



10th Annual Ride-Run • August 3rd, 2019

Race for Chase

8:00am Registration Time

9:00am Start Time

Race starts & ends @ Stokes-Thomas City Park Boat Ramp

Aria Lynn Wellman, 3 month old daughter of Ashley and Garret Wellman and granddaughter of Randy and Karen Gruenwald was born on April 6th at 28 weeks. Due to complications, Aria Lynn had a 50% chance of survival and needed surgery to fix a diaphragm eventration. Aria received one surgery, but will need another surgery in the very near future.

All Proceeds will go to the Wellman family to help offset ongoing costs.

Two contestants enter with one bicycle. One rides ahead and leaves the bike for his/her partner. First complete team to cross the finish line wins (Course is 10 miles). Teams must finish together and on the same bike they started with at the start line! No support crews allowed. Stay on right side of bike trail. Helmets must be worn when riding bike.

Age categories (combined ages of team members)

Male	Female	Coed
36 & under	36 & under	36 & under
37-49	37-49	37-49
50-59	50-59	50-59
60-79	60-79	60-79
80-99	80-99	80-99
100-119	100-119	100-119
120 & Over	120 & Over	120 & Over

Sponsored By:



PRAIRIE LAKES
Wellness Center

Trophies for winning team in each division. Medals to the first place team in each age group. Race t-shirts provided for all participants. Refreshments for everyone after the race.

Entree fee - \$40.00 per team in advance, \$50.00 day of race.

Return Entry Form and Fee to: PLWC, PO Box 910, Watertown, SD 57201.

Questions Contact Dave Greenman or John Small 882-6250

Please include your email address.

✂ (cut & return below) ----- ✂ (cut & return below) ----- ✂ (cut & return below) -----

Please write clearly

Your name _____ Address _____ City _____

State _____ Zip _____ Email Address _____ Shirt Size *S-M-L-XL-XXL*

Partner's name _____ Address _____ City _____

State _____ Zip _____ Email Address _____ Shirt Size *S-M-L-XL-XXL*

Combined Age _____ Category (check one) Male/Male Female/Female Coed

In consideration of the acceptance of my entry, I, for myself, my executors, administrators and assignees, do hereby release and discharge the Optimist International and all other sponsors and volunteers from all claims for damages, demands, and actions whatsoever in any manner arising out of my participation in the 2019 Ride-Run. I attest and verify that I have full knowledge of the risks involved and am physically fit and sufficiently trained to participate in this event. (Need signatures from both partners.)

Signature _____
(Parent's signature required if under 18 years of age)

Partner _____
(Parent's signature required if under 18 years of age)

Date _____

Date _____