



PROMISE COMMUNITY HEALTH CENTER

Sioux Center, IA

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

EMAIL: _____

PHONE: _____

ROUTES:

- Family Fun Ride (trail)
- 30-mile route (paved)
- 30-mile route (gravel)
- 65-mile route (paved)

Please include names, age, gender and T-shirt size for EACH participant.

NAME	Age	M/F	T-shirt size (circle)
			Adult (Men's): S M L XL 2XL Adult (Women's): S M L XL 2XL
			Adult (Men's): S M L XL 2XL Adult (Women's): S M L XL 2XL
			Adult (Men's): S M L XL 2XL Adult (Women's): S M L XL 2XL
			Adult (Men's): S M L XL 2XL Adult (Women's): S M L XL 2XL
			Adult (Men's): S M L XL 2XL Adult (Women's): S M L XL 2XL
			Adult (Men's): S M L XL 2XL Adult (Women's): S M L XL 2XL

FEES:

\$25 for 30-mile paved and gravel routes and 65-mile ride through May 24; \$35 after May 24. Family Fun Ride is free.

Total Amount Enclosed: _____

DROP OFF OR MAIL TO:

**Promise Community Health Center
338 1st Ave. NW
Sioux Center, IA 51250**