

Donate a bike – Save \$5

Each paying registrant who donates a bike, adult or child size with 20 inch or larger wheels, will get a coupon for \$5 off of the registration fee. Donated bikes will go to the Working Bikes Coop, which provides them to those who need them in Chicago or developing countries. Find out more at www.workingbikes.org. Please donate bikes before going to registration. Donations taken from 7–10 am. One rebate per registrant. Clean out your garage and help a good cause!

Sunday April 18, 2010 is the date of the ride. Registration tables will be open from **7:30 AM to 10:00 AM**. To assist us in planning we urge all riders to pre-register using the attached entry form.

The F.O.S Easter Ride is a one day bicycle tour sponsored by the Folks on Spokes bicycle club, an Illinois not for profit organization. Since 1982 this ride has grown in popularity despite sometimes imperfect spring weather.

Your safety is important to us, so please obey all traffic laws, practice rider courtesy, communicate with fellow riders, and remain riding single file when vehicles are approaching from either direction. Folks on Spokes Bicycle Club require that all riders wear a Snell or ANSI bicycling approved helmet.

Food and fun are what the Easter Ride is all about! During and after the ride you will find rest stops stocked with fruit, drinks, sandwiches and homemade cookies. Some of the rest stops may have live entertainment, and if you're lucky, a visit from the Easter Bunny!

Back by popular demand: a 16 mile short route and revised **50 and 68 mile routes**, with **three** rest stops on each.

Your fee entitles you to a map of your route, access to all rest stops, SAG support, and parking. Short and long sleeve t-shirts with this year's Easter Ride logo may be ordered for an additional fee on the attached form. A limited number of t-shirts may be available on the day of the ride. Please plan to pick up your rider packets and T-shirts by 10:00 AM.

Pick one of Five routes through pastoral farmlands, wildflower filled woods, and friendly towns. Each route, ranging from 16 to 68 miles* follows lightly traveled paved roads, and is fully marked.

*Actual route availability and mileage may vary.

29th Annual Folks on Spokes Easter Ride

April 18, 2010
Governors State University
University Park, Illinois



www.folksonspokes.com

register online @ active.com

No Active.com fees!

April 18, 2010 Easter Ride Registration

Mailing address (Please print – one form per household)

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE NUMBER _____ E-MAIL ADDRESS _____

Liability Waiver

In signing this waiver for myself, or as legal guardian for the named entrant (if entrant is under 18 years of age), I acknowledge that I understand that by participating in the Folks on Spokes Easter Ride, participant is exposed to factors present, but not limited to, traffic, other bicyclists, weather, animals etc. whose actions are beyond the control of the sponsors and organizers of the Easter Ride. I for myself, the entrant, our heirs and administrators, agree to assume any and all risks which might be associated with my or the named entrants participation in the Easter Ride. I hereby waive and release any and all rights and claims for damages against, and absolve and hold harmless, all of the sponsors, organizers and associated entities including but not limited to Folks on Spokes, be they individuals, corporations, associations or organizations, their respective officers, directors, agents, employees, members, and successors, singly or individually, and any other parties connected with this event whatsoever, from and against any blame, liabilities, harm, loss, claims or actions from, proximately caused by or arising out of any injury, damage, loss, expense, or inconvenience sustained or suffered in conjunction with or arising out of participation in the Folks on Spokes Easter Ride or any activities associated with the event. I ALSO AGREE THAT I OR THE NAMED ENTRANT WILL WEAR A CPSC APPROVED BICYCLING HELMET WHILE RIDING IN THE EASTER RIDE.

Your cooperation is important - we must do our part to "share the road"!

I agree not to ride two or more abreast when it is impeding traffic. I agree to follow all other rules of the road, which apply to cars and bicycles.

Riders Name (print only)	Age	Signature	<u>Route</u>	<u>T-Shirt</u>	
			16,28,38 50,68	<u>Short sleeve</u>	<u>Long Sleeve</u>
_____	_____	_____	_____	M L XL XXL	M L XL XXL
_____	_____	_____	_____	M L XL XXL	M L XL XXL
_____	_____	_____	_____	M L XL XXL	M L XL XXL
_____	_____	_____	_____	M L XL XXL	M L XL XXL

<u>FEES</u>	<u>Thru 4/4/10</u>	<u>After 4/4/10</u>	
Each Rider	\$15.00	\$20.00 x _____	= \$ _____
Children 12 or Under	\$ 5.00	\$ 5.00 x _____	= \$ _____
Short Sleeve M, L, XL	\$14.00	\$16.00 x _____	= \$ _____
Short Sleeve XXL	\$16.00	\$18.00 x _____	= \$ _____
Long Sleeve M, L, XL	\$18.00	\$20.00 x _____	= \$ _____
Long Sleeve XXL	\$20.00	\$22.00 x _____	= \$ _____

Make checks payable to
 and mail to:
 Folks on Spokes
 P.O. Box 112
 Mokena, IL 60448

No Refunds after 4/4/10
 Check No. _____

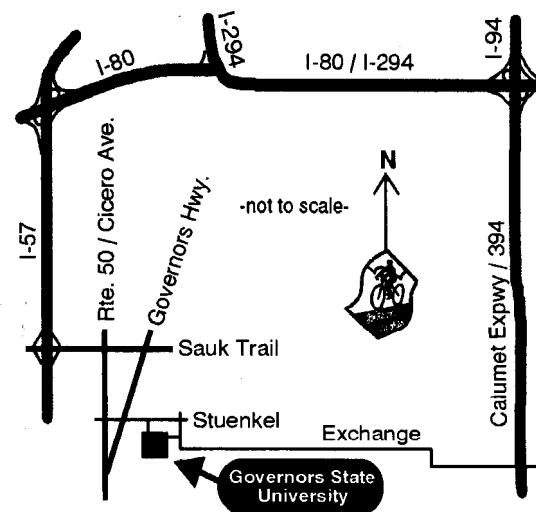
For confirmation enclose a SASE TOTAL ENCLOSED \$ _____

This ride takes place regardless of weather.

Donate a bike and get a \$5 discount! See other side for details.

Registration is from 7:30 to 10 AM, on Sunday April 18, 2010. Riders on the 50 and 68 mile routes must start by 9:00 AM. Sag support ends at 3:30.

Governors State University where the ride begins and ends is in University Park Illinois. Entrance to the campus is on University Parkway about 1.5 miles east of Illinois route 50, and about 5 miles south of US 30. From I-57 exit at Sauk Trail (just south of US 30) and go east to route 50, turn right on Rt. 50. Go about 2 miles to the stop sign on University Parkway and turn left. From 394 head west on Exchange, and follow the map to GSU



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