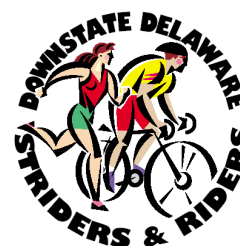


A leap from pond-
to-pond in central
and southern
Delaware.

Saturday
June 19, 2010



Sponsored by



WWW.DDSR.ORG

- Route** The course offers a unique look at the beautiful ponds of central and lower Delaware. Routes are mostly flat.
- Start & Finish** Check in starts at 7 AM. Both loops begin and end at Lake Forest High School, Felton, Delaware. The school is located south of Felton on Killens Pond Rd. with the high school on the right when heading east. Please go to www.ddsr.org for directions.
- Distance** Enjoy one of two rides. The 1/2 metric century (50k or 32 miles) or the full metric century (100k or about 63 miles).
- Registration** \$15 until June 14th, \$20 thereafter. Registration includes a water bottle, map, marked course, and food stops. Make checks payable to the Downstate Delaware Striders & Riders and mail to PO Box 1379, Dover, DE, 19903-1379. You can also register online at **Active.Com** or at **www.ddsr.org**. For more information please email **leapfrog2010@ddsr.org**. Helmets are required.
- Support** Well marked route, map, SAG vehicle, and water bottle. There are two rest stops for the full metric century ride, and one for the half metric century. Support starts at 8 AM and ends at 2:30 PM.

ENTRY FORM

WAIVER AND RELEASE OF LIABILITY:

I recognize that cycling a road event is potentially hazardous activity. I should not enter this cycling event unless I am medically able and properly trained. I assume all risks associated with cycling this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, extreme cold, the conditions of the road and traffic on the course, all such being known and appreciated by me. I do hereby agree that my bicycle and any other equipment I may use to participate in this event is in sound mechanical condition, that I will observe applicable traffic and event rules and that I will wear a helmet at all times while riding my bicycle. Having read this waiver and knowing these facts, and in consideration of your accepting my entry to participate in the Delaware Leap Frog, I for myself and anyone entitled to act on my behalf, waive and release The Downstate Delaware Striders & Riders, Lake Forest High School, the State of Delaware and the League of American Bicyclists, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I fully understand that I certify that I read this waiver and understand its significance.

Print Name: _____ Email: _____ @ _____

Address: _____
(Street or P.O. Box) City State Zip

Phone: () _____ Please Circle: 32Mile(50k) Ride 63Mile(100k) Ride

Signature: _____