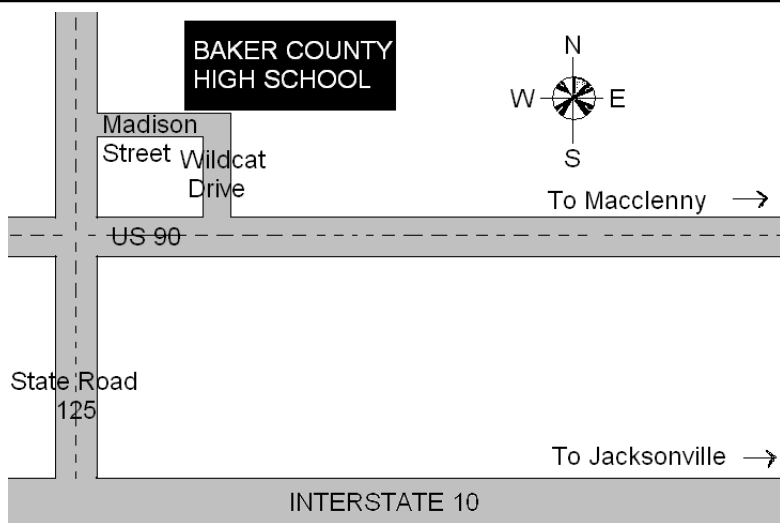


2009



YMCA National Forest Swampman 100

SPONSORS



ARRIVING AND STAYING OVERNIGHT

The ride starts at 8:00 a.m. on Sunday, September 20th, 2009 at Baker County High School in Glen St. Mary. Lunch will be served back at the High School cafeteria from 11:30 a.m. to 3:30 p.m.

Motels in nearby Macclenny for out-of-town riders. Both are setting aside rooms for 2009 Bike Ride participants. Be sure to mention "Bike Ride." For reservations by phone:

For more information visit: www.swampman.org or email info@swampman.org
Baker YMCA 904-259-0898

American Inn at 904-259-5100
Travelodge at 904-259-6408
Econo Lodge at 904-259-3000

YMCA MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



YMCA NATIONAL FOREST SWAMPMAN 100

SUNDAY, SEPTEMBER 20, 2009

IDEAL LOCATION

The YMCA National Forest Swampman 100 once again brings you a great adventure! Our host will be the Baker County High School in Glen St. Mary, Florida.

WORRY FREE – BACK ROAD CYCLING

Have you been looking for that one super ride? One that is convenient to Jacksonville with flat roads, beautiful scenery and very little traffic? The YMCA NFS100 offers just that! Several courses are well established from previous rides. So regardless of your preference, here's your chance to JUST LEAVE IT ALL BEHIND.

REASONABLE REGISTRATION

If postmarked by September 10th, your entry fee is only \$30, and includes a t-shirt! Beginning September 11th, the fee for all riders is \$35 and does not include a t-shirt. Day of ride registration is \$40 and does not include a t-shirt. You may order an extra shirt on the day of the ride for an additional \$10.

START AND FINISHING

All riders will start together at 8:00 a.m. Sunday, September 20th at the Baker County High School in Glen St. Mary. There are 5 distances marked: 15, 33, 46, 70, and 100 miles.

LUNCH AND STUFF

Detailed maps will be provided to all riders. Sag stops will have plenty of fluid replacements, fruits and munchies. After the ride enjoy a delicious meal.

QUESTIONS?

Call Baker YMCA at 904-259-0898, or email info@swampman.org, or visit www.swampman.org for all the answers...

MAKE CHECKS PAYABLE AND MAIL WITH REGISTRATION TO

Baker County Family YMCA
98 West Lowder Street
Macclenny, FL 32063

T-SHIRT SIZE			RIDE CHOICE	
S	M	L	15	33 46
XL	XXL		70	100

Print Name _____ **Phone # ()** _____

Address _____ **City** _____ **State** _____ **Zip** _____

In Case of Emergency Contact _____ **Phone # ()** _____

Gender M / F _____ **Birthdate** _____ **Email** _____

WAIVER: I understand that the YMCA of Florida's First Coast assumes no responsibility for injuries or illness which i may sustain as a result of my physical condition resulting from my participation in any athletic activities, sports program, the use of any equipment, exercise, or other activities. I expressly acknowledge that I assume the risk for any and all injuries and illnesses that may result from my participation in these activities. In consideration of the privilege of participating at the YMCA, I hereby voluntarily release and discharge the YMCA of Florida's First Coast, its agents, servants, and employees from any and all claims for injury, illness, death, loss, or damage that i may suffer as a result of my participation of these activities. In the event of an emergency and I and or my emergency contact person cannot be reached, I hereby give permission to the physician selected by the YMCA to hospitalize, secure proper treatment for, and to order injections, anesthesia or surgery for the individual named on this application. I understand that no accident or medical insurance is provided with this activity. I understand that the YMCA of Florida's First Coast is NOT responsible for personal property lost or stolen while members and/or program participants are using YMCA facilities or are on YMCA premises. I give my permission to be transported by the bus services secured by the YMCA for related program activities. While the YMCA will make every attempt to provide reasonable accommodations for mentally and physically challenged participants, the YMCA will not accept participants that are (1) of danger to themselves, (2) of danger to others, or (3) a disruption to the normal activities making it unreasonably difficult for other participants to enjoy YMCA programs. Any of the above reasons will be grounds for dismissal from YMCA programs. We strongly recommend that you discuss with YMCA staff any special conditions or circumstances involving you. We request that you do this PRIOR to registration so that we can advise you as to whether we can make a reasonable accommodation for you. I give permission to the YMCA of Florida's First Coast to use, without limitation or obligation, photographs, film footage, or tape recordings that may include my image or voice for purposes of promoting or interpreting YMCA programs.

SIGNATURE OF PARTICIPANT _____ **DATE** _____

SIGNATURE OF PARENT (IF PARTICIPANT IS UNDER AGE 18) _____ **DATE** _____