Sunday, February 22, 2004



BIKE N HIKE **GIA**

RESERVE YOUR START TIME: PRE-REGISTER EARLY!

TIME:	Pre-register only: 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:	Pre-register only: \$10 Each Rider. Fees include OBRA surcharges.
	Single Day License available on site. Make checks payable to B.B.C.
MAIL ENTRY:	BBC Jack Frost TT c/o Sunset Athletic Club, 13939 NW Cornell Road, Portland, OR 97229
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.
	Pavement: "Excellent".
MISC.	An OBRA event. Helmet regulations apply to all participants! Promoters and officials reserve
	the right to combine categories. Please stay off the course. 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

QUESTIONS: Tim Wessels/503.282.0187 t_wessels@msn.com or Phil Sanders/503.649.4632 phil@bbcbike.com

Address				Category Age
City		State	ZIP	Phone
OBRA#	USCF#		Club	
Signature of participant				Date