

# ROTARY'S 8<sup>TH</sup> ANNUAL L.O.S.T. RIDE-RUN-WALK



PRESENTED BY  
OKEECHOBEE ROTARY

**MARCH 26, 2011**  
**BIKE RIDE 8:00 A.M.**  
**5K RUN/WALK 8:30 A.M.**

## WAIVER/RELEASE

I, for myself and anyone entitled to act in my behalf, including heirs and assigns, waive and relieve Okeechobee Rotary, corporate sponsors, cooperating organizations and any other parties connected with this event in any way together with their respective successors and assigns from all claims or liabilities of any kind arising out of my participation in the Rotary's LOST ride-Run-Walk ("the Event") even though such claim or liability may arise out of the negligence or carelessness on the part of any person named in this waiver. If I am riding a bike, I do hereby agree that I am physically capable of participating in this Event, that my bicycle and any other equipment I may use to participate in the Event is in working condition, that I will observe the applicable traffic and Event rules and that I will wear a helmet.

If I am running or walking, I do hereby agree that I am physically capable of participating in this Event.

I certify that I have read this waiver/release and understand its significance.

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

If under 18, signature of parent or guardian: \_\_\_\_\_

If under 18, name of accompanying parent or guardian: \_\_\_\_\_

Notice: Waivers/Releases of participants under the age of 18 must be signed by a parent or guardian. The participant must also be accompanied by a parent or guardian

Okeechobee Rotary Club  
401 N.W. 4th Street  
Okeechobee, FL 34974



# ROTARY'S L.O.S.T. RIDE-RUN-WALK

Come see and enjoy the magnificent vistas of Lake Okeechobee while you ride, run, or walk its scenic trail.

Designated as a segment of the Florida National Scenic Trail, this trail circles the second largest freshwater lake in the contiguous United States. Enjoy views ranging from scenic lakeside to working agricultural landscapes.

The area affords opportunities for viewing wildlife, particularly in fall and winter, when birds such as herons, egrets, and a variety of wintering waterfowl are abundant.

This even is designed for bicycle riders, runners, and walkers of all ages and skill levels, whether they prefer to speed along the winding trail and finish in record time, or take a more leisurely pace enjoying the wonderful scenery.

Bicyclists may choose to ride round-trip courses of 12, 20, 40, or 54 miles. Runners and walkers will follow a 5K course.

All courses begin and end at Scott Driver Boat ramp. Courses will be marked for the return lap.

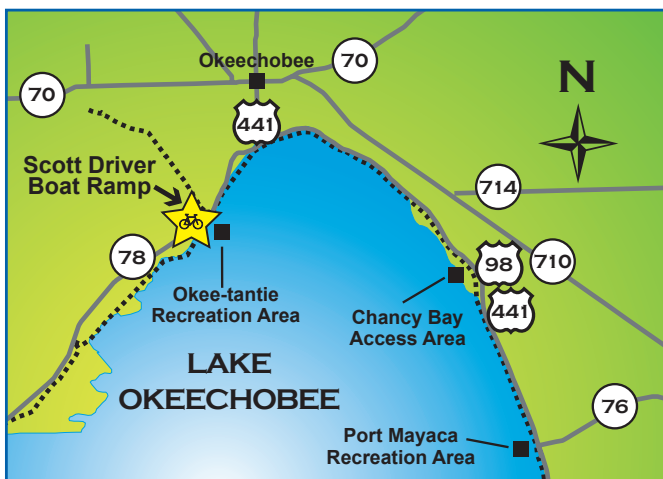
Refreshments and bathroom facilities will be provided.

Proceeds to fund local Rotary projects.

## DIRECTIONS

From Okeechobee: South on Hwy 441 to SR 78, West on Hwy 78 West, approximately 4 miles from the intersection of Hwy 441 & SR 78

From Indiantown: Northwest on SR 710 to SR 70 (33 miles). Turn West for 3 miles to Hwy 441; South on Hwy 441 to SR 78. West on SR 78, approximately 4 miles from the intersection of Hwy 441 & SR 78



# SIGN-IN AT THE SCOTT DRIVER BOAT RAMP

Registration from 7 a.m. to 8 a.m.

Pre-Registration received before February 28, 2011:

## Registration Package (Goodie bag & T-Shirt)

Adults	\$30.00
Children 10 & under	\$15.00
Children 5 & under	FREE

T-Shirts and Goodie Bags are guaranteed only to those whose forms are received by February 28, 2011. Extras may not be available the day of the event.

Send Registration To:  
Jim McInnes  
Farm Bureau Insurance Co.  
401 N.W. 4th Street  
Okeechobee, FL 34974  
Phone: 863-763-3101

Make checks payable to: Rotary's LOST Ride-Run-Walk

For more information visit

[www.OkeechobeeRotary.org](http://www.OkeechobeeRotary.org)

## SAFE CYCLING

- CERTIFIED BICYCLE HELMETS ARE MANDATORY. No exceptions will be made.
- NO HEADSETS MAY BE WORN. No exceptions will be made. It's not smart, it's not courteous, and it's not legal.
- "ON YOUR LEFT." In the interest of courtesy and safety, be aware of others and make them aware of you, especially as you pass.
- RIDERS, RUNNERS, WALKERS UNDER THE AGE OF 18 MUST BE ACCOMPANIED BY A PARENT OR GUARDIAN.
- ALL RIDERS, RUNNERS, WALKERS MUST SIGN A WAIVER / RELEASE TO PARTICIPATE IN THIS EVENT.
- NO PETS ALLOWED.
- FIREARMS AND FIREWORKS ARE PROHIBITED

### REGISTRATION FORM · ROTARY'S LOST RIDE-RUN-WALK

Last name (Please Print) \_\_\_\_\_ First \_\_\_\_\_ Date \_\_\_\_\_

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_ Telephone Number \_\_\_\_\_

Signature \_\_\_\_\_ Email \_\_\_\_\_

I will ride:  12 miles  20 miles  40 miles  54 miles

I will run/walk:  5K

T-Shirt Size:  Small  Medium  Large  X-Large  XX-Large

Amount Enclosed: \_\_\_\_\_

Participants under the age of 18 must be accompanied by parent or legal guardian. All riders, runners, and walkers must sign a waiver/release to participate in this event.

