



Velo Vie Day!

May 25, 2009 - 8 a.m. - 12 noon

Join us for Velo Vie Day, starting at 8 a.m. with registration on May 25th! Ride in the cycling studio and do an effective "Zone 3" aerobic endurance ride of 90-120 minutes OR ride outdoors for 2+ Hours on the road and do a super effective and fitness building aerobic endurance ride, tempo ride or hill repeat workout! And afterwards, relax in the Life Cafe for a delicious 'lunch on us' included with your \$5 entry fee. And to top it off, all participants are eligible to win a Velo Vie Carbon Fiber road bike frame set, valued at over \$800!

Simply complete this form and hand it to a personal trainer or endurance coach at the Fitness services desk on the second floor of your Life Time Fitness.

Registration: 8:00 a.m. - 8:30 a.m.

Start Time: 8:30 a.m.

Cyclist's Name & Contact Information:

Name: _____ Phone: _____ E-mail: _____

Address: _____

City: _____ State: _____ Zip: _____

Payment Information: There is a \$5 fee which includes 'Lunch on Us' in the Life Cafe and a chance to win a Velo Vie Carbon Fiber road bike frame set (over \$800 value).

Payment Type: Credit Card Cash - Initial: _____ Club Tab - Initial: _____

Credit Card Type: Visa Master Card American Express Discover

Name on Credit Card: _____

Credit Card #: _____ Exp. Date: _____

I ACKNOWLEDGE THAT A CYCLING RACE IS AN EXTREME TEST OF A PERSON'S PHYSICAL AND MENTAL LIMITS AND CARRIES WITH IT THE POTENTIAL FOR DEATH, SERIOUS INJURY AND PROPERTY LOSS. I HEREBY ASSUME THE RISK OF PARTICIPATING IN THIS CYCLING EVENT. I CERTIFY THAT I AM PHYSICALLY FIT, I HAVE SUFFICIENTLY TRAINED FOR PARTICIPATION IN THIS EVENT AND I HAVE NOT BEEN ADVISED AGAINST PARTICIPATION BY A QUALIFIED HEALTH PROFESSIONAL. I ACKNOWLEDGE THAT MY STATEMENTS ON THIS AWRL ARE TRUE.

I ACKNOWLEDGE AND ACCEPT THE RISK ASSOCIATED WITH CYCLING ON ROADS THAT ARE OPEN TO VEHICULAR TRAFFIC. I UNDERSTAND THAT DEATH OR INJURY MAY OCCUR WHILE CYCLING ON THESE ROADS AND RELEASE LIFE TIME FITNESS AND ALL ENTITIES AND INDIVIDUALS ASSOCIATED WITH THIS ORGANIZATION OF ANY AND ALL LIABILITY. I WAIVE, RELEASE AND DISCHARGE FROM ANY AND ALL CLAIMS, LOSSES OR LIABILITIES OF DEATH, PERSONAL INJURY, PARTIAL OR PERMANENT DISABILITY. ALSO OF PROPERTY DAMAGE, MEDICAL OR HOSPITAL BILLS, THEFT OR DAMAGE OF ANY KIND, INCLUDING ECONOMIC LOSS, WHICH MAY IN THE FUTURE ARISE OUT OF MY PARTICIPATION IN THIS CYCLING EVENT OR ARE OTHERWISE RELATED TO MY PARTICIPATION IN THIS CYCLING EVENT.

I AGREE NOT TO SUE ANY OF THE PERSONS OR ENTITIES ASSOCIATED WITH THE PROGRAM I AM ATTENDING. I ATTEST THAT I AM WILLINGLY AND VOLUNTARILY PARTICIPATING IN THIS EVENT.

I HEREBY AFFIRM THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER. I HAVE READ THIS DOCUMENT AND I UNDERSTAND ITS CONTENTS.

PRINT NAME

SIGNATURE

DATE