



# Schools Stomping Out Type II Diabetes

February 23, 2013

ACCESS: ALL BICYCLE EVENTS



Tallahassee Memorial  
HealthCare

**PLACE:** Tom Brown Park, Softball Complex  
(Please Note: **Location across the road from past years**)  
**Race Day Registration/T-shirt Pick Up:** Starts at 8:00am

**ACCESS ALL BICYCLE EVENTS:**

BICYCLE RODEO, WORLD'S SLOWEST BICYCLE RACE, BULL RING, OBSERVED TRIALS, B.E.S.T. BEST Bicycle Adventure Race

**MORE INFORMATION:** Neil Dimacali, 850-294-9497, velo.850@gmail.com

### RIDER INFORMATION

Name:			Birth date: / /	Age:	Sex: <input type="checkbox"/> M <input type="checkbox"/> F
Street address:			Phone number: ( )		
City:	State:	Zip Code:	Email:		
Shirt (check one): Adult sizes only <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X-Large					

**(Pre-registration strongly encouraged!)**

ACCESS: ALL BICYCLE EVENTS	<b>Before 2/22</b> <b>\$10</b>	<b>Day of Event</b> <b>\$15</b>	<b>No T-shirt</b> <b>\$8</b>
BICYCLE RODEO, BULL RING, OBSERVED TRIALS, <u>B.E.S.T. BEST Bicycle Adventure Race</u>			

\*Registrations must be postmarked by 2/20.

Total Enclosed: \$ \_\_\_\_\_

Please make checks payable to **Foundation for Leon County Schools** and mail to:

Neil Dimacali  
Post Office Box 15097  
Tallahassee, FL 32317

### PARTICIPATION WAIVER

WAIVER: In consideration of your acceptance of my entry as a participant in the LCSF *ACCESS: ALL BICYCLE EVENTS*, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property against Leon County Schools, its officers and directors, members or representatives and all volunteers and others promoting or assisting in anyway the promotion or organization of The LCSF *ACCESS: ALL BICYCLE EVENTS*, which may arise from my participation in the these events and events on February 23, 2013 or while traveling to or from the event, even if caused in part by the negligence or negligent actions or other fault of the parties or persons I am hereby releasing by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of the liability without fault. My participation is voluntary and done at my own risk. I understand that participating in *ACCESS: ALL BICYCLE EVENTS* is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and sufficiently trained for the competition of this event. I fully understand I am forever giving up in advance any right to sue or make claims against the parties I am releasing if I suffer injuries and damages even though I do not know to what extent those injuries and damages might be and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I agree to wear a bicycle helmet during the *ACCESS: ALL BICYCLE EVENTS*. I also agree to a bike safety inspection prior to the event, to ensure my safety and those of others. I have read and understand everything written above and I voluntarily sign this agreement.

SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or legal guardian if under 18 years of age.



See following page for more information

## **ACCESS ALL BICYCLE EVENTS**

**Your STOMP-2 registration provides you access to all these bicycle events:**

### **BICYCLE RODEO @ 9 AM**

A Bicycle Rodeo is a bicycle skills event which provides an opportunity for bicycle riders to practice and develop skills that will help them to become better bicycle riders. We will go over basic bicycle safety maintenance, such as ABCs - Air in tires, Brakes and Controls that work. We will show riders how to balance, safely avoid obstacles, and negotiate driveways and intersections.

### **WORLD'S SLOWEST BICYCLE RACE @ 10 AM**

Pretty self-explanatory. The last person to cross the finish line without dabbing their feet on the ground wins. This is the ultimate test of balance and coordination!

### **BICYCLE BULLRING @ 10:30 AM**

Very similar to the *Slow Race*, riders are corralled into a "Bullring" and try to outwit each other by getting the other rider to lose their balance without physical contact.

The last person to stay upright (i.e without dabbing their feet on the ground) wins!

### **OBSERVED TRIALS - 9 AM TO 12 NOON**

We set up a ridiculously impossible obstacle course and let expert riders ride through the course. The last few meters of the course involve kids throwing "soft" objects (like nerf balls) at the riders. This is going to be a hoot for both kids and riders!!!

First, Second, and Third-Place finishers are determined by our panel of judges. ☺

### **THE BEST BICYCLE ADVENTURE RACE @ 11:30 AM**

Brought to you by B.E.S.T. (Bike Eat Shop Tallahassee), the BEST Bicycle Adventure Race takes you on a journey outside Tom Brown Park and around the City. This is an adventure-style, bike-messenger-inspired bicycle race, where you are given a "travel manifest". You are to proceed to numerous checkpoints all around Tallahassee and perform "mystery" challenges like ..... Well... if we tell you, they won't be mysteries any longer. Guaranteed fun for the adventurous!

Please note that this race starts at Tom Brown Park and ends at a locally-owned restaurant. Riders under 18 must be accompanied by a parent or legal guardian.