

SIGN ME UP! (Register online at www.kidone.org)

2009 WHEELIN' & HEALIN' AT THE WATERS

Before May 4, 2008	Single	\$40.00
	Family	\$65.00
• After May 4, 2008	Single	\$50.00
	Family	\$75.00
• Kids Riding for Kids		\$20.00

Additional Donation \$ _____
TOTAL \$ _____

NAME _____
ADDRESS _____
CITY/ST/ZIP _____
PHONE _____ E-MAIL _____
EMPLOYER _____
POSITION _____
EMERGENCY CONTACT _____
EMERGENCY PHONE _____
SEX M F AGE _____ SHIRT SIZE S M L XL XXL
YOUTH S M L
INTENDED ROUTE: Kids 5k 20 mi 30 mi 62 mi
ONE-YEAR MEMBERSHIP FOR
MONTGOMERY BIKE CLUB: YES _____ NO _____
CREDIT CARD (Please circle) AmEx Visa MasterCard
NUMBER _____ EXP _____
SIGNATURE _____

Fundraising Goal: \$ _____

____ My Company has a matching gift program

LIABILITY WAIVER: In signing this form for myself, I understand and agree that although the organizers of the "Wheelin' & Healin'" Cycling Challenge have exercised due care to promote the safety of all participants, there are factors present, including traffic, other cyclists, weather, etc., which are beyond the control of the sponsors. I hereby release the sponsors, be they individuals or organizations, of all blame or liability for any injury, misadventure, harm or loss or inconvenience suffered as a result of taking part in this event or in any other associated activities. I further agree to follow all applicable traffic laws and conduct my activities in a safe and prudent manner. Parents must sign for children under 18 years of age.

Signature _____

Date _____

*****REMINDER: You MUST have a helmet to ride!**

Sponsors

KNOLOGY®



2009
Wheelin' and Healin'
at The Waters

and

Kids Riding for Kids!

benefiting



TRANSPORTING CHILDREN TO BETTER HEALTH

Start/Finish Location:
The Waters

55 Bridge Street, Pike Road, AL 36064-3843

QUESTIONS?

For any questions regarding routes, contact Rusty Daniel at rusty@thewatersal.com.

Route map is available for viewing at www.kidone.org.

For questions regarding sponsorship, fundraising or volunteering, please call Tracee Nix at 205-978-1017 or e-mail tnix@kidone.org.

**PLEASE MAIL COMPLETED FORM WITH
CHECK OR MONEY ORDER TO:**

Kid One Transport
Wheelin' & Healin'
P.O. Box 360943
Birmingham, AL 35236



Saturday, May 9, 2009

7:30 a.m. Start

The Waters – Pike Road, Alabama

Ride details and online registration
available at www.kidone.org

In cooperation with
The Montgomery Bicycle Club



RIDE

Join cyclists from the southeast to ride the flat, scenic and winding country roads of Central Alabama. Your registration fee goes to serve children and expectant mothers across the River Region needing transportation to healthcare services of all types.

FOR A REASON

Kid One offers a fun and exciting program to assist your fundraising efforts. Each cyclist is encouraged to raise at least \$100 to keep Alabama's children on the road to better health. For your fundraising efforts, you have the opportunity to receive a gift certificate from Chain Reaction.

Fundraising Incentives Levels:

\$1,000 in fundraising will provide 20 rides and earn you a \$100 gift card.

\$500 – 10 Kid One rides = \$50 Gift Card

\$250 – 5 Kid One rides = \$25 Gift Card

\$100 – 2 Kid One rides = \$10 Gift Card

Check out www.kidone.org and click on *Wheelin' and Healin'* to download fundraising ideas and sample letters. **Thank you for riding for a reason – the children of Alabama!**



The Kid One Mission: To transport children and expectant mothers, with little or no means of transportation, to medical care.

Through no fault of their own, thousands of Alabama's children and expectant mothers suffer without healthcare simply because they lack reliable transportation. Your registration will help us keep the wheels moving, ensuring that Alabama's children and expectant mothers have a much needed ride to the hospital. **Thank you for your support!**

REGISTRATION INCLUDES:

- 2009 commemorative event T-shirt
- Support-and-Gear vehicles provided by Chain Reaction
- Pre-ride beverages and two fully stocked rest stops
- The Waters Post-Ride Party featuring live music, free beverages and food!
- One-year membership to the Montgomery Bicycle Club
- Three Route options (20 miles, 30 miles & 62 miles)

Kids Riding for Kids!

This year, not only can you participate in a great ride, but your children can too!

Baptist Health presents Kids Riding for Kids!-a 5k through The Waters for children.

Kids Riding for Kids! is a great way for your children to enjoy a beautiful bike ride, while also teaching them to help others in need.

Parents may join children riders for free.

Participants receive the following:

- 2009 commemorative event T-shirt
- Pre-ride beverages
- The Waters Post-Ride Party!
- Cycle safety training

