

# ENTRY FORM

NAME(S):  PHONE:   
ADDRESS:  EMER. CONTACT/PHONE:   
CITY:  ST.  ZIP:  E-MAIL:

*Pick One*

FAMILY:  (Parent(s) & dependent(s) or  
1 Adult + riders 12 years & under)

BEFORE 5/14/11

General Registration \$40

BGLOB Club Members \$35

AFTER 5/14/11

General Registration \$45

SINGLE RIDER:

BEFORE 5/14/11

General Registration \$20

BGLOB Club Member \$15

Student Rate \$15

AFTER 5/14/11

General Registration \$25

*Fabulous  
Design*

T-Shirt: \$15 each - S  M  L  XL  XXL

Total:

## RELEASE OF ORGANIZERS & SPONSORS WAIVER

I hereby for myself, my heirs, executors, agents and administrators waive and release any and all rights and claims for damages that I may have against the Bowling Green League of Bicyclists and it's respective agents, representatives, successors and assignees for any and all injuries which may be suffered by me in connection with my participation in this event.

Signature of Riders(s):

Printed name of rider:

Signature of Parent or Guardian: (Riders under 18)

Printed name of responsible adult:

MAIL COMPLETE FORM TO: ←

Tour de Cave Bike Ride  
c/o Norma Henry  
1016 Blake Way  
Bowling Green, KY 42104

MAKE CHECKS PAYABLE TO: ●

Bowling Green League Of Bicyclists.  
T-Shirts guaranteed only for registration received  
Before 5/14/11.  
No refunds after 5/14/11

 **ALL RIDERS MUST WEAR A HELMET.**

EMAIL QUESTIONS & COMMENTS TO: [NORMA.HENRY@INSIGHTBB.COM](mailto:NORMA.HENRY@INSIGHTBB.COM)

# 2011 TOUR de NAT'S CAVE

 BIKE RIDE 

8,16,45,&70 MILE ROUTES

NAT'S OUTDOOR SPORTS  
BOWLING GREEN LEAGUE OF BICYCLISTS  
06.04.11-23<sup>RD</sup> ANNUAL

# COME ONE, COME ALL.

We have a route for you whether you're a veteran rider (you don't recall how long you've been riding) or just beginning to fall in love with your bike. Cruise the beautiful & scenic Kentucky countryside into Mammoth Cave National Park (45 & 70 mile routes only) and explore the beautiful back roads of Warren, Barren and Edmonson counties on the route of your choice.

## 8 & 16 MILE ROUTES

Perfect for families & less experienced cyclists, these routes traverse the gently rolling terrain of South Central Kentucky. These routes provide a great opportunity to experience cycling alongside ripe fields and cow filled pastures.

## 45 & 70 MILE ROUTES

Both the 45 and 70 mile routes are manageably hilly (fair warning) and take you through the beautiful Mammoth Cave National Park. The 70 mile route offers a great opportunity to test your legs over some of Kentucky's most beautiful backcountry roads. These routes are new as of last year and were very well received.

All routes are fully supported, with sag stops every 15-20 miles providing Gatorade, water, snacks, and words of encouragement (only if you're nice). Roving sag vehicles are also available for road support. All riders must wear a helmet and obey traffic and National Park laws. We want everyone to have a safe & enjoyable ride.

## SCHEDULE

REGISTRATION 7:30 - 8:15 AM - CDT  
MASS START FOR 45 & 70 - 8:15 AM - CDT  
MASS START FOR 8 & 16 - 8:30 AM - CDT

**START LOCATION:**  
OAKLAND ELEMENTARY SCHOOL - OAKLAND, KENTUCKY

## DIRECTIONS

From Louisville and Elizabethtown, take I-65 South to exit 38. Turn left off the exit ramp to Hwy 101. Take the first right onto Hwy 68/80. Go under the overpass, then right onto Church Street. Oakland Elementary School will be on the left.

From Bowling Green and Nashville, take I-65 North to exit 36. Turn left onto Hwy 68/80. Go under the overpass, then right onto Church Street. Oakland Elementary School will be on the left.

## REGISTRATION

Register online at [www.Active.Com](http://www.Active.Com) or simply fill out the form on the back of this brochure and mail it in. You can register the day of the event.

For additional information, contact  
Norma Henry - [norma.henry@insightbb.com](mailto:norma.henry@insightbb.com)

Or log onto [www.BGLOB.com](http://www.BGLOB.com)

## T-SHIRTS

Be sure to commemorate your ride with a Tour de Cave T-shirt. For just \$15 you can guarantee this classy design (featured below) is all yours. Shirts are guaranteed only for those who register before May 14, 2011.



## SPONSORED BY



**BGLOB**  
Bowling Green League of Bicyclists