



Sunday, June 2, 2019

Multiple events to choose from. Pick your event:

- Omaha Bike – recreational bike ride – 3 routes – something for everyone – a 9 mile, 15 mile, 43 mile
- Midwest Gran Fondo – Timed bike ride – 43 miles
- Omaha Run – 5K run
- Omaha Biathlon – 25 mile timed bike ride and then a 5K timed run

* All entries include tickets to the Taste of Omaha

Start / Finish Line – Lewis & Clark Landing Parking lot, 345 Riverfront Dr. Omaha, NE

Then Party & Enjoy the Taste of Omaha!

Schedule of Events:

8 am - 9 am: Late registration / Athlete check-in

9:25 am: Event Briefing

9:30 am: Start time for Timed Events: Midwest Gran Fondo, Biathlon, & 5K Run

9:45 am: Start time for 9, 15 & 43 mile Bike rides

Carter Lake (CL) Route - 9 miles

This short morning ride beckons you with its beauty. On the extremely flat and scenic route, riders cross the Nebraska/Iowa border into Carter Lake Park and then return to the Lewis & Clark Landing Parking lot.

Viking Park (VP) Route - 15 miles

Amid beautiful scenery, cyclists will ride where historical trails and memories were made. The tour takes you through scenic Carter Lake Park and along the Pershing Drive before turning around at Viking Park (located by the OPPD plant).

Ft. Atkinson (FTA) Route - 43 miles

The longest, most challenging tour features lake and river valley scenery, beautiful Boyer Chute, rolling hills, and a stop at the first military fort established on the Missouri River, Ft. Atkinson.

Ft. Atkinson is the turn around and then one travels through the historic city of Ft. Calhoun. The course returns on the Omaha Trace Road to the Lewis & Clark Landing Parking lot.

Each Open Division Rider Will Receive:

- 1 Sheet of 8 tickets for the Taste of Omaha (\$5.00 Value)
- Full SAG support provided by Bike Way, GreenStreet Cycles, & Olympia Cycle
- Food and water along the route
- Finish line celebration

*** All new cycling jersey & shorts ***
-only \$50.00 each

see our website: www.showofficeonline.com
to order and for more information.



T-Shirts will be Sold Separately – You can purchase T-Shirts for Only \$10.00.

Welcome To Omaha's, Nebraska's and the Midwest's premier event for the Biking Season!

You will have a great time riding along with cycling enthusiasts eager to expand our community's trails system.

The Bike Ride has three tours offering something for riders of all abilities -- short, flat stretches over smooth roads to longer, hilly rides, with a great blend of urban maneuvering and rural challenge.

- If you are interested in entering a Club team, please call the Omaha Bike Office and request the Club Registration Packet or see the website www.omahabike.info. / Omaha Bike Trophies are awarded to the largest Club.
- Club category. A club can be a company or group. All riders complete individual open registration form. The team captain sends in registration forms & fees. Same fees as Individual Registration. See Website or call for more information.

- ALL NEW- For a donation or Sponsor Fee of \$500.00 All employees & family members (spouse & children) of a company can ride for FREE. (Tickets, T-Shirts, Jerseys & Shorts Are Separate.)

RULES FOR ALL RIDERS

Participants must:

To participate in the Omaha Bike Ride, 5K Run, Midwest Gran Fondo or compete in the Omaha Biathlon:

1. Complete the Registration form. Can also register online - www.omahabike.info
2. Enclose correct fee per entrant and mail before May 3rd, 2019. There is a \$10 late registration fee if you register after May 3rd, 2019.
3. Review this brochure which describes all the aspects of the event. If you have any questions, please call 402-346-8003, see our Website (www.omahabike.info) or write:

OMAHA BIKE
7015 SPRING STREET
OMAHA, NE 68106-3518

- wear an ANSI or SNELL approved helmet
- carry at least one water bottle
- obey all state, county and city traffic laws.
- not ride abreast
- follow the designated route for the tour of their choice
- complete tour by 2:00 p.m. to ensure SAG support

About Eastern Nebraska Trails Network

The Omaha Bike's donations will go to benefit:

Eastern Nebraska Trails Network (ENTN), in cooperation with the Nebraska Trails Foundation 501(c)(3) tax-deductible corporation, was formed in April 1992.

ENTN advocates and supports the development of multi-use trails throughout the Omaha and surrounding areas.

See website for more information:

www.omahabike.info

www.omahabiathlon.com * www.midwestgranfondo.com



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EVENT REGISTRATION FORM

(Can register on-line also.)

(attach additional sheets if needed)

Circle activity - Select one activity & route for Sunday

5KRun Biathlon Gran Fondo Bike Ride * 9mi 15mi 43mi
("CL"-9 Carter Lake; "VP"-15 Viking Park; "FTA"-43 Fort Atkinson)

First & Last Name: _____

Address _____

City/State/Zip _____

Phone(H) _____ (O) _____

Email _____

(Male ___ Female ___ Age on Event Day ___ -for Categories)

Compute Fee:

Omaha Bike Ride-9, 15 or 43 mi \$25 : \$ _____

5K Run \$25 : \$ _____

Midwest Gran Fondo -timed ride \$35 : \$ _____

Omaha Biathlon \$45 : \$ _____

SUBTOTAL \$ _____

Discount of \$10.00 for Active or retired

Military (have to show ID at check-in) - \$10 : \$ _____

Buy T-Shirts: +\$10: \$ _____

#S _____ #M _____ #L _____ #XL _____ #XXL _____

Add \$3 (For each XXL T-Shirt) + \$3 : \$ _____

Add \$10 (For each person after May 3, 2019) + \$10 : \$ _____

TOTAL REGISTRATION FEE \$ _____

(Make Checks payable to Omaha Bike)

RELEASE FORM

(each participant must complete and sign)

In consideration of the acceptance for entry in the above event, I hereby freely agree to and make the following contractual representations and agreements:

For the Bike Ride I agree to wear a helmet while riding in this event.

I fully realize the dangers of participating in a run, Gran Fondo, Biathlon or bicycle event and fully assume the risks associated with such participation including by way of example: the dangers of collision with pedestrians, vehicles, other participants and fixed or moving objects; the dangers arising from surface hazards, equipment failure, inadequate safety equipment and weather conditions; and the possibility of serious physical and/or mental trauma or injury associated with the Omaha Bike-Run Events.

I hereby waive, release and discharge for myself, my heirs, executors, administrators, legal representative, assigns, and successors in interest (hereinafter collectively "successors") any and all rights which I have or which may hereafter accrue to me against the sponsors of this event, the Eastern Nebraska Trails Network and any promoting organization(s), property owners, law enforcement agencies, all public entities, special districts, and properties (and their respective agents, officials, and employees), through or by which the events will be held for any and all damages which may be sustained by me directly or indirectly in connection with the event, or travel to or return from the event.

I agree it is my sole responsibility to be familiar with the event course, and any special rules and regulations of the event. I understand and agree that situations may arise during the event which may be beyond the immediate control of the event officials or organizers, and I must continually walk, run or ride so as to neither endanger myself nor others. I accept responsibility for the condition and adequacy of my equipment. I will wear a helmet for the bike ride which can protect against serious head injury, and assume all responsibility and liability for the selection of such a helmet. I have no physical or medical condition which, to my knowledge, would endanger myself or others if I participate in this event, or would interfere with my ability to participate in this event. I agree, for myself and successors, that the above representations are contractually binding, and are not mere recitals, and that should I or my successors assert my claim in contravention of this agreement, I or my successors shall be liable for the expenses (including legal fees) incurred by the other party or parties in defending. This agreement may not be modified orally, and a waiver of any provision shall not be construed as a modification of any other provision herein or as a consent to any other provision herein or as a consent to any subsequent waiver or modification.

EMERGENCY CONTACT INFORMATION:

Contact's Name _____

Address _____

City/State/Zip _____

Phone(H) _____ (O) _____

PARTICIPANT'S SIGNATURE _____

Date _____

Age(if under 19) _____ Parent or Guardian must sign below.

PARENT OR GUARDIAN OF A MINOR: I, as a parent or guardian of the above named minor, hereby give my permission for my child, or ward, to participate in the event, and further agree individually and on behalf of my child, or ward, to the terms of the above.

Signature of Parent or Guardian _____

Date _____

Thanks to Our Sponsors of the Omaha Bike Events Sunday, June 2, 2019



MIDWEST GRAN FONDO



Greater Omaha Sports Committee, Corporate Cycling Challenge, Greenstreet Cycles, Olympia Cycle, Pepsi - Gatorade, SoBe, Aquafina, Ocean Spray, Eastern Nebraska Trails Network (ENTN)

