

REGISTER

Registration by mail is **\$35** for entries postmarked by June 4. Online is \$30 until June 10. After these deadlines registration will be Day of Event only for **\$40**. Cascade members receive a \$5 discount.

PACKET PICKUP

If your registration is received by June 4, your rider packet will be mailed to you **FREE**. If your registration is received after that date your packet will be at the start line.

No confirmations will be mailed! Your cancelled check or active.com confirmation is your receipt. **Sorry, No refunds** are available for any reason, medical or otherwise. You are, however, permitted to sell or give your registration to another person. Please have the new rider turn in a completed registration form to the start line cashier (no fee).

START LINE

**King County's Marymoor Park
Velodrome parking lot
(near Redmond, WA)**

Start line registration and packet pickup hours are **8:00 AM to 11 AM**.

Course closes 6:00 PM

(King County Parks charge a \$5 parking fee,
Carpool or ride to start line if possible)

Ride **SMART** Tips

Stay alert - watch for obstacles, other cars, and other riders.

Move off the road when stopping - pull completely off the road to let cars and riders pass; do not block driveways or intersections.

Act like a car - obey all traffic laws and stop at stop signs.

Retain space between yourself and others - leave enough room to dodge obstacles.

Tell others when passing and pass on left.

Remember, Single File is Safer!



SATURDAY, JUNE 13, 2009

SUMMER CYCLING CELEBRATION!

Get out of the city and enjoy some of the Puget Sound area's finest rural riding! This multi-loop tour goes through the beautiful Snoqualmie Valley and Snohomish County countryside. This is a true celebration of cycling with a finish line featuring food and beverages, music, track racing and much more! Don't miss it!

THE ROUTES

Each route will take you through rural scenery, a few busy spots, and some great rest stops. For those who want hills, come ride the 45-, 65- and 100-mile loops. For those not into hills, the 25-mile loop has only a few.

- ◆ **25-mile loop** - Great for recreational cyclists or for those of you just getting on your bikes this season! A few small hills around Lake Sammamish.
- ◆ **45-mile loop** - A challenging loop that has three hard climbs. From Redmond to Carnation to Fall City to Issaquah and back.
- ◆ **65-mile loop** - Great training ride for two-day STP riders! Take the 45-mile route and add another hard climb and a trip to Duvall.
- ◆ **100-mile loop** - Riding STP in one day? Take the previous loops and add one more hard climb and a trip to Snohomish and you've got a great double century training ride with half the miles. Why? Hills, Hills, HILLS!

FINISH LINE FESTIVAL

Open until 7 p.m. There will be track races to watch, food to eat, beer to drink, and fun to be had after a long day in the saddle.

SCHEDULE OF EVENTS

- 8:00 a.m. to 9:00 a.m - Start Line Open for 100-mile riders.
- 9:00 a.m. to 10:00 a.m - Start Line Open for 45 - 65-mile riders.
- 10:00 a.m. to 11:00 a.m - Start Line Open for 25-mile riders.
- 11:00 a.m. - Start Line Closes.
- 1:00 p.m. - Finish Line Festival Opens.
- 2:00 p.m. - Marymoor Velodrome Track Races Start.
- 6:00 p.m. - Course Closes.
- 7:00 p.m. - Finish Line Festival Closes.

REGISTER ONLINE: WWW.CASCADE.ORG

RIDING TIPS

- It may be summer, but it's still Seattle, be prepared for any kind of weather.
- Riders doing the 100-mile route should leave by 9 AM to finish by the 6 PM course closure.
- Headphones are not permitted.
- When stopping during the ride, pull completely off the pavement.
- Leave a good impression with the communities we ride through -- share the road with cars and follow ALL traffic laws. (Stop at Stop signs!)
- Ride single file along narrow stretches. Single File is Safer!
- Be aware of traffic, none of the courses are closed to vehicle traffic.

Remember, Single File is Safer!

SUGGESTED THINGS TO BRING

- Helmet (it's required!)
- Cycling mirror
- Layered cycling clothing
- Patch kit, spare tube, pump & tools
- Sunscreen
- \$\$\$ for emergencies & espresso
- Willingness to have fun

EVENT INFORMATION

For additional information
(206) 522-3222

www.cascade.org

events@cascadebicycleclub.org



MEMBERS GET DISCOUNTS!

Cascade Bicycle Club members get a \$5 discount! Members receive a \$5 - \$10 discounts on all our upcoming events.

- Group Health Seattle to Portland Bicycle Classic (STP) July 11 - 12
- Ride Around Washington (RAW) Aug. 1 - 8
- Ride from Seattle to Vancouver, BC & Party! (RSVP) Aug. 14 -15
- High Pass Challenge (HPC) Sep. 13
- Cascade Spawning Cycle Sept. 20
- Kitsap Color Classic (KCC) Oct. 4

In addition, members get discounts at participating bike shops and receive the Cascade Courier each month with a full listing of daily rides.

SUPPORT & FOOD STOPS

We'll take care of you with help from the **Puget Sound Amateur Radio Operators**, mechanics and our own Safety and Medical Crew. Safety vehicles are identified with Cascade Bicycle Club signs. **For day of ride emergencies call (206) 841-9665**, answered live in our communications center. The food we serve is high carbohydrate and high energy. And is not meant to be a meal, but is designed to keep you going. If you need a meal or have special dietary needs you should plan accordingly. A typical food stop offers items like Clif bars, bagels, fruits, cookies, and BP&J.

CHARITY DONATION TO THE EDUCATION FOUNDATION

Cascade Bicycle Club's Education Foundation 501(C)(3) reaches more than 30,000 youth and adults annually via our Group Health Basics of Bicycling safety programs, helmet donations, and commute programs. Education is our first priority and the generous support of our members and ride participants is deeply appreciated. Contributions or gifts to Cascade Bicycle Club Education Foundation 501(C)(3) are tax deductible as a charitable contribution for federal income tax purposes. Membership contributions or gifts to Cascade Bicycle Club 501(C)(4) are not deductible as charitable contributions for federal income tax purposes.

GROUP HEALTH STP RIDERS

If you already registered for Flying Wheels on your STP registration form, it is not necessary to mail this form.

SINGLE FILE IS SAFER



Flying Wheels t-shirts will be available for purchase at the Finish Line the day of the event. The merchandise web site is:

www.cascade.org/EandR/flyingwheels/FW_souvenirs.cfm

REGISTER ONLINE: WWW.CASCADE.ORG

OFFICIAL USE ONLY



A Cascade Bicycle Club Event

Mail in Registration Deadline, June 4
Online Registration Deadline, June 10
 Mail Registration to: Cascade Bicycle Club,
 Attn: Flying Wheels, P.O. Box 15165, Seattle,
 WA 98115-0165

If you miss these deadlines you must register the day of the event.

SATURDAY, JUNE 13, 2009

Flying Wheels Summer Century 2009 Registration Form

One rider per form, children need their own forms and tandems need two forms.

TO COMPLETE YOUR REGISTRATION, YOU MUST FILL OUT THIS PAGE AND SIGN RELEASE AGREEMENT ON BACK.

CASCADE MEMBERSHIP #	LAST NAME	FIRST NAME	M.I.	DATE OF BIRTH	MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>
E-MAIL (you will get event information via e-mail)		HOME PHONE ()	WORK PHONE ()		
ADDRESS	APT.#	CITY	STATE	ZIP	COUNTRY
I HAVE RIDDEN FLYING WHEELS _____ TIMES BEFORE.					

Entry Fee:	Online: Adult (before June 10) \$30	\$
	By Mail: <input type="checkbox"/> Adult (before June 4) \$35	
	Day of Ride: <input type="checkbox"/> Adult (June 13) \$40	
	Kids' Fees: <input type="checkbox"/> 1 - 5 Years Old (Free) <input type="checkbox"/> 6 to 12 Years Old \$10	
Cascade Member Discount if Applicable (subtract \$5)	<input type="checkbox"/> New Member <input type="checkbox"/> Renewing Member <input type="checkbox"/> Current Member (provide # in space above)	\$ -
Cascade Membership (Not a member? Join now and receive a discount on Flying Wheels and all other Club rides. Just fill out the form on the reverse side and enter the appropriate dollar amount here.)		\$
Yes! I want to make a tax-deductible donation to the Cascade Bicycle Club Education Foundation, a 501(c)(3) charitable organization, for education of kids, adults and community.	<input type="checkbox"/> \$250 <input type="checkbox"/> \$100 <input type="checkbox"/> \$50 <input type="checkbox"/> \$25 <input type="checkbox"/> \$10 \$___ Other	\$
Payable to Cascade Bicycle Club in U.S. Funds Only. SORRY, NO Refunds. Amount Paid:		\$

SIGN THE RELEASE AGREEMENT ON THE BACK OR REGISTRATION IS NOT VALID!

Note: Membership contributions or gifts to Cascade Bicycle Club 501(C)(4) are not deductible as charitable contributions for federal income tax purposes. Contributions or gifts to Cascade Bicycle Club Education Foundation 501(C)(3) are tax-deductible as a charitable contribution for federal income tax purposes.

Credit Card Payment Information (PLEASE PRINT CLEARLY) Mastercard or VISA **ONLY**

CREDIT CARD NUMBER	EXPIRATION DATE
SIGNATURE	CARDHOLDER'S NAME

To promote the interests of cyclists and cycling, we occasionally share names with other organizations. If you do not want your name included, please check here.

CPSC OR SNELL APPROVED HELMETS ARE REQUIRED!



FLYING WHEELS SUMMER CENTURY 2009 RELEASE AGREEMENT

- In consideration of the acceptance of this entry and by signing this Release for myself (or for the participant if the participant is under 18) I agree to RELEASE, HOLD HARMLESS, and INDEMNIFY Cascade Bicycle Club and all its sponsors, their respective officers, agents, members, employees and volunteers and any and all Countries, States, Departments of Transportation, State Patrols, Counties, Townships and Cities through which this Event may pass, and any other parties connected with this bicycle event including but not limited to elected and appointed officials and their employees for any injury, loss or damage suffered as a result of participation in this bicycle event or any activity associated with it, including injury, loss or damage caused by the NEGLIGENCE of any party.
- I understand that there are certain risks associated with bicycle riding, including the risk of serious personal injury or death, and I expressly agree to assume these risks. I understand the route chosen may be challenging, not necessarily the safest or easiest route, and that weather, road or traffic conditions may make this ride more difficult. I warrant that I am in proper physical condition to participate in this event, that I am a sufficiently competent cyclist to handle the road conditions, and that my bicycle is in safe operating condition.
- I understand that wearing a helmet that meets the CPSC, SNELL, ASTM or ANSI bicycle safety standards can minimize head injuries which may occur in a cycling accident, and that Cascade Bicycle Club requires all riders to wear helmets. I agree to wear a helmet while participating in this event and to follow the rules of the road and all applicable laws and safe bicycling practices. It is my sole responsibility to insure that my helmet meets CPSC, SNELL, ASTM or ANSI standards and to wear my helmet while participating in this event.
- If I resell or transfer my Registration or Ride Number, I agree to HOLD HARMLESS AND INDEMNIFY Cascade Bicycle Club for any injury, loss or damage suffered as a result of the participation of the individual using my Registration or Ride Number unless that individual also signs this Release Agreement.
- I give permission to Cascade Bicycle Club to use my image in any future Club materials should it appear in photos taken during this Event.
- I understand that this Release is also binding on my heirs and representatives. If I am signing on behalf of a minor, I accept full responsibility for all medical expenses incurred as a result of the minor's participation. I agree to HOLD HARMLESS and INDEMNIFY the entities named above for any claims brought on behalf of the minor.
- By registering, I agree to read and familiarize myself with the information in the registration materials and follow the procedures and rules. I will fill out credit card information or include check or money order (US Funds) payable to Cascade Bicycle Club.
- Any legal action that may arise from my participation in this event will be handled in the state of Washington according to Washington State law.
- Cascade Bicycle Club reserves the right to remove any participating rider from this event if said rider is deemed by an authorized Club agent to be endangering him/herself or other participants, or is riding illegally as defined by Washington State traffic law. Notwithstanding this clause, Cascade Bicycle Club is not responsible for cyclists not removed from the event for these or any other reason(s) and this clause shall in no way supersede, exempt participants from or otherwise nullify any other clause in this release agreement.

By signing below I pledge to ride safely and courteously and obey all vehicle traffic laws while riding this Cascade Bicycle Club event.

X	
SIGNATURE OF ACTUAL PARTICIPANT	DATE
*SIGNATURE OF PARENT/GUARDIAN IF PARTICIPANT IS UNDER 18.	DATE
*CONSENT FOR MEDICAL CARE AND TREATMENT OF A MINOR: BY SIGNING ABOVE I AUTHORIZE MEDICAL TREATMENT FOR THE MINOR REGISTERING FOR FLYING WHEELS AND AGREE TO BE RESPONSIBLE FOR ANY COSTS ASSOCIATED WITH SUCH TREATMENT. PARENT OR	

Important! Remember to complete the Emergency Contact Information on the back side of your Flying Wheels Bib Number.

CASCADE BICYCLE CLUB

MEMBERSHIP

Primary Member : _____

Household or _____

Family Member(s): _____

New member(s)
 Renewal
 New address

(First)
(M.I.)
(Last)
(DOB)

Category	1 year	2 year	Gift	Circle size for socks
Individual	<input type="checkbox"/> \$25	<input type="checkbox"/> \$45	NA	small
Supporting individual	<input type="checkbox"/> \$45	<input type="checkbox"/> \$85	Socks	medium
*Chrome-moly Contributor	<input type="checkbox"/> \$100	<input type="checkbox"/> \$200	Socks	large
*Titanium Contributor	<input type="checkbox"/> \$250	<input type="checkbox"/> \$500	Socks	xlarge
*Carbon Fiber Contributor	<input type="checkbox"/> \$500	<input type="checkbox"/> \$1000	Socks	
Household or Family	<input type="checkbox"/> \$55	<input type="checkbox"/> \$100	NA	
Supporting Household or Family	<input type="checkbox"/> \$80	<input type="checkbox"/> \$150	Socks	
Student (e-newsletter only)	<input type="checkbox"/> \$15	<input type="checkbox"/> \$25	NA	

Enter membership fee on the front of this form.

*Contributing members may include household and family members on their membership.
 Note: Membership contributions or gifts to the Cascade Bicycle Club 501 C(4) are not deductible as charitable contributions for federal income tax purposes.

Cascade Bicycle Club needs your help! To get information on volunteering for the Club email: volunteer@cascadebicycleclub.org or call 206.522.3222.