

Register Annual Great Bike Ride Across Iowa

RAGBRAI XXXV WITH LCC

Join LCC members for RAGBRAI 2007, Scheduled for July 22 – 28,

Lake Country Cyclists will provide charter bus service for RAGBRAI XXXV. All applications must have a Register Tag Number for each rider. Please don't send your application until you have a tag number.

We have portable showers for riders to use. Riders are required to bring their own sun shower bags. LCC will have a water tank on the truck that riders may use to fill their shower bag.

All the necessary application, forms and rules for participating in RAGBRAI with the LCC are included. Keep the last week of July open and join us for a week of cycling fun.

LCC Charter Buses

LCC will have two charter buses to transport members and friends for RAGBRAI. The charter bus fee will include transportation for you, your bicycle and luggage from Ankeny/Des Moines to the start of RAGBRAI, transportation for your luggage throughout the ride, a nightly camping area and return to Ankeny/Des Moines. A fee of \$170 per cyclist will be charged for the RAGBRAI Charter Bus transportation.

Luggage Only Service

LCC will transport your luggage and provide a nightly camping area throughout the week for cyclists with their own transportation. A fee of \$55 per cyclist for the week or \$9 per day per cyclist will be charged for this service. Luggage is limited to two pieces with a maximum total weight of 40 pounds per person.

Friday Night Loading Bikes

LCC will load your bike on the Ryder Truck from 5:30 PM until 8:00 PM at the Ankeny Super Target Store Parking lot on Friday July 20th. This will reduce the congestion on Saturday to load the remaining bikes. Thanks for your consideration.

Tent Setup Service

LCC will setup your tent Sunday through Friday (six nights). Tents should be relatively simple to setup. The fee for this service is \$50 per tent for the week.

The tent setup does not include taking down your tent in the morning

Shipping your Bike to Ankeny

Individuals flying or driving a long distance to Ankeny may ship their bike via the United Parcel Service to Jim Lennie at his residence. Your bike will be loaded on our truck and transported to the starting town. Arrangements can be made in the last town to have your bike shipped UPS to your residence after RAGBRAI. Ship your bike to: Jim Lennie, 413 SE 4th St, Ankeny, IA 50021-3215. Insurance is recommended.

Transporting your Bike

Boxing your bike is not required for RAGBRAI XXXV. It is, however, necessary to remove the pedals from your bike prior to loading it on the truck. The club will have pedal wrenches and personnel to assist you. A small plastic bag to carry your pedals is recommended. The club will transport your bicycle if you choose to box it.

Staying in Des Moines

If you plan to stay in Des Moines before or after RAGBRAI, the Lake Country Cyclists will have a charter bus available at the Quality Inn and Suites 929 Third Street in Des Moines. This bus will bring you to Ankeny for departure. This motel has a free shuttle service from and to the Des Moines Airport. Call 515 282-5251 for Special pricing for guest of LCC.

CHARTER BUS DEPARTURE DATE

Date: July 21, 2007 10:00 AM
Location: The Ankeny Super Target Store parking lot, located at 2135 SE Delaware Ave in Ankeny. It is located approximately 1/2 mile north of Oralabor Road. If driving in on I-35, get off at Exit 90, which is Oralabor Road. Go west to Delaware Ave., then north to the Super Target Store. There will be room for car parking for the week.

Rules for Participating in RAGBRAI With the Lake Country Cyclists...

1. The Lake Country Cyclists has not been allotted RAGBRAI wristband tags by the Register's RAGBRAI office. All riders using our charter service or luggage only service must have a numbered wristband. We will require that you acquire a wristband and provide your tag number on your Lake Country Cyclists application. All applications without a Register's tag number will be returned.

2. The Des Moines Register will have the application for RAGBRAI tags in the paper in February, or you can get the application from their web site: www.ragbrai.org. We encourage you to send a completed application for your RAGBRAI tags before April 1st deadline. If you are not selected to purchase your tag through the lottery, call the Register at (515) 284-8282 or 1-800-474-3342 to be added to their waiting list for RAGBRAI tags.

3. Charter bus riders and individuals using the luggage service will receive an email confirming their reservations after their application is processed. Your canceled check will also confirm your reservation.

4. Empty bicycle boxes will be used as dividers between bicycles when transporting your bicycle to the starting town and back to Ankeny.

5. Each individual is allowed one bike. Tandem riders can bring only their tandem.

6. **Emergency sags:** We will have limited space available for individuals wanting to sag for the day due to illness or injury. Individuals sagging will have campground assignments.

7. Each individual is limited to two pieces of luggage with a maximum of 40 pounds. We are stressing that you keep each piece of luggage to 20 pounds or less, and not tie or strap anything

to that piece of luggage, tent, sleeping bags, shoes, etc. Our crew will handle and unload your luggage many times during the week, extra weight means sore backs. If in doubt, pick up your luggage and try to throw it ten feet.

8. A Lake Country Cyclists Club membership is not required to use the club's charter bus service or luggage only transportation.

9. The Lake Country Cyclists Board of Directors requires all individuals participating in RAGBRAI XXXV with the Lake Country Club to wear an approved bicycle helmet. Follow the rules and laws that pertain to riding your bicycle on public roads. This includes riding on the right side of the road and NO Draft Lines. Safe cycling must be our top priority.

10. Cancellations with full refund will be made if requested before May 15th. A fee of \$10 will be deducted from each refund requested from May 15th thru June 1st. No refunds after June 1, 2007.

11. The \$10 fee will apply to each charter bus seat or luggage pass.

12. On the last day of RAGBRAI July 28, it is important that everyone arrives in Bellevue on a timely schedule so our buses and trucks can start their return trip. Don't play on the last day and make other riders wait.

13. If you want to UPS your bike to your residence on Saturday, July 28, there will a location in the town to have your bike boxed and UPS back to your residence.

Question? Contact LCC RAGBRAI Coordinator
Jim Lennie
(515) 964-3458 or email:
xavierjdx@att.net

RAGBRAI XXXV APPLICATION

Participate in RAGBRAI XXXV with the Lake Country Cyclists July 22 thru 28, 2007. LCC will provide transportation to the starting town for RAGBRAI XXXV, transport your luggage to each overnight town, secure a common camping area and return you, your bicycle and luggage to Ankeny or the Quality Inn Motel in Des Moines on July 28.

Please send the application and waiver form with your payment to:
Lake Country Cyclists C/O RAGBRAI Registration, 413 SE 4th Ankeny, IA 50021

RAGBRAI SERVICE	QUANTITY X COST	TOTAL
Charter Bus Service		
Per rider _____	X \$170	\$ _____

Fee includes transportation for you, your bicycle and luggage to the start of Ragbrai. Transporting your luggage to each over night town, group camping area and transportation back to Ankeny or Des Moines.

Luggage Only Service		
Per rider _____	X \$55	\$ _____

Fee includes transportation for your luggage to each overnight town plus group camping area. Luggage is limited to 2 pieces with a maximum weight of 40 pounds.

Tent Setup Service		
Per Tent _____	X \$50	\$ _____
	Total cost	\$ _____

Make checks payable to Lake Country Cyclists, Inc.

Please print neatly.

NAME _____ Birthday _____ RAGBRAI TAG # _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS _____

In case of emergency, please contact: _____ Phone # _____

NAME _____ Birthday _____ RAGBRAI TAG # _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS _____

In case of emergency, please contact: _____ Phone # _____

NAME _____ Birthday _____ RAGBRAI TAG # _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____
ADDRESS _____

In case of emergency, please contact: _____ Phone # _____

If you need to be picked up from the Quality Inn Motel in Des Moines please check.

Waiver of Liability

I, the undersigned, know and understand that cycling and its related events involve potentially hazardous or dangerous activities. I participate in cycling and other related events with the Lake Country Cyclist out of my own free will and choice. I fully accept and assume all risks, whether before, during or after these 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 temperatures or conditions, traffic contact with motor vehicles of all types and description, collision with other riders or fixed objects, the condition of the road, camping, negligence of others and participating in events, including those along the route. All risks are known and appreciated by me and I waive any and all specific notice of the existence of them. I assume and will pay my own medical and emergency expenses in 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 bicycling requires physical conditioning. I represent that I am in sound medical condition capable of participating in cycling events with the Lake Country Cyclist without risks to others or myself. I have no physical or medical impediment, which would endanger others or myself. I understand and agree that a situation may arise during events, programs and activities that is beyond the control of the sponsors, promoters, organizers or others or may arise from negligence by them and accept assumed risks of participating and attendance. I will be solely responsible for the condition and adequacy of my bicycle, safety gear and riding equipment. I will ride safely within the limits of my own abilities, my equipment and riding conditions and in a manner that does not endanger either others or myself.

Knowing these facts and in consideration of my entry acceptance, admission to and /or participation in cycling and its related events with the Lake Country Cyclists, I for myself, spouse, heirs, next of kin, assigns and anyone acting on my behalf, release, waive, discharge, covenant not to sue or hold the officers, directors, employees, representatives, agents and successors of all any and all rights and/or claims which I have, and/or may have hereafter accrue to me against the sponsors, promoters, board of directors of the Lake Country Cyclists, or other sponsors or affiliated organizations and their respective agents, officers and employees for as and all damages, injuries or claims which may be sustained by me directly or indirectly arising out of my participation with the Lake Country Cyclists, 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 relating in any respect to my attending or participating in cycling with the Lake Country Cyclists and its related events.

I acknowledge that 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 further agree to indemnify and hold the parties released above harmless from any and all losses, damages, claim and expenses, including attorney fees, arising from relating in any respect to my participation in cycling and related events with the Lake Country Cyclists or my breach of this agreement. The above agreements and representations are my express understandings of the risks and I assume these voluntarily and freely without coercion or duress. This agreement may not be modified orally and may not be waived in any respect.

I, as parent or guardian of named minor(s) _____ here-by give permission and consent voluntarily and freely for my child (ren) to participate with the Lake Country Cyclists. I further agree individually and on behalf of my child (ren) to the above terms after having fully read the terms.

#1 Signature: _____ Date: _____

#2 Signature: _____ Date: _____

#3 Signature: _____ Date: _____

Please Note: You must have your official RAGBRAI Tag Number From The Des Moines Register listed on your application form. It will not be accepted without this number. Please send application and waiver forms with your payment to: **Lake Country Cyclists RAGBRAI Registration 413 SE 4th St Ankeny, Iowa 50021.** Thank You For Riding RAGBRAI XXXV With Lake Country Cyclists