

May Day Metric

A Spring Classic

Sunday May 6, 2012

Are you ready for a ride that will challenge your strength & stamina? The May Day Metric is a challenging recreational ride that is designed for the road cycling enthusiast. This supported ride has 3 route options; a challenging 50 miles, a hard 72 mile route, and an even harder 100+ mile route. The routes will guide you through the lesser traveled back roads, byways, and bike trails of the South Sound region. Both routes begin and end at Phil's South Side Cyclery in Federal Way. A portion of each registration fee and any residual funds & foods will be donated to our benefactors; **The Bicycle Alliance of Washington & The Orting Food Bank**. The mission of the Alliance is to give cyclists a voice in the legislative, planning, and educational processes. The Alliance works with cyclists, clubs, organizations, and governments to increase the freedom and safety of bicyclists statewide. The Orting Food Bank has become a vital resource for local families that have found themselves in need in these desperate times.

50 Mile "Ho Ho-ville" Route: Travel from Federal Way to Orting & back. 1,200 feet of descending {& climbing} as you pas through, Milton, Edgewood, Auburn, Sumner, Puyallup, and Orting.

72 Mile "Twinkie-Land" Route: Travel from Federal Way to Orting; once there push on to South Prairie, then Wilkeson and then back. 2,200 feet of descending {& climbing}.

100+ Mile "Ding Dong- Station" Mountain Route: Not for the faint of heart or soft in the butt. Travel from Federal Way to the Carbon River Entrance of Mount Rainier National Park and back.. Instead of turning around at Orting or Wilkeson you will continue to follow {& climb} the Carbon River Valley to its source. 100+ miles and 4,000 feet of descending {and climbing} as you ride the 100K route in addition to the Carbonado loop.

- Free Custom Cycling Socks Guaranteed to all Pre Registered Participants.
- Scrumptious **Hostess** snacks at well placed rest stops {every 20-25 miles}.
- Mechanical support and sag support for stranded {not tired} riders.
- Slice of Fresh Pie served at finish.
- Registration from 6:00 am – 9:30 am at Phil's South Side Cyclery.
- Course open from 6:30 am – 4:30 pm
- Scenic splendor and sense of accomplishment; Priceless.
- Print this form at www.MayDayMetric.com

Directions To Start: Phil's South Side Cyclery 2310 SW 336th St. Federal Way, 98023 I-5 to Exit #142B {348th St.} Go West on 348th. {go East & you're on Hwy 18} Cross Hwy 161 & 99 follow signs for King Co. Weyerhaeuser Aquatic Center. Cross 1st Ave. (at WinCo Foods) street is renamed SW Campus Drive. Pass Aquatic Center on R. & continue West to Light at 21st Ave SW (street becomes 336th St). Cross 21st Ave & after 100 yards turn Right at KFC into lot (Total distance from I-5 = 2.8 Miles)

Sponsored By...

Phil's South Side Cyclery – TrailSide Cyclery
–Johnnys Famous Bar & Grill – The Mountaineers Club

Another Team Tailwind Production **WWW.TeamTailwind.com**

For Information Contact Phil: 253-661-3903 or Philthebikemechanic@Gmail.com

May Day Metric

Registration

Prepare for the worst yet hope for the best. Ride your bike more & worry less!

Event Date = May 6, 2012

One form for each rider {Tandem requires 2 forms, Unicyclists ride for free!}.

Mail registrations to Phil's South Side Cyclery, 2310 SW 336th St. Federal Way, WA. 98023. Entry fee before 4-28-2012 is \$20 – After That It Is \$25

Helmets Required! NO HELMET = NO RIDE!! = NO DICE!!

Last Name: _____ **First Name:** _____ **Age** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____ **Phone** _____

E-Mail _____ **Sock Size:** S ___ M ___ L ___ XL ___

Emergency Contact Name _____ **And Tel. #** _____

_____ **\$20 Registration Fee If Postmarked by 4-28-2012 (No Refunds)**

_____ **\$25 After 4-28-2012** **Checks Payable to Phil's South Side Cyclery**

-----Liability Release Form Must Be Signed-----

I promise to have fun and a positive attitude. I promise to be courteous to the volunteers and the fellow participants. In consideration of the acceptance of this entry & by signing the release for myself {or for the participant if the participant is under age 18}; I agree to **RELEASE, HOLD HARMLESS, & INDEMNIFY** Phil's South Side Cyclery & all sponsors, advertisers, owners, & lessors of premises on which the activity takes place, their respective officers, agents, and members, & any other parties connected with the bicycle event for any injury, loss, and or damage suffered as a result of participation in the bicycle event or any activity associated with it; including injury, loss, or damage caused by the **Negligence** of any party.

I understand there are certain risks associated with bicycle riding, including the risk of serious personal injury, or death. I expressly agree to assume responsibility for all those risks. I understand the route chosen is challenging, not necessarily the safest route, & that weather conditions may make this ride more difficult. I warrant that I am in proper physical condition to participate in this event, that I am a sufficiently competent cyclist to handle all road conditions, & that my bicycle is in safe operating condition.

I understand that wearing a helmet can minimize head injuries which may occur in a cycling accident, & that **helmets are required to be worn at all times on the May Day Metric**. I agree to wear a helmet while participating in this event, & to follow the rules of the road, & all applicable laws & safe bicycling practices.

I understand that this release is also binding on my heirs and representatives. If I am signing on behalf of a minor, I accept full responsibility for all medical expenses incurred as a result of the minor's participation. I agree to **HOLD HARMLESS & INDEMNIFY** the entities named above for any claims brought on behalf of the minor.

I understand that failure to comply with said rules gives ride directors the authority to confiscate my bib#, expel me from the ride, & deny me rider services at any point on the course.

Signature of Participant _____ **Date** ___ / ___ /2012

Under 18 Participants

Parent-Guardian Signature _____ **Date** ___ / ___ /2012