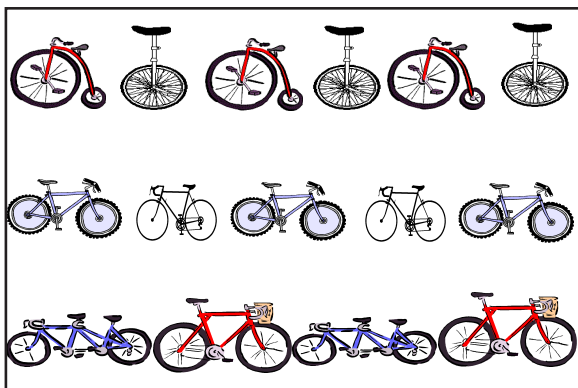


Silver Lake Trials



Be ready for the Ski to Sea

...or anything else!

Who All riders and abilities welcome
Brought to you by **NorKa Recreation**
w/ help from the **Fairhaven Bicycle Club**

What 7 Mile Bicycle Time Trial - Short Course
22 Mile Bicycle Time Trial - Long Course

Where Silver Lake Park near Maple Falls

When Saturday, May 9 2009
Short Course start: 8:30am
Long Course start: 9:00am

Categories Bike Type, M/F, age groups

Rewards Medals & bragging rights!

Green Zero Waste, Carbon Off-set
and Green practices
Please carpool to this event!
Recycle everything you can!
Waste nothing...except calories.

Registration MAIL-IN, ACTIVE.COM or DAY OF
Please Register early!! Before 5/6
Day-of closes 1/2 hour prior to start
TT start times posted 15min prior to start

Directions From Bellingham - go east on SR542,
Mt. Baker Highway, for 26 miles to
Maple Falls, take a left on Silver Lake
Road. Park is 3.5 miles.

PLEASE CARPOOL

Parking Ample parking available but
PLEASE arrive early. Check
website for details. Overnight
lodging/camping available



Go to: RIDE542.com

for additional information and
event updates. Please stay tuned!

RIDER INFO Please fill everything out & write legibly.

RIDER NAME _____

RACE DAY AGE _____ DOB _____ SEX: M / F

STREET _____

CITY _____

STATE _____ ZIP _____

EMAIL _____

PHONE _____

EMERGENCY CONTACT _____

EMERGENCY PHONE# _____

Road Rules: Please read and obey.

- +This is an open course, roads are OPEN to all traffic.
- +Please obey ALL legal rules of the road.
- +Stay to the right, except to pass other riders.
- +NO drafting (no riding with 2 bike lengths of another rider)
- +Yield to vehicles at turn-arounds - cars have the right of way
- +No warming up/cooling down on Silver Lake Road
- +This is not a race...it's not worth the risk.
- +SLT is a 'no stress' event...so relax, go with the flow and have fun!

Short Course Bicycle Time Trial @ 8:30 am 7 miles (30 second intervals)

Please circle all that apply
M / F 16-19, 20-29, 30-39, 40-49, 50-59, 60-65, 66+
YOUTH: M / F 8-10, 11-12, 13-15 (youth 8-12 years must ride with adult)
BIKE: Road Mtn. Single-Speed Other: _____
TANDEM: M/M M/F F/F (total age _____)
(each rider must register, total due=1.5x standard single fee)

Long Course Bicycle Time Trial @ 9 am 22 miles (30 sec or 1 min. intervals)

Please circle all that apply
M / F 16-19, 20-29, 30-39, 40-49, 50-59, 60-65, 66+
BIKE: Road Single-Speed Other: _____
TANDEM: M/M M/F F/F (total age _____)
(each rider must register, total due=1.5x standard single fee)

FEES:

	Pre 5/6	Day of	
Youth Road: ages 8-15 Short Course ONLY	\$10	\$12	_____
Short Road Course TT 7 mile	\$12	\$15	_____
Long Road Course TT 22 mile	\$15	\$20	_____
Both Road Courses TT 7 and 22 mile	\$25	\$30	_____

Donation for local Cancer Care ___ x \$10 _____

GREEN FEE (to help offset this events environmental impact) _____ **\$1**



TOTAL: _____

Make checks payable and mail to: NorKa Recreation
P.O. Box 4418, Bellingham, WA 98227 360-303-1717

2009 Silver Lake Trials ACCIDENT WAIVER AND RELEASE OF LIABILITY

I acknowledge that this is a strenuous test of my athletic ability. The Silver Lake Trials is a rigorous test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, darkness, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, lack of hydration, and actions of other people including but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors and/ or producers of the event. These risks are not only inherent to athletics, but are also present for volunteers. I hereby agree to assume all of the risks of participating and/ or volunteering in the Silver Lake Trials. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released from dangerous or defective property owned, maintained, or controlled by them or because of their liability without fault. I certify that I am physically fit, have trained sufficiently for participating in this event and have not been advised otherwise by a qualified medical person. I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors and organizers, and that it will govern my actions and responsibilities at said event. In consideration of my application and permitting me to participate in the Silver Lake Trials. I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including attorney's fees, expert fees, litigation costs, and my traveling to and from the Silver Lake Trials. THE FOLLOWING ENTITIES OR PERSONS: NorKa, LLC., Whatcom County, Whatcom County Parks and any involved municipalities, their directors, officers, employees, volunteers, representatives and agents, the event holders, event directors, event sponsors, vendors, event volunteers, property owners; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in the Silver Lake Trials, whether caused by the negligence of releases or otherwise. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/ or illness during this event. I understand that at this event or related activities, I may be photographed and/ or videotaped. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, organizers and/ or assigns. This Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum permissible under applicable law. In the event any aspect of this release is deemed to be unenforceable, I hereby agree that the release shall be construed as broadly as possible without impacting the remaining aspects of this release. I further agree to abide by all the rules and regulations as set forth by the directors of this event. I hereby certify that I have read this document and understand its content.

PARTICIPANT'S

SIGNATURE: _____

DATE: _____

NOTE: If 17 or under, Signature of Parent or Guardian is required below:

The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact acting in such capacity and agrees to save, hold harmless and indemnify each and all of the parties referred to above from all liability, loss, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

PARENT'S

SIGNATURE: _____

DATE: _____