/> Friend	<input type="checkbox"/> Previous Rider
<input type="checkbox"/> 2009 Event Guide	<input type="checkbox"/> Woodbury Days Website
<input type="checkbox"/> Active.com	<input type="checkbox"/> Other _____

I Plan on Riding:	
<input type="checkbox"/> 10 Miles	
<input type="checkbox"/> 30 Miles	
<input type="checkbox"/> 60 Miles	

Release of Liability & Waiver Agreement: In consideration of my or my child's participation, I agree that all activities undertaken by me or my child, are at my or his or her own risk, and that the Woodbury Days Council, its agents, sponsors and volunteers, shall not be liable for any claim, demand, injury, damage, action, or causes, of action whatsoever to myself or my child or my property or my child's property due to the passive or active negligence of the Woodbury Days Council, its agents, sponsors or volunteers, arising out of, connected with my or my child's participation in or the use of operation of equipment in this event and that I expressly forever release and discharge Woodbury Days Council, its agents, sponsors or volunteers from all such claims, demands, injuries, damages, actions or causes of action whatsoever. I understand that my signature is required before my, or my child's participation in this event is allowed. I have read this Agreement carefully and know and understand its contents. I agree to participate, or allow my child to participate, in the event sponsored by Woodbury Days Council. I understand that participation in the event is completely voluntary. The Woodbury Days event may be photographed, and participants may be photographed for the use in promotions without approval or compensation. I understand the bicycling is a potentially dangerous activity and will take every precaution to ride carefully. I agree to follow all directions of ride officials and law enforcement officials, and to ride following all rules of the road. I also understand that all riders are required to wear a helmet. All entry fees are NON-REFUNDABLE. Ride will be held rain or shine.

Signature _____

Parent or Guardian if under 16

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THE RIDE

The Eleventh Annual Woodbury Days Bike Ride invites you to participate in one of three Bicycle Routes.

60 MILE RIDE

Follow a well-marked route through Woodbury into the city of Afton to your first rest stop. From there you will follow a scenic route thru Afton into the historic city of Stillwater and Pine Point Park, your second rest stop. From there you catch the gateway trail, which takes you to the city of Lake Elmo, and Reid Park and your final rest stop. From there you will follow a well marked route back into Woodbury and the finish

30 MILE RIDE

This ride is ideal for bikers who desire a shorter route. You will follow the same route as the 60 mile into Afton. From there you will follow a scenic route thru Afton into Lake Elmo and Reid Park, your last rest stop. From there you will follow a well marked route back to the finish.

10 MILE RIDE

This route is ideal for families. The route will be mostly on bike paths.

SERVICES

Three rest stops will be available on the 60 mile route; Two rest stops for the 30 mile route and One rest stop for the 10 mile route. The 60 and 30 mile routes will be monitored by support vehicles to aid in emergency situations and to help with mechanical problems. Riders and their equipment are expected to be in good condition. As on all rides, cyclists should carry tools, pump and a spare tire. There will be mechanical support at rest stops.

Registration/Check-in

All riders must register and check-in at:

**Colby Lake Park,
 (9715 Valley Creek Rd.)**

Between 7:30 and 9:00 a.m. There is ample parking for all participants at the Park. Registration must close at designated time.

Early Bird Registration!

Register before August 1, 2009 and your name will be entered in a drawing for gift certificates and merchandise.

Ride Rules

A bicycle is a legal vehicle and must abide by the laws of the Minn. Motor Vehicle code. All riders are required to wear helmets. Please no walkmans, MP3 players or headphones. Riders under 16 must be accompanied by an adult.

Questions:

Call

651-714-3588 (Reed)

or visit our website at:

www.woodburydays.com/bikeride.aspx

Registration also available online at the above address.

