

**STORM LAKE "STAR SPANGLED SPECTACULAR"  
30<sup>th</sup> ANNUAL RIDE-RUN**

- < **Saturday, July 4, 2009, 7:30 a.m. (No race day registration.)**  
Packet pick-up and start at the intersection of Lakeshore Drive and Lake Avenue, Storm Lake, Iowa. Race packet pick-up 6:45-7:15 A.M. Race starts at 7:30 A.M. sharp! Route around the lake. Water stops along route.
  
- < **Two contestants enter with one bicycle.** One rides ahead and leaves the bike for his/her partner. First complete team around the lake and across the finish line wins (Course is 11+ miles). **Teams must finish together and on the same bike they started with at the start line!** No support crews allowed. Cars discouraged along route and particularly on Highway 110 & C65. No drafting on bikes. Stay on right side of road until final leg on Lakeshore Drive.
  
- < Age categories (combined ages of team members)
 

<u>Male</u>	<u>Female</u>	<u>Coed</u>
36 & under	36 & Under	36 & Under
37-59	37-59	37-59
60-79	60-79	60-79
80-99	80-99	80-99
100-119	100-119	100-119
120 & Over	120 & Over	120 & Over
  
- < Plaques for overall winning team. Medals for top three finishers in each category. T-shirts for all competitors.
  
- < Entry fee - \$25.00 per team in advance (**postmarked by 6/25/09**). \$30.00 after 6/25/09 until the day before the race. Make checks payable to Ride-Run.
  
- < Return Entry Form and Fee to either: Grace Ivey, P.O. Box 190, Storm Lake, IA 50588; or the Storm Lake Chamber office, 119 West 6<sup>th</sup> St. Questions contact Troy or Grace Ivey at 712/732-4487; e-mail: [tgivey@iw.net](mailto:tgivey@iw.net)
  
- < **SPECIAL NOTE:** Race will be limited to first 100 teams! Results, past winners, records, registration forms, rules etc. will be posted on Storm Lake Chamber of Commerce Web Site. Go to: [www.stormlakechamber.com/attractions/riderun.htm](http://www.stormlakechamber.com/attractions/riderun.htm) Good luck!

Name \_\_\_\_\_ Shirt Size \_\_\_\_\_ (S/M/L/XL/XXL)

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

Partner \_\_\_\_\_ E-mail address: \_\_\_\_\_

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

Combined Age \_\_\_\_\_ Category:     Male/Male     Female/Female     Coed

In consideration of the acceptance of my entry, I, for myself, my executors, administrators and assignees, do hereby release and discharge the City of Storm Lake, the Star Spangled Spectacular Committee, and all other sponsors and volunteers from all claims for damages, demands, and actions whatsoever in any manner arising out of my participation in the 2009 Ride-Run. I attest and verify that I have full knowledge of the risks involved and am physically fit and sufficiently trained to participate in this event.

Signature \_\_\_\_\_ Partner \_\_\_\_\_

Date \_\_\_\_\_ (parent's signature required if under 18 years of age)