

Saturday,
June 8, 2019
8:00 AM

Leap Frog Bicycle Tour

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



Route: The course offers a unique look at the beautiful ponds of central and southern Delaware. Enjoy mostly flat roads as you leap from pond-to-pond. Visit www.ddsr.org for cue sheets.

Start/Finish: Check in starts at 7:00 AM, at Lake Forest High School, 5407 Killens Pond Rd, Felton, DE 19943. When heading East on Killen's Pond Road the school is on the right. Visit 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: \$20 until June 2nd; \$25 thereafter. Online registration closes June 6th. Registration is open on the day of the event and includes cue sheet, marked course, and food stops. Make checks payable to: DDSR and mail to P.O. Box 1379, Dover, DE 19903-1379. Registration is also available online at Active.com or at www.ddsr.org. For more information, please email leapfrogtour@gmail.com. Helmets are required. ***Tech shirts for the first 100 registrants! Food available to purchase. Basket Raffle (full of cycling stuff) \$1 for one and 6 for \$5.***

Support: Well-marked route, cue sheet, and SAG support. There are two rest stops for the full metric century ride and one for the half metric century. Milton Rest Stop closes at 12:00 PM, Milford Rest Stop closes at 1:00 PM and Finish Area and SAG support close at 2:00 PM.

About DDSR: A group of runners and cyclists, of all abilities, in Kent County, Delaware. Club sponsored events benefit the DDSR Memorial Scholarship, and donations to many organizations to include Adopt-a-Family, Adopt-A-Student and Give a Kid a Chance.

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

T-shirt Size: S M L XL

Signature: _____

(Signature of parent or guardian if entrant is under 18)

DDSR Scholarship Donations: ____\$10 ____\$25 ____\$50 ____\$100 (registration fee waived) Other \$ _____

Emergency Contact Name and Number: _____

Signature: _____

(Signature required by all participants. Signature required by guardian if entrant is under 18)