

REGISTRATION

One person per form, please. This form may be duplicated, be sure to duplicate both the front and back (Release Form) and sign.

PLEASE PRINT

Name: _____

Street: _____

City: _____

State: _____ Zip: _____

Phone: _____

Age: _____ Sex: _____

E-mail: _____

Emergency Contact: _____

Emergency Phone: _____

Please circle selections below:

T-shirts available while supply lasts!

T-shirt Size: S M L XL

Ride Choice: 100 80 50 25 7

Entry Fee: (per person) * This is a tax deductible contribution.

Family Ride only \$15
 If postmarked by September 14 \$30
 If postmarked after September 14 \$40

If you are interested in ordering an official Pink Ribbon Ride jersey please make your selection below:

Jersey Size: S M L XL XXL

If ordered before August 1st \$60
 If ordered after August 1st includes shipping \$75

Total Amount: (Entry Fee + Jersey) \$ _____

Make checks payable to Mountain States Foundation, memo Pink Ribbon Ride mail to 2335 Knob Creek Road, Suite 101, Johnson City, TN 37604. Or register online and pay by credit card at <http://www.active.com/cycling/johnson-city-tn/pink-ribbon-ride-2011>

WHY WE ARE DOING IT?

The Circle of Hope fund was founded in 1987. This fund has provided financial assistance to hundreds of patients confronting the diagnosis of cancer. These patients need help in identifying problems and possible solutions through maximum use of available resources. Funds are often used for non-reimbursable expenses associated with cancer care such as travel-related expenses, gas vouchers, taxi fares, non-covered medications, nutritional expenses, personal care items and educational supplies. Fear of the unknown, uncertainty and loss of direction compound the immediate distress a cancer patient faces upon diagnosis. The Circle of Hope makes a positive contribution by reaching out with a helping hand to lessen fears, reassure patients and provide access to additional assistance.

If you would like to make a donation to the Circle of Hope, make a check or money order payable to Mountain States Foundation, write Circle of Hope in the memo line and mail to Mountain States Foundation, 2335 Knob Creek Road, Suite 101, Johnson City, TN 37604. For more information about making a donation, please call the Foundation at (423) 952-3110.

9 AM START
RAIN OR SHINE

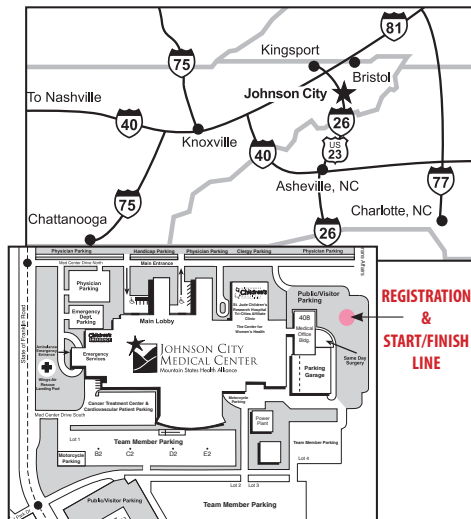
7 AM REGISTRATION

www.active.com/cycling/johnson-city-tn/pink-ribbon-ride-2011

Sponsored by



For more information visit www.active.com/cycling/johnson-city-tn/pink-ribbon-ride-2011, www.mountainstatesfoundation.org or e-mail Roadclub@gmail.com



From Virginia:

Take I-81 South to I-26 East into Johnson City. From I-26 take exit 19 and turn right onto TN-381/State of Franklin Road. Johnson City Medical Center will be on your left after approximately 3 miles.

From Knoxville, Tenn.:

Take I-81 North to I-26 East into Johnson City. From I-26 take exit 19 and turn right onto TN-381/State of Franklin Road. Johnson City Medical Center will be on your left after approximately 3 miles.

From Asheville, North Carolina:

Take I-26 West into Johnson City. Take exit 24 and turn left onto University Parkway. Go approximately 2 miles and turn left onto State of Franklin Road. Johnson City Medical Center is less than 1 mile on your right.

6TH ANNUAL
PINK RIBBON RIDE



Family Ride 7

Willow Springs 25

Nolichucky 50

TCRC Aching 80

**Mountain States
Mayhem 100**

SEPTEMBER 24, 2011

BENEFITING CIRCLE OF HOPE PROGRAM AT MOUNTAIN STATES HEALTH ALLIANCE

The Pink Ribbon Ride is a fully supported bike ride with well stocked rest stops, sag wagons carrying water, gels, and tubes, police support at the start, radio communications throughout, awesome door prizes, lunch at the finish line, and so much more!!! All registered riders receive a high quality long sleeve T-shirt and have the opportunity to purchase a Pink Ribbon Ride cycling jersey. This event includes 5 different ride distances to appeal to riders of every type, size, or age. Past participant ages have ranged from 12 through 67! This is our 6th year and we



expect over 300 riders. All proceeds benefit The Circle of Hope cancer support organization.

CAN YOU?

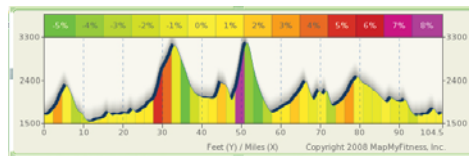
Beat the Mountain

104 miles

12,283 feet of climbing

RIDE DESCRIPTIONS

Mountain States Mayhem 100

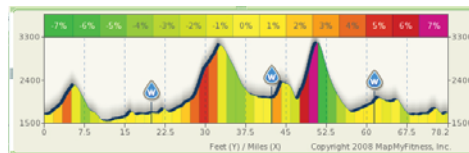


104 miles of mountains and hills with 12,283 feet of climbing!!! Warm up quickly on Buffalo Mountain as you head to Erwin. Enjoy the sights and sounds of waterfalls on your way up Spivey Gap, then wind along the Toe River before climbing up Unaka Mountain, with a screaming descent back to Erwin.

Tackle numerous hills on your way back to Johnson City, via a detour into beautiful Limestone Cove.



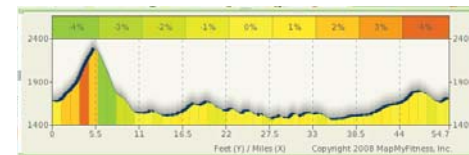
TCRC Aching 80



This 77-mile ride includes the two major climbs from The Mayhem, but gives you a break on some of the punishing

hills toward the end; just as beautiful, very challenging, but not quite as gut-busting.

Nolichucky 50



Ride goes over Buffalo Mountain then winds along the Nolichucky River before heading into rolling hills and pasture land. Ride past Washington College Academy before heading back to Johnson City on Greenwood Drive.

Willow Springs 25

Ride goes out Greenwood Drive to Lamar School and back. Mostly rolling hills with no serious climbs.



Family Ride 7

Easy ride for beginning riders and families. The ride goes around ETSU campus, through the scenic tree streets, around the beautiful Veteran Affairs campus and back to the start.

RELEASE FORM, *please read carefully and sign.*

In consideration of the acceptance of this application, I hereby, for myself, my heirs, executors, administrators and assigns, and anyone entitled to act on my behalf, release and discharge the Tri-Cities Road Club and Mountain States Health Alliance and their members and volunteers, plus sponsors, their representatives and successors, directors, officials, employees and volunteers from any and all claims of injury or damages suffered by me as a result of my participation in or traveling to or from the Pink Ribbon Ride.

I know that riding a bicycle is potentially hazardous. I should not enter the Pink Ribbon Ride unless I am medically able and properly trained. I assume all risks associated with riding in the Pink Ribbon Ride, including, but not limited to: falls, contact with other participants, the effects of weather, traffic and conditions of the road, all such risks being known and appreciated by me. I realize that riding a bicycle is a strenuous activity that requires proper physical conditioning and good health. I also understand that wearing a helmet is required for participation in this event.

Signature

Date

Signature of Parent or
Guardian if under 18

Date

(Must be accompanied by adult if under 16.)