

# CAN YOU SURVIVE THE RIDE?

**Sunbury YMCA**  
**9th Annual Bike Race**  
**Saturday, August 14,**  
**2010**

**Start Time 9:00 am**

### Day of Event

- **Registration** 7:30 am to 8:45 am
- **Start Time:** 9:00am
- **Location:** Sunbury Pool Located behind the Sunbury YMCA
- **Route:** Travel outside of Sunbury into rural Riverside, through Snyderstown and back to Sunbury.
- **Description:** several rolling hills, winding roads, extreme turns, and a few steady climbs.

**HELMETS ARE MANDATORY!**

Locker room facilities will be available.

Swimming pool will be open for race participants 11:30-12:30.

T-Shirts guaranteed to the first 75 riders to register.

Awards and Door prizes

Awards for First Overall Male/Female Finisher.

First, Second, and Third place medals.



### **Registration Fees:**

#### **Pre-Registration**

GSV YMCA MEMBER	\$17
NON-YMCA MEMBER	\$20

#### **Day of Race**

GSV YMCA MEMBER	\$20
NON-YMCA MEMBER	\$24

Make checks payable to:

Sunbury YMCA

Mail entries to: Sunbury YMCA

1150 N. 4th Street Sunbury, PA 17801

Registration form  
**SUNBURY YMCA**  
**9th ANNUAL BIKE**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone# \_\_\_\_\_

E-mail \_\_\_\_\_

D.O.B \_\_\_\_\_ Male \_\_\_ Female \_\_\_

Payment Option: \_\_\_ cash \_\_\_ check \_\_\_ credit

### **Age Groups (please check one)**

__14-18	__40-44	T-Shirt Size
__19-29	__45-49	S M L XL
__30-34	__50-54	
__35-39	__55-59	
	__60+	

In case of an emergency:

Notify : \_\_\_\_\_

Phone # \_\_\_\_\_

I hereby waive and release all rights and claims for damages of injuries suffered by me against the GSV YMCA. I attest that I am an amateur and physically fit and have trained for this event.

\_\_\_\_\_  
Participant Signature