

Oak Creek Valley Bike Ride May 16, 2010

Join us for the **11th Annual Bike Ride** through the Oak Creek Valley starting in Valparaiso, Nebraska. *Valparaiso is located approximately 18 miles north of Lincoln on Highway 79.* The routes include Nebraska highways, a paved county road, or the Oak Creek Trail. Detailed maps are on our web site. All routes start and stop in Valparaiso.

This ride is a fundraiser benefiting many sponsorships of University Sertoma including the Great Plains Trails Network, Nebraska Stroke Foundation, and Elliott Elementary School in Lincoln.

New this year – we are offering T-Shirts, to riders who pre-register by May 8.

Restrooms available near the Trailhead at the North Oak Bridge in Valparaiso. They are also available in Brainard and Dwight.

Safety

Helmets are required for all riders. Roads are open to traffic, so please obey all traffic and safety rules.

SAG Support

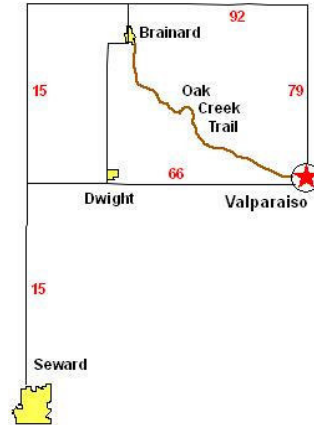
Rest stops will be at the end of the Oak Creek Trail, every 8-10 miles on the highways, and there will be two roving SAG vehicles. Rest stops and SAG vehicles will have water, food, and bike supplies. They will also be in touch with the registration site in case of emergencies.

There will be no SAG stop on County Road 'S', but Husker Bar II in Brainard, or Cy's Café in Dwight will be open.

NO SAG Support after 2:00 p.m.

Distances

24 Miles - Oak Creek Trail Only
31 Miles - Oak Creek Trail & County Road 'S'
39 Miles - Highways & County Road 'S'
44 Miles - Oak Creek Trail and highways
46 Miles - All highways
70 Miles - All highways



Registration – Day of Ride

7:30 – 8:00 a.m.

Trailhead at North Oak Bridge
Between West 2nd & North Oak Streets
Valparaiso, NE

Ride begins at 8:00 a.m.

Entry Fee must accompany Entry Form.

NO REFUNDS. NO RAIN DATES.

Additional Registration Forms

Additional registration forms will be available at local bike shops and fitness centers in Lincoln and Omaha. Or log onto www.sertoma.net/bikeride.pdf

Further Information

If you have questions, or need additional information, contact:

Kathy Anderson 402-430-6084
Mary Torell 402-429-5753
mtorell@windstream.net

Registration Form University Sertoma Club Oak Creek Valley Bike Ride May 16, 2010

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Phone: _____ (Include Area Code)

E-mail: _____

Adult T-Shirt Size: S M L XL XXL
(Circle Desired Size)

Distances: 24 31 39 44 46 70 miles
(Circle Desired Distance)

Single Rider:

\$25.00 (Received by May 8) **(Includes T-shirt)**

\$25.00 (Received **after** May 8) **(No T-shirt)**

Family:

\$50.00 (Received by May 8) **(Includes T-shirt)**

\$50.00 (Received **after** May 8) **(No T-shirt)**

All ages are welcome, but riders under age 18 MUST ride with a parent or guardian. Children age 12 and under, ride free.

Entry Fee Enclosed: \$ _____

One Registration Form per rider, please.

Checks Payable to: University Sertoma Club

Send registration form and payment to:

University Sertoma Club
6020 South 88th Street
Lincoln, NE 68526

Liability Waiver

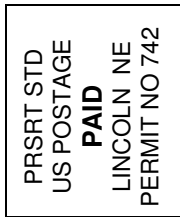
In consideration of the University Sertoma Club providing bicycling opportunities and allowing me / us to participate in its events, I / we agree to assume the risks thereof. Further, I/we release the University Sertoma Club and its officers, directors, members and agents from any and all claims for death, personal injury, or property damage which may accrue to me / us (or a minor in my care) as a result of participation in any University Sertoma activity or event, even though the claim may arise out of negligence or carelessness on the part of the person or entities released.

Signed: _____

Signed: _____
Parent/Guardian Signature (for minor)

Date: _____

*Liability Waiver **MUST** be signed by **each** rider before participation.*



Oak Creek Valley Bike Ride
University Sertoma Club
6020 South 88th St
Lincoln NE 68526

The University Sertoma Club

Presents



Sunday, May 16, 2010

8:00 a.m.

*A fun bicycle ride through the
Oak Creek Valley - Valparaiso, NE*