

Complete pre-registration forms with payment

must be returned and postmarked by August 20, 2011 to allow for processing and to ensure you receive an official 2011 Ride T-Shirt. After August 31st you are still welcome to ride, but please register the day of the event at an official starting point along the trail.

- 1 Choose one of three official starting places along I-94:
 - St. Joseph (check in at 8:30 A.M. for a 9:00 A.M. start),
 - Avon (check in and start between 10:00 - 10:30 A.M.)
 - Melrose (check in and start between 10:00 - 10:30 A.M.)
- 2 Park your vehicle at the respective trailhead. Follow signs that will direct you to trailhead parking.
- 3 Check-in at registration and take your place at the starting line.
- 4 Rides will be provided between 1:00 - 2:30 P.M. from Sauk Centre. Transportation from all other locations will be provided on an as needed basis.
- 5 Light refreshments and portable toilets will be available at regular intervals throughout the ride. Refreshments will be provided in Sauk Centre between 11:00 A.M. - 2:00 P.M.
- 6 Questions can be directed to:
 - Chuck Rieland, Ride Director, at (763) 571-9661, (320) 256-7148 (wknds) or email at: chrieland@msn.com.

The sixth annual Lake Wobegon® Regional Trail Ride For the Kids, a family fun event (not a race), will wind its way through the communities along the Lake Wobegon trail starting in St. Joseph and ending in Sauk Centre on Saturday, September 10, 2011. This biking event promises to draw hundreds of riders to our Central Minnesota community for a day of family fun and exercise benefiting a great cause - helping some of our area's most vulnerable children.

Donation to ride is \$30. Day of the event to ride is \$35. Additional fund raising is encouraged, but not required. Ask family, friends, and/or neighbors if they would like to contribute to this great cause. (If you choose to do additional fund raising, we have provided a pledge sheet for your use.)

The primary beneficiary of the Lake Wobegon® Ride For the Kids is Catholic Charities St. Cloud Children's Home, a residential treatment home for youth at risk, ages 8-18, who are receiving individual/family counseling and learning healthy coping skills at a critical time in their adolescence. The St. Cloud Children's Home enables young people who are at-risk, to have an opportunity to turn their lives around. These children come to the Children's Home having previously experienced multiple challenges in their family, school, and/or community. The St. Cloud Children's Home has a long tradition serving children in need.

The other beneficiary of the Ride is local participating faith communities—those faith communities who are supporting the effort with volunteers and fundraising, each of which will determine how proceeds they receive can best be used in their immediate area. Thanks to volunteer workers, who are donating their time, skills, and the materials needed, all of the proceeds from the Ride will be allocated for charitable purposes.

Donations to the Lake Wobegon® Ride For the Kids are of two kinds: undesignated and designated.

Undesignated gifts go directly to the Children's Home. Designated gifts allow riders to name a local participating faith community, those actively supporting the effort with volunteers and fund raising, which will receive up to 50% of the designated gift, with the other half supporting the Children's Home.



Trail Mileage:

- ✓ St. Joseph to Avon (9.0 miles)
 - ✓ Avon to Albany (6.3 miles)
 - ✓ Albany to Freeport (5.3 miles)
 - ✓ Freeport to Melrose (6.0 miles)
 - ✓ Melrose to Sauk Centre (9.5 miles)
- Total miles: 36.1**

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Lake Wobegon Trail Ride For the Kids™ Forms Online! www.ccstcloud.org

Rider Information

Helmets required.

One form per person. Copy blank forms to share.

Donation per rider: \$30 (\$35 Day of the ride)

Name _____

Print clearly for proper registration

Address _____

City, State, Zip _____

Phone _____ Home _____ Work _____

Email _____

Age _____ Circle gender: Male Female

Indicate shirt size: _____ (Adult S-XXL, Youth S-XL)

Check the one that applies:

Please e-mail me information about Catholic Charities.

Please mail me information about Catholic Charities.

Check one starting location below:

St. Joseph (9:00 A.M. start)

Avon (10:00 - 10:30 A.M. start)

Melrose (10:00 - 10:30 A.M. start)

RELEASE AND WAIVER:

I understand that the Lake Wobegon® Regional Trail Ride For the Kids cost is not refundable or transferable to others. I agree to wear a properly fitted hard-shell bicycle helmet at all times when riding a bicycle at the Lake Wobegon® Regional Trail Ride For the Kids event. By my entry into this event I hereby accept its inherent risks and certify that I am physically fit and able to participate. I grant my consent to any duly authorized doctor or medical personnel to provide me medical treatment in response to any accident, injury or illness during this event. I hereby waive and release any and all claims for damages including negligence claims incurred as a result of taking part in this event against Lake Wobegon® Regional Trail Ride For the Kids, Catholic Charities of the Diocese of St. Cloud, County of Stearns, and their officers and employees; and any and all other organizers, sponsors, officials, vendors, volunteers and associated entities, with their heirs and assigns, singly or collectively. I agree to obey any applicable traffic rules; to heed the direction of public safety officers and event officials; and to ride and conduct myself with due caution and respect, so as not to endanger anyone or disrupt the enjoyment of fellow bicyclists, motorists or others. I grant permission without obligation or liability for the use of my name, image or other record of me taking part in the Lake Wobegon® Regional Trail Ride For the Kids for promotional purposes.

Adults 18 and older. Parents / guardians also must sign when minors sign.

Sign _____ Date _____
By signing, I agree with the intent of this release.

Sign _____ Date _____
By signing, I agree with the intent of this release.

Sign _____ Date _____
By signing, I agree with the intent of this release.

Sign _____ Date _____
By signing, I agree with the intent of this release.

Sign _____ Date _____
By signing, I agree with the intent of this release.

Sign _____ Date _____
By signing, I agree with the intent of this release.

Family Information

Helmets required. Copy blank forms to share.

Donation for families: 2/\$60; 3/\$80; 4/\$100; 5 or more/\$120

Names of Riders: Print clearly for proper registration.

*Shirts available in adult sizes S-XXL and youth sizes S-XL

1. _____ age _____ M F _____
Name Gender Shirt size

2. _____ M F _____

3. _____ M F _____

4. _____ M F _____

5. _____ M F _____

6. _____ M F _____

Address _____

City, State, Zip _____

Phone _____ Home _____ Work _____

Email _____

NOTE: All participants must read and sign the Release and Waiver below.

CHOOSE RIDE AND DONATION SPECIFICS

Choose donation specifics:

Divide funds equally between Catholic Charities St. Cloud Children's Home and _____

participating faith community

All funds to Catholic Charities St. Cloud Children's Home (default).

Minors Under 18? Ask a parent / guardian to sign also.

Child sign here _____
My parent or guardian has explained this release to me.

Child sign here _____
My parent or guardian has explained this release to me.

Child sign here _____
My parent or guardian has explained this release to me.

Child sign here _____
My parent or guardian has explained this release to me.

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