



GEAR GRINDER MOUNTAIN BIKE RACE

*At the Pipestem Creek Trail located 4 miles North of Jamestown on
Highway 281 next to the Pipestem Dam*

Sunday, August 16, 2009

Registration:	Starting at 8:45 am
Beginners Race Start:	9:30 am (Outside Loop - 3+ miles)
Kids Race Start:	9:35 am (Small Loop - 1 mile or less)
(YOUTH RACE SUGGESTED FOR AGES 8 & UNDER)	
Expert Race Start:	10:00 am (23+ miles)
Sport Race Start:	10:00 am (15+ miles)
Recreational Race Start:	10:00 am (7+ miles)

RACE FEES

\$10 -- Kids ~\$15.00 --Beginners ~ \$30 -- Recreational, Sport & Expert
(\$5 race fee discount for all NDCF members)

Registration includes a Gear Grinder T-shirt and a water bottle!

CASH Prizes for the top six Male and Female Expert Finishers

AGE CLASSES (Female & Male Divisions in each race)

Kids Race Classes: 6 & under, 7-8, 9-10, and 11-12

Beginners, Recreational, Sport & Expert Classes:
14 & under, 15-18, 19-29, 30-39, 40-49, 50 & above

Helmets and a signed release form are required for all participants.
Racers who are not 18 will require a parent's signature.

[For more information call](http://www.jamestownpark.com) ~ Jamestown Park & Recreation Office: 701-252-3982

Camping available at the Parkhurst: 701-252-7666 or Lakeside: 701-252-9200

MAKE CHECKS PAYABLE TO: Jamestown Parks & Recreation; you may pre-register by mailing a signed release & payment to: 1002 2nd Ave SE; Jamestown, ND 58401

JAMESTOWN Parks and Recreation GEAR GRINDER MOUNTAIN BIKE RACE RELEASE - August 16, 2009

I ACKNOWLEDGE THAT BY SIGNING THIS DOCUMENT I AM RELEASING THE JAMESTOWN PARKS AND RECREATION GEAR GRINDER MOUNTAIN BIKE RACE, ITS MEMBERS AND OTHERS (Hereafter referred to as: "THE RELEASED PARTIES") FROM LIABILITY. THIS ENTRY BLANK IS A CONTRACT WITH LEGAL CONSEQUENCES. I HAVE BEEN ADVISED TO READ IT CAREFULLY BEFORE SIGNING.

I fully realize the dangers of participating in a bicycle race and fully assume the risks associated with participation including, by way of example, and not limited to the following: the dangers of a collision with pedestrians, other riders, fixed or moving objects; the dangers arising from surface hazards, equipment failure, inadequate safety material, the Released Parties' own negligence and weather conditions; and the possibility of serious physical injury associated with athletic cycling.

I hereby waive, release, discharge, hold harmless, promise not to sue and further do hereby indemnify the Released Parties from any and all rights and claims including the Released Parties' own negligence, which I have or which may hereafter accrue to me and from any and all damages which may be sustained by me directly or indirectly in connection with, or arising out of, my participation in or associated with the Jamestown Parks and Recreation Gear Grinder Mountain Bike Race.

I must continually ride so as to neither endanger others or myself. I accept responsibility for the condition and adequacy of my equipment. I will ride wearing a helmet that satisfies the requirements of Snell/ANSI and that can protect against serious head injury, and assume all responsibility and liability for the selection of such helmet.

Name (print): _____ **Race Day Age:** _____

Address: _____ **Phone:** _____

City: _____ **State:** _____ **Zip:** _____

RACE: (circle) **Kids Race - \$10.00** **Beginners Race - \$15.00**
Recreational Race - \$30.00 **Sport Race - \$30.00** **Expert Race - \$30.00**

NDCF Member - Yes NO

Who to notify in case of emergency: _____

Phone: _____

Signature: _____ **Date** _____

CONSENT AND RELEASE OF PARENT OR GUARDIAN (Required if under age 18)

I am the parent or guardian of _____ (child). I consent to my child's participation in the Jamestown Parks and Recreation Gear Grinder Mountain Bike Race. I hereby release and shall defend, indemnify and hold harmless the Released Parties from every claim and any liability that I or my child may allege against the Released Parties as a direct or indirect result of injury to me or my child because of my child's participation in the Jamestown Parks and Recreation Gear Grinder Mountain Bike Race. I promise not to sue the Released Parties on my behalf or on the behalf of my child regarding any claim arising from my child's participation in the Jamestown Parks and Recreation Gear Grinder Mountain Bike Race.

Signature of parent/guardian: _____ **Date:** _____