



THE BETTER LIFE COUNSELING CENTER HARVEST HUNDRED

Saturday, October 9, 2010 Jonesboro, Arkansas

Individual Rider Entry Form

Northeast Arkansas will once again have a full century bike ride. Formerly the *Ride for a Better Life*, this event will offer **100, 62, 25 and 10 mile routes on scenic Crowley's Ridge.**

All rides will begin and end at the offices of Better Life Counseling Center, located on the campus of Southwest Church of Christ, behind the YMCA off Nettleton Avenue. Registration will begin at 6:45 am with 100 and 62-mile riders starting at 7:30 am and 25 and 10-mile riders leaving at 8:00 am.

Along with rest stops, riders will enjoy sag support and medical attention provided by Medic One. Riders for all distances can register in advance for \$40 or the day of the event for \$50. **This fee includes a pasta dinner on Friday night provided by Olive Garden and Fazoli's, as well as lunch after the ride by BA Burrito.**

Harvest Hundred T-shirts are guaranteed to those that register before September 21, 2010. All riders under 14 must be accompanied by an adult at all times on the course. Please make checks payable to BLCC and mail to: Better Life Counseling Center, 1605 James Street, Jonesboro, AR 72401. ***Please read, sign and return the release below.***

Name: _____ Address: _____

City, State, Zip: _____ Phone: _____

Emergency Name: _____ Emergency Phone: _____

Age _____ EMAIL ADDRESS: _____

Circle	Route	Distance You Will Ride	Circle Adult Shirt Size	Attending Friday Dinner?	Eating Lunch Saturday?
10	25	62	100	S M L XL XXL	Y N
				Y N	Y N

For additional information, you may contact Tammy Evins at (870) 935-4673 or by email tevins@betterlife.org or go to the BLCC website at www.betterlife.org. This form may be duplicated. Please Print Legibly



Harvest Hundred 2010 Release

For and in consideration of the acceptance of my registration to participate in the 2010 Harvest Hundred scheduled for October 09, 2010. I hereby waive, release and discharge in advance the Better Life Counseling Center, Inc. their members, sponsors, officers and all persons acting in concert with them from any and all claims which may hereafter accrue to me or my heirs or to any other person(s) as a result of my participation in this event. I represent that I am in good physical condition and that I have sufficient skill and experience to safely complete any competition in which I choose to participate. **I further agree to wear an ANSI or Snell approved bicycle helmet at all times I am on the bike during this event and to abide by the traffic rules and regulations of the state of Arkansas.**

I understand that sag support and rest stops will end at 3:30pm. Riders on the course after that time will be responsible for their own safety and nutrition. Riders must check-in prior to the event, but there will not be a check-in after the ride is completed. Along with a course map, riders will be provided with a list of emergency contacts and phone numbers on the day of the event.

Signature: _____ Date: _____

Parent's signature if under 18: _____



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