



# 7th Annual Ride for Michael



to benefit

## Ocean's Harbor House



A SAFE HAVEN FOR HOMELESS AND RUNAWAY YOUTH

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

(732) 864-2111

**MAY 1, 2010**



**COME RIDE AND MEET MARK DOBIES!**

Star of *GUIDING LIGHT* and *ONE LIFE TO LIVE*

and *PRIME TIME TV*

**A Triathlete and Co-Owner of New 40 Fitness**



*A New Journey into Fitness and a Healthy Life Style – We Put "The Personal" back into "Personal Training"*

**JOIN US AND RIDE IN THE BEAUTY OF JACKSON, NJ IN SPRING AND REMEMBER MICHAEL**

|                        |  |
|------------------------|--|
| <b>ROUTES:</b>         | 10, 25 and 50 mile routes  |
| <b>LOCATION:</b>       | Start and end at Jackson Plaza Shopping Center, 260 North County Line Rd., Jackson, NJ 08527   |
| <b>STARTING TIMES:</b> | Day of event registration starts at 8:00 AM<br>Suggested departure times: 9:00 for 50 miles, 10:30 for 25 miles, & 11:30 for 10 miles  |
| <b>COST:</b>           | Pre-registration fee: \$30.00 (Deadline 4/11/2010). Same day registration fee: \$35.00<br>Commemorative T-shirt for pre-registered riders; Post-ride picnic from 11:30 – 1:30 PM |
| <b>SUPPORT:</b>        | Cue sheets with registration.<br>SAG stops on 50 mile route. Rovers will be on routes.   |

**ALL PARTICIPANTS MUST BE AT LEAST 18 YEARS OF AGE**

Applicant Form

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

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Route:  10 mile  25 mile  50 mile      Shirt Size:  S  M  L  XL  XXL

Fee: Early  \$30; Late  \$35 Additional contribution: \$ \_\_\_\_\_ I can't make ride, but wish to contribute: \$ \_\_\_\_\_

Mail completed application form and check made out to: Ocean's Harbor House Foundation to:

Ocean's Harbor House, Ride for Michael, 2445 Windsor Avenue, P.O. Box 622, Toms River, NJ 08754

**DEADLINE FOR PRE-REGISTRATION: April 11, 2010**

PARTICIPANT RELEASE – PLEASE READ BEFORE SIGNING

In consideration of the acceptance of my entry, I, the undersigned, do hereby, for myself, my heirs, executors, administrators or assigns, waive, release, and forever discharge any and all rights and claims I may have against Ocean's Harbor House, Inc., the Ocean's Harbor House Foundation, the officers, members, sponsors, and any other persons connected with the Ride for Michael, for any liability from any injury, illness, or death sustained as a result of my participation in any activities associated with this ride. I also agree to wear an ANSI-approved bicycle helmet while biking on the Ride for Michael. I understand that I must be at least 18 years of age to participate in the Ride for Michael.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_