



*Come out
and Ramble!*

2nd Annual Live Well Ferguson Twilight Ramble

Sunday, November 6, 2011
Tw-Night Triple Header

All rides start and finish at **Plaza at 501**
(501 S. Florissant Rd., Ferguson, MO 63135)

- 3:00pm ~ 1 mile ride ~ down Suburban and back / families and small kids
- 4:00pm ~ 5 mile ride ~ Ted Jones Trail / families and bigger kids
- 5:00pm ~ 15 mile ride ~ twilight loop around Ferguson / adults and teens
(this ride is in the dark ~ front and back lights required)

Helmets Required!
A limited number of helmets
will be provided for cyclists.

FREE!

Just show up and ride!

Free t-shirt for first 100 registrants!
Same-day registration available at Plaza at 501
Entertainment and refreshments for all!

Return to: Live Well Ferguson, 501 North Florissant Road, Ferguson, MO 63135

Registration Form

Name of Participant: _____
 Address: _____
 City: _____ State/Zip: _____
 Email: _____ (if you would like to be added to our email list)
 T-shirt Size: (circle one) Youth: S M L Adult: S M L XL XXL XXXL

Release and Indemnity Agreement

(Must be signed by participant or parent/guardian if under 18)

I, the undersigned Participant or the Parent of Guardian of the Minor Participant, realize there are dangers in outdoor activities and that mortal or serious personal injuries and property damage may occur. I assume full responsibility for the risk of personal injury, death and property damage due to the negligence or carelessness of parties released by this document. On my own behalf and on behalf of my heirs, personal representatives and assigns, I hereby release The City of Ferguson, Live Well Ferguson and all of their officers, directors, employees and volunteers ("the released parties") for all claims, or right to claim compensation for any loss or injury which I may sustain, or which may be sustained by the Minor Participant, as a result of negligence or carelessness or any cause whatsoever, whether loss or injury occurs while participating in, going to, or coming from such activity. Further, I agree to indemnify and hold the released parties harmless from any such claims or demands. I expressly agree that this release and indemnity agreement is intended to be broad and inclusive as permitted by the Laws of the State of Missouri and any other state in which such activities may occur, and that if any portion hereof is held invalid, the remainder shall continue in full force and effect. I agree to follow all rules of the road and traffic laws, whether they apply to cars, bicycles or pedestrians. I, as the Parent or Legal Guardian of the Minor Participant, agree to inform the Minor of rules of the road and traffic laws.

Participant/Parent/Guardian Signature: _____ Date: _____

For more information, visit www.livewellferguson.com or call (314) 521-4661

