Saturday, February 19, 2005



BIKE N HIKE **GIA**

S A V	E TIME AND HASSL	E: REGIST	FER EARLY!
TIME:	Entry and rider check-in opens 8:00. Closes at 9:00am. No exceptions! First rider 9:45am.		
LOCATION:	Vancouver Lake Park. Take 4th Plain West from I-5 (just North of Vancouver, WA);		
	Follow Lower River Road to the staging area in the park.		
CATEGORIES:	: 1/2; 3; 4/5; Women; JR Women 12-18; JR Men 12-15; 16-18;		
	Masters Men 30-39; 40-49; 50+; Masters Women 30-39; 40-49; 50+;		
	TANDEMS: Men, Women, Mixed (each rider pays fee) & Recumbents		
ENTRY FEE:	\$10 Each Rider. Fees include OBRA surcharges. Single Day License available on site.		
MAIL ENTEDS.	Make checks payable to B.B.C. ONLINE REGISTRATION TBA! BBC Jack Frost TT c/o Sunset Athletic Club, 13939 NW Cornell Road, Portland, OR 97229		
MAIL ENTRY: PRIZES:	Ribbons for first 3 places in each category.		
COURSE:	12.4 miles, out and back, nearly flat countryside. Start is at Vancouver Lake Park.		
COURSE.	Pavement varies: medium to rough.		
MISC.	An OBRA event. OBRA rules and helmet regulations apply to all participants!		
QUESTIONS:	Bring rollers or wind trainers to keep you close to the start and to cut down on congestion. Get your OBRA race numbers before the event. Have number and license with you. Pin number on right hip. See www.obra.org. Tim Wessels/503.282.0187 (tjwessels@email.msn.com) or Phil Sanders/503.649.4632		
Name			Category
Address			Age
City	State	e ZIP	Phone
OBRA#	USCF#	Club	
Signature of participant			Date
All Participants must sign release form at registration/check-in! Participants under 18 years of age must have Parent or Guardian sign release form! Promoted by Beaverton Bicycle Club			