

Presented by:



JUNE 20th, 2009

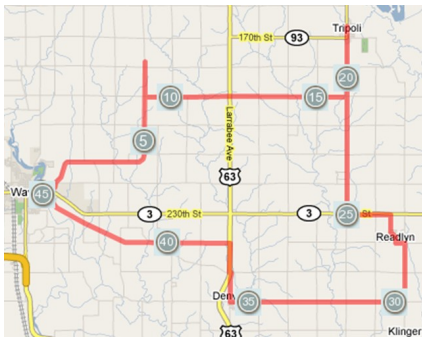


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Organized as a first annual event, the Unofficial Great Ride Around Bremer, also known as UGRAB is a 43 mile ride around Bremer County. Riders are able to join and drop off at various points depending on their ability to go the full distance (there is no organized SAG support). It starts and ends in Waverly while making stops in Bremer, Tripoli, Readlyn, and Denver. Overall, it is a pretty flat route - most of the hills occur within the first 8 miles of the ride and the last section from Denver back to Waverly is via the rail trail. The ride began last year as a group of friends from three different UGRAB teams, this year the Jaycees have taken on the challenge of expanding it to be a supported ride with rest stops and other fun stuff. We welcome all rider levels and will ride regardless of weather (exceptions being lightening and tornadoes).



Schedule	
8:00 a.m.	Registration at Kwik Star East
8:30 a.m.	Ride Begins
9:15 a.m.	Breakfast Stop at 8mi mark
2:00 p.m.	Last stop in Denver

For a route map visit: <http://www.mapmyride.com/route/us/ia/waverly/260124260617271059>

For more information

Contact: Renee Sedlacek

Phone: 319-270-9066

E-mail: [bikeride@waverlyjaycees.com](mailto:bikeride@waverlyjaycees.com)

Website: [www.waverlyjaycees.com](http://www.waverlyjaycees.com)

Mail Payment, Registration & Waiver Form to:  
(make checks payable to Waverly Jaycees)

Waverly Jaycees  
P.O. Box 103, Waverly, IA 50677

UGRAB Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Cell Phone Number \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Relationship \_\_\_\_\_ Cell Phone Number \_\_\_\_\_

Check all that Apply

Participation in days events\* \$10

Add a UGRAB t-shirt (cotton) +\$8

Add a UGRAB dri fit shirt +\$14

\*registration fee required (includes breakfast), shirts optional

Total Registration Amount: \_\_\_\_\_

Shirt Size (must register by June 12th to add a shirt)

S  M  L  XL  XXL

male -or-  female

To complete registration please Read and Sign the Waiver Form



**UGRAB WAIVER FORM**

**EACH RIDER MUST SIGN AN INDIVIDUAL WAIVER**

I, the undersigned, know and understand that UGRAB and its related events involve potentially hazardous or dangerous activities and conditions. I attend UGRAB and all related events out of my own free will and choice. In choosing to attend UGRAB and any related events, I fully accept and assume all risks, whether before, during or after UGRAB and its related events. These include, without limitation, physical injury, mental injury, emotional distress, trauma, sickness, illness, death, contact with other participants, equipment failure, inadequate safety equipment, the effects of weather including extreme temperature or conditions, traffic, contact with motor vehicles of all types and descriptions, collision with other riders or fixed objects, the conditions of and/or design and other defects in the road and facilities, camping, negligence of others and participating in events, including those along the route. I am aware that the risk of injury or death is always present in biking and UGRAB's attendant events and that this risk cannot be eliminated by UGRAB organizers, sponsors, and the government and private entities that host or assist in the UGRAB events. I know and accept that biking and road accidents may result from the failure for any reason (including negligence) of UGRAB organizers, sponsors, and the government and private entities that host or assist in the UGRAB events to correctly determine the conditions and safety of the road, surface, route or weather or to predict where or when an accident might occur. All risks are known appreciated and assumed by me and I waive any and all specific notice of the existence of them and further waive the obligation, if any, that any other person or entity has to advise or warn me of them. I assume liability for and agree to pay my own medical and emergency expenses in the event of injury, illness, or other incapacity regardless of whether I authorized such expenses. I authorize the use and release of personal and medical information in connection with any medical services provided to me.

I realize that UGRAB events require physical conditioning. I represent that I am in sound medical condition capable of participating in the UGRAB events without risk to myself or others. I have no medical impediment that would endanger others or me. I understand that a situation may arise during UGRAB and related events that may be beyond the control of the sponsors, promoters, organizers, government and private entities that host or assist in the UGRAB events or others, or may arise from negligence by them, and accept and assume all risks of participation and/or attendance. I will be solely responsible for the condition and adequacy of my bicycle, safety gear and equipment. I will ride safely within the limits of my own abilities, my equipment and the riding conditions and in a manner that does not endanger others or me.

Knowing these facts and in consideration of my registration acceptance, admission to and/or participation in UGRAB and its related events, I for myself, spouse, children, heirs, next of kin, assigns and anyone acting on my behalf, release, waive, discharge, covenant not to sue and agree to hold The Waverly Jaycees and its subsidiaries and affiliated entities; UGRAB sponsors and participating clubs, communities and organizations; UGRAB officials, emergency and support personnel, volunteers and their representatives; official Friends of UGRAB; persons and entities that provide event recommendations, advice or services relating to matters such as route selection, design or maintenance, risk management, safety and first aid; all property owners, law enforcement agencies and governmental or public entities, including without limitation the State of Iowa, its counties, cities and special districts; and the officers, directors, employees, representatives, agents, and successors of all of the above, harmless from any and all claims, demands and actions of any and every kind I have, may have or may hereafter accrue against the released parties directly or indirectly arising out of or relating in any respect to my attending or participating in UGRAB and/or any related events. My waiver and release of all claims, demands, actions and liabilities shall include without limitation, any personal injury, accident, illness or death and any property damage or loss that may be: (a) caused by any act, or failure to act, by the above-identified persons and entities, including without limitation, their negligence, errors, omissions, failure to enforce rules, and conditions of the routes and/or event premises, and/or (b) sustained by me before, during or after UGRAB and its related events. I acknowledge that I am signing this agreement freely and voluntarily, and intend by my signature for this to be a complete and unconditional release of all liability to the greatest extent allowed by law. I further acknowledge that no representations, promises, statements or inducements have been made to me other than as set forth in this document. I will abide by all UGRAB rules and regulations. I understand that my name, address, photograph, voice and/or likeness may be used in promotional or advertising materials of or by The Waverly Jaycees. I consent to such uses and waive any rights of privacy or publicity I may have in connection with those uses. I also waive any privacy rights that may result from disclosure of information about me, including without limitation, in connection with provision of any medical services by UGRAB sponsors and organizations. I further agree to indemnify and hold the parties released above harmless from any and all losses, damages, injuries, claims and expenses, including attorneys' fees, arising from or relating in any respect to my attendance and/or participation in UGRAB and/or its related events or my breach of this agreement. If I am a minor, my parent or guardian also is signing on my behalf. We both agree to be bound by the terms of this agreement, waiver and release. I also waive all spousal claims relating to UGRAB, if any, that I hold or that may arise through me. I agree that no modifications or amendments to the standard Registration Form and this waiver and release shall be binding unless they are accepted in a separate writing signed by the President of The Waverly Jaycees.

**I (the previously-named entrant on the Individual Registration Form) HAVE READ THIS AGREEMENT, WAIVER AND RELEASE, UNDERSTAND IT AND VOLUNTARILY AGREE TO AND ACCEPT ITS TERMS. I UNDERSTAND I AM GIVING UP SUBSTANTIAL RIGHTS. (SUBMIT SIGNED ORIGINAL; FAXED OR PHOTOCOPIED SIGNATURE WILL NOT BE ACCEPTED.)**

Printed Name

Date Signed

Signature of Participant

Signature of Parent if participant is under 18