

SAN JUAN HEALTH CARE FOUNDATION PRESENTS
THE CARING FRIENDS FUND ANNUAL
GRIN AND BARRETT CHARITY RIDE
JULY 17, 2010

FEATURING THE "BLACK CANYON BUTTKICKER CENTURY"

REGISTRATIONS MAY BE PICKED UP AND SUBMITTED TO:
CASCADE BICYCLES
21 N. CASCADE, MONTROSE, CO 81401
PHONE 249-7375
Or online at: gbbiketour.com

NAME _____ ADDRESS _____

CITY/STATE/ZIP _____ PHONE NUMBER _____

EMAIL ADDRESS _____ NEED A RIDE TO BLUE MESA DAM (YES) _____ (NO) _____

CIRCLE T-SHIRT SIZE: SM MED LARGE XLARGE XXLARGE

\$60.00 ENTRY FEE for Black Canyon Buttkicker Century includes T-shirt, aid station & transportation \$ _____

\$50.00 ENTRY FEE for shorter (33/50/75-mile) distances includes T-shirt and aid station \$ _____

ENTRY FEES DUE BY JULY 3rd. LATE ENTRIES RECEIVED AFTER JULY 3rd MAY NOT RECEIVE T-SHIRTS.

CONTRIBUTIONS IN EXCESS OF THE ENTRY FEES GO DIRECTLY TO THE CARING FRIENDS FUND AND ARE ENCOURAGED AS A TAX DEDUCTABLE CONTRIBUTION. \$ _____

ENTRY/PAYMENT TOTAL \$ _____

METHOD OF PAYMENT:

Check # _____ or Money Order _____ Credit Cards # _____ Exp date _____
(Credit Card payment will be charged 3% processing fee)

PAYABLE TO: SAN JUAN HEALTH CARE FOUNDATION (SJHF)

ROUTE MAPS AVAILABLE UPON REQUEST AT CASCADE BICYCLES/WWW.GBBIKETOUR.COM.
BE PREPARED FOR ANY WEATHER. THE RIDE WILL TAKE PLACE RAIN OR SHINE.

Ride information attached to Registration Form

EARLY CHECK IN IS ON JULY 16th FROM 6:00 P.M. TO 8:00 P.M. AT THE BEST WESTERN RED ARROW.
PARTICIPATION WRIST BANDS WILL BE ISSUED AT THAT TIME.

Liability Waiver

The undersigned, for myself, my heirs and assigns, hereby agree to indemnify and hold harmless the San Juan Healthcare Foundation and all of its sponsors, their agents, employees, representatives, or assigns from any and all action, causes of actions, or claims for injuries or damages the undersigned may have by reason of participation in the Grin and Barrett Charity Ride on Saturday, July 17, 2010. If my child or I require medical attention, I hereby give my consent to medical personnel to provide such medical care as is deemed necessary by such authorized personnel.

Participant Signature

Date

Signature of Parent/Legal Guardian

Date

Grin & Barrett Charity Ride Information

- The Grin & Barrett Ride is a charity fun ride for the San Juan Healthcare Foundation in support of the Caring Friends Fund. The money raised from the ride supports patient wellness at Montrose Memorial Hospital and the San Juan Cancer Center by providing assistance to patients who are not covered by traditional treatment methods (massages, food and lodging assistance for out of town family members, video games/movies for patients and other services not traditionally provided).
- The Grin & Barrett Charity Ride is not a race, it is a fun ride. Go hard if you want but enjoy the ride at your own pace.
- The Ride from Blue Mesa Dam through Crawford returning to Montrose via Delta is a challenging century route with 6,000 feet (more or less) of total vertical elevation gain and has some of the most awesome scenery in the State.
- The 33/50/75-mile ride loops around the Montrose, Olathe and Delta communities. These loops are scenic and are moderately challenging.
- Late entries may not be eligible for event T-shirt.
- SNELL or ANSI approved helmets are required for all riders.
- Cell phones and *a* small amount of money are encouraged (this is for safety reasons *or* should riders need to purchase snacks/drinks along any of the routes in between aid stations).
- All riders will have a participation wrist band issued for the event.
- All distances will be supported with aid stations, limited mechanical assistance and SAG vehicles.
- The 35/50/75-mile ride will start between 7:00-9:00 am (riders can choose their start time with *the* last riders out at 9:00 am) from Best Western Red Arrow and finish at the Best Western Red Arrow.
- The “**BLACK CANYON BUTTKICKER CENTURY**” will begin at Blue Mesa Dam at 7:00 am with transportation from Best Western Red Arrow to the Dam provided for both riders and their bicycles (departing Best Western Red Arrow at 6:00 am). The finish will be at Best Western Red Arrow.
- Riders from outside the Montrose area can obtain lodging information from the Best Western Red Arrow Motel, 970-249-9641, or Visitors Bureau, 970-249-1726. Let them know you are coming for the Grin & Barrett Ride.
- A Post Ride Celebration will follow the ride starting at 2:30 p.m. until 7:30 p.m. All riders, volunteers, event staff and sponsors are invited to the Best Western Red Arrow Motel courtyard for food (provided by Montrose Memorial Hospital Chef Mike Krull and staff), beverages (supplied by Smugglers Brew Pub & Grill), and live entertainment (The Caudills with guest Bluegrass performers). If desired you should bring lawn chairs for sitting.
- Family and guests of riders can attend the post event celebration for \$15 per person (15 years and older), \$10 per person (14 years and younger) for the meal and entertainment. All riders will use their bike ride wrist bands for entry.
- All riders should be prepared for changing weather conditions, rain or shine.

Aid Stations will be open only at the following times:

Hermits Point: 8:00 a.m. – 10:00 a.m.

North Fork Bank (Hotchkiss): Shuts down at normal closure of 12:00 noon

Delta Bank: Shuts down at 2:30 p.m.

Olathe Town Park: 8:00 a.m. – 4: 30 p.m.

Pea Green: 8:00 a.m. – 12:00 noon

All ride support and SAG vehicles end at 5:00 p.m.