

Princeton Free Wheelers' 30th Annual Bicycling Event — Saturday, August 7, 2010

REGISTRATION AND PAYMENT

Please complete one form per person, but ok to photocopy and give to friends. Don't forget to sign the release and return it with your registration form.

Register Online:
www.Princetonfreewheelers.com

Name: (Please print legibly on top line)

Address:

City:

State: Zip:

T-Shirt (men's): S M L XL XXL

Sandwich choice — Choose one:

Roast Beef Ham Turkey Veggie

Registration Fee:

Adults.....\$30.00

Age 16 and under.....\$10.00

In order to receive a Free T-Shirt your registration must be postmarked by July 26th. All others will be considered Day-of-Event registrations and you will not be eligible for a Free T-Shirt. Fees are not refundable.

You may also register on the day of the Event

Day-of-Event registration for adults is \$30.00 and \$10.00 for ages 16 and under.

Your Registration Fee includes lunch following your ride — served from 11:00am until 4:30pm

Make your check payable to:
"Princeton Free Wheelers, Inc."

Do not staple or attach your form and check together.

Mail Completed Form, Release, and Payment to:

Princeton Free Wheelers, Inc.
P.O. Box 1204
Princeton, NJ 08542-1204

RELEASE: In consideration of my participation in this 30th Annual Princeton Event of the Princeton Free Wheelers, Inc. (PFW) I, the undersigned, intending to be legally bound, do hereby for myself, my heirs, executors, administrators and assigns, waive, release and forever discharge any and all claims I may now or in the future have against the PFW, the League of American Bicyclists (LAB), or their officers, members, and sponsors, and any other persons connected with this ride, for any liability for personal injury, illness, death, or property damage sustained by me resulting from my participation in this ride sponsored by the PFW, except to the extent that it is caused by gross negligence. In the event that such injury, illness, death or damage is caused by gross negligence, this release remains operative as to any released person or entity which was not grossly negligent. Further, as a participant on this PFW sponsored ride, I assure the following to the PFW, the LAB, and the other persons participating on this ride: 1. I am in good health and able to complete any ride in which I participate, and I am sufficiently prepared and experienced to undertake this ride. 2. My bicycle equipment is in good working order, and has the proper safety equipment. 3. I will wear an approved helmet while riding. 4. I will obey the following PFW ride practices during this ride: - Be alert—Signal my intentions—Know my limits—I will not ride too close. 5. I understand that participants under the age of 18 must be closely supervised by an adult at all times during the ride. 6. If injured or disabled on any ride, or if I cause any injury, loss, or damage, I will promptly alert the PFW. 7. I recognize the hazards inherent in the activity of bicycling, including the risks of serious bodily injury and death, and I nevertheless undertake this activity voluntarily. 8. I understand that this Release is in addition to any agreement which I may have signed to join or renew my membership in the PFW, and that this agreement does not in any way limit or impair the waivers or releases contained in that agreement. 9. I have read and understood all of the above rules and ride practices.

Signature

Date

(Applicant or Parent/Guardian if under 18)

*Tour the beautiful countryside around central New Jersey with cyclists from all over the eastern US. Tours range from a kid-friendly 16-mile ride to a scenic century, from flats to rolling hills. If you pre-register by **July 26, 2010**, you get faster check-in and a **Free Event T-Shirt**. All registrants are welcome to enjoy our rest stop snacks, a post-ride lunch, and are invited to shop at our on-site vendor area.*



CHOICE OF ROUTES

Flat/rolling: 16, 23, 35, 50, 65, or 100 miles
Almost hilly: 65

WATER, SNACKS, & FOOD

WATER & SNACKS: Provided at start and at rest stops along each route, and at the end of each ride. Bring water bottles. Rest stops with snacks are noted on cue sheets.
POST-EVENT FOOD: A post-Event meal with drinks and dessert is included in your registration fee — served from 11:00am to 4:30pm.

SUPPORT SERVICES

FACILITIES: Telephones, Rest rooms, Parking and Bike Store Vendors who will make free adjustments, and safety inspections.
SAG SERVICE: Mobile phone sag service to assist riders throughout the day.

DATE: Saturday, August 7, 2010 (no rain date)

TIME:	Start Time	Latest Time	Route
	7:00am	9:00am	100 miles
	7:00am	10:00am	50, 65 miles
	8:00am	11:00am	35 miles
	8:30am	11:00am	16, 23 miles

No one will be allowed to start a ride after the above listed latest start time. The Event ends at 5:00pm.

No services or personnel will be available after that time!

Web: www.princetonfreewheelers.com
Email: infoguy@princetonfreewheelers.com
Voice: (609) 882-4PFW (4739)

"Bicycle Helmets must be worn when riding!"

DIRECTIONS TO START LOCATION

From North or South via US-1

Exit onto Quakerbridge Road, South 533S
After two miles, left onto Hughes Drive.
Follow Hughes Dr. past Mercer County Park
Entrance and south entrance to Mercer County
Community College. Left onto 535 (Edinburg Road)
to campus entrance (jughandle right).

From North or South via Interstate 95/295

Take Interstate 95 (becomes Interstate 295) to
exit 65A, Sloan Avenue East. East on Sloan Avenue
(becomes Flock Road) to Edinburg Road. Left onto
Edinburg Road to campus entrance (jughandle right).

From North via NJ Turnpike

NJ Turnpike Exit 8 at Hightstown onto 33 West.
West on 33 to 571 in downtown Hightstown.
Right onto 571. Continue on 571 to 535.
Left onto 535 (Old Trenton Road) five miles to
campus entrance on right, after Mercer County Park.

From South via NJ Turnpike

Turnpike Exit 7A (Interstate 195).
West on I-195 to exit 5B (first exit off I-195).
North on US-130 to second light (526).
Left onto 526 to first light. Bear left at light then take
immediate right (still 526) to 535 (Old Trenton Road).
Left onto 535, two miles to campus entrance on right,
after Mercer County Park.

From East

Take Rt. 33 West until you see signs for Rt. 133 West.
Turn right on 133 West.
Take 133 to the end, exiting onto 571 West.
Move to left and turn left on 535/Old Trenton Road.
Follow Old Trenton Road approximately 5 miles.
MCCC is on the right.

***Bicycle Helmets must
be worn when riding!***

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Princeton Free Wheelers, Inc.
PO Box 1204
Princeton, NJ 08542-1204



**The 30th Annual
Princeton Event
THIRTY AND THRIVING!**

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