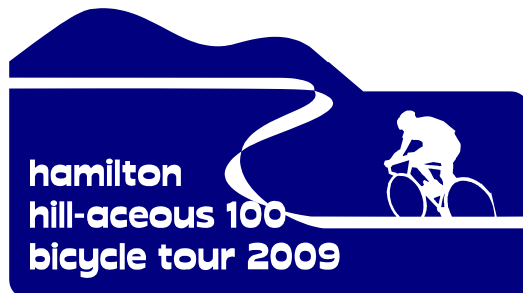


Hamilton Hill-Aceous 100



Saturday, May 16, 2009 at 8 a.m.
Hamilton, Texas

The Family-Friendliest Bike Ride in Texas!
All proceeds benefit the Hamilton Healthcare System Wellness Center

Ride mechanical support provided by Sun Country Bicycles

The Hamilton Hill-Aceous 100 (HHA100) is back for 2009 with last year's routes and the same great support you've come to expect! Come enjoy the rolling hills and pleasant back roads of Hamilton County, pick up some great schwag, and get those legs in shape for your summer cycling! There are routes for everyone from youngest to oldest, slowest to fastest, with 10K, 20 mile, 30 mile, 46 mile, 61 mile, and a 79 mile route for those training for a 100 miler, with routes ranging from fairly flat to challenging "rollers" on the 61 and 79 mile course. Routes have been chosen for their beauty, road surfaces and lack of traffic, as well as to provide a pleasant and enjoyable ride. **Helmets are required; headphones are discouraged.** The first 150 entrants will get a T-shirt, water bottle or other ride memento and other goodies donated by area merchants and cycling suppliers. See our web site: <http://www.hamiltonhospital.org/biketour>

Start Time: Saturday, May 16, 2009, with rides starting at 8 a.m. The separate 10K children's ride will begin immediately after all the other riders depart. The start and finish will be at the north entrance to the Hamilton Airport, located just off US Hwy 281 about 2.5 miles south of the square in Hamilton and about three tenths of a mile west of the intersection of US Hwy 281 and FM 3302 (GPS coordinates N31 40.425 W98 08.674). There will be signs on the square in Hamilton and on Highway US 281 to direct you to the airport.

Ride Packet Pickup: Day of the ride, Saturday, May 16, beginning at 6:30 a.m. through 8 a.m.

Cost: Prior to Monday, May 11, \$25. Family members two or more \$20 each. Cycling club members or riding groups who sign up three or more riders before May 11 get \$5 off each registration. Tandem riders team registration is \$30 and special 10K children's ride \$10 per child 12 years and younger. Children under 10 must be accompanied by an adult. Registrations postmarked after May 12 add \$5 to registration fee. **You may register online at** http://www.active.com/event_detail.cfm?event_id=1686045.

Rest Stops: Will be placed at 10-mile intervals and at the start-finish area. Porta-potties will be available at each of the rest stops, sag wagons will patrol all routes to assist riders as needed and District 3 Amateur Radio Emergency Services personnel will provide a communications safety net. In addition, there will be hydration stops between major rest stops on the longer routes for riders wanting to take a break, stretch and have a drink of water or sports drink.

Lodging: Motel lodging and RV spaces are available. Please contact Steve Almquist at (254) 386-3216 for lodging information. E-mail inquiries should be sent to fitnesscenter@hamiltonhospital.org

NO GOODY BAGS MAILED. NO REFUNDS. RIDE WILL BE HELD, RAIN OR SHINE.

--Please detach here--AND MAIL THIS ENTRY FORM AND CHECK OR MONEY ORDER TO
Hamilton Healthcare System, 400 North Brown, Hamilton, Texas 76531 Attention, Lee Ann Lee

Last name: _____ First Name: _____ Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone: (include area code): Home: _____ Work: _____ E-mail: _____

T-shirt size: ADULT: ___ Small ___ Medium ___ Large ___ XL ___ XXL

Length of ride: ___ 10K ___ 20 mile ___ 30 mile ___ 46 mile ___ 61 mile ___ 79 mile ___ tandem ___ child
(important – please specify)

THIS WAIVER OF CLAIM MUST BE SIGNED: In consideration of the acceptance of this registration entry, I, the undersigned, assume full and complete responsibility for any injury or accident which may occur during my participation in the Hamilton Hill-Aceous 100, and I hereby release and hold harmless the sponsor, promoters and all other persons and entities associated with this event, from all and any injury or damages, whether it be caused by myself or the negligence of the sponsor, promoters or any other persons associated with the event. This agreement may NOT be modified orally by any individual. I understand that a bicycle is a legal vehicle in the State of Texas, and that I must ride in a safe manner, consistent with state law, and wear an approved helmet.

SIGNATURE OF PARTICIPANT _____ DATE: _____
(Signature of parent required if rider is younger than 18)

PLEASE TELL US HOW YOU LEARNED ABOUT OUR EVENT
This mailout ___ Ride Web site ___ TX Bicycle Coalition ___ Local Newspaper ___ active.com ___ Local Bike Shop ___
E-mail ___ Other _____ (please specify)

Photocopies of this form are accepted and welcomed