



Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Parish/group affiliation: \_\_\_\_\_

Phone number: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Emergency contact and phone number: \_\_\_\_\_

Shirt size: \_\_\_\_\_

Race: (Please circle)    33-mile    13-mile    3-mile

Total sponsor pledges: \_\_\_\_\_

Additional donation to Catholic Charities: \_\_\_\_\_

Additional donation to Catholic Campaign for Human Development: \_\_\_\_\_

**I release this organization from any liability for this event.**

**Signature:** \_\_\_\_\_

**If under 18 years old, signature of parent:** \_\_\_\_\_

Race fee is \$20 if registered on or before Nov. 12, 2008. Race day fee is \$25. All proceeds go to Catholic Charities and the Catholic Campaign for Human Development.

**Entries must be postmarked by Nov. 7, 2008 and received by Nov. 12, 2008.**  
Mail your registration form and entry fee payable to the Diocese of St. Petersburg.

Mail to:  
**Diocese of St. Petersburg**  
**c/o Sabrina Burton Shultz**  
**P.O. Box 40200**  
**St. Petersburg, FL 33743-0200**

Race packets will be available the morning of the race. Please note that Race shirts are guaranteed to the first 100 registrants. **This event will occur rain or shine. We reserve the right to cancel in extreme circumstances. In that event, there will be no refunds; rather, your entry fee will be used as a donation to Catholic Charities and the Catholic Campaign for Human Development.**

## Cycling Safety: The Rules of the Road

To have a safe ride, please read and abide by the following safety guidelines:

- Wear your helmet AT ALL TIMES while on your bike. This is mandatory.
- Ride on the right side of the lane, a few feet from the edge.
- Never ride more than two abreast.
- Never cross the center line while riding or passing.
- Yield to riders as they are trying to pass you. Be courteous.
- Pass on the left only.
- Avoid making sudden or erratic changes in direction.
- Call "rider back" or "rider up" to riders in front of you.
- Call out your intentions to riders immediately behind you, "slowing" "stopping"
- Give hand signals when stopping or turning.
- Point out road hazards and/or call out to riders behind you: "gravel," "hole," "tracks"
- Call out to riders that you are about to pass "on your left" or "good morning."
- Do not ride in a pace line or draft behind riders with whom you have not practiced riding.
- Never wear headphones while riding.
- Always ride defensively. Be aware of other riders, other vehicles and pedestrians near you - never assume you know what they are going to do.
- Use common sense and courtesy towards motorists and other cyclists while on your bike.
- Ride friendly and respect the areas that you ride through.
- Provide immediate adult supervision to bicycling minors (age 17 and under) in your care.

