

For many people, staying healthy is an important part of life.

However, it's often difficult to find the time to exercise, much less the motivation. That's why the Food Bank RGV is excited to present the Ride Against Hunger 2010. The Food Bank RGV invites cyclists, runners and walkers of all ages and experience to have the opportunity to get together for fun, health, and most importantly, to feed the hungry here at home. All proceeds will go toward feeding hungry families here in the Rio Grande Valley. For more information about the Food Bank RGV or Ride Against Hunger please visit:

[www.foodbankrgv.com](http://www.foodbankrgv.com)

Food Bank RGV  
Ride Against Hunger  
P.O. Box 6251  
McAllen, TX 78502



Food Bank RGV presents  
**Ride Against Hunger**  
2010

**May 29th,**  
**2010**

*At Sharyland Plantation*  
**25, Sports Park 40, &**  
**60 mile**  
**bike tour**

Food Bank RGV, Inc.  
[www.foodbankrgv.com](http://www.foodbankrgv.com)  
(956)682-8101  
For more information contact  
Karen Featherston at  
[karenf@foodbankrgv.com](mailto:karenf@foodbankrgv.com)



# Schedule

**6:30 a.m.**

Registration & Packet Pick-Up

**7:45 a.m.**

60 Mile Riders Leave

**8:00 a.m.**

25 & 40 Mile Riders Leave

**9:00 a.m.**

5 mile walk/run

**11:00 a.m.**

After Ride Meal

We welcome  
**SPONSORS!**

If you are interested in sponsoring Ride Against Hunger or would like more information please call Karen Featherston at (956) 682-8101 or email her at [karenf@foodbankrgv.com](mailto:karenf@foodbankrgv.com).



# The Legal Stuff

## READ CAREFULLY BEFORE SIGNING.

In consideration of the acceptance of the registration entry, I, the undersigned, assume full and complete responsibility for any injury or accident, which may occur during my participation in the Ride Against Hunger or while I am on the premises of the event. I hereby release and hold harmless the sponsors, promoter, and all other persons and entities associated with the event or otherwise. I acknowledge that I am familiar with the dangers involved in participating in such an event, that there may be defects in the riding surface or other permanent obstacles which I must be careful to avoid. I also recognize that there may be vehicular traffic along the course. I understand that a bicycle is a legal vehicle in the State of Texas and that I must ride in a legal and safe manner. I (for yourself and for anyone claiming or holding by, through, or under you) agree to pay all charges when due and INDEMNIFY and HOLD THE CITY OF MISSION, HUNT VALLEY DEVELOPMENT I, LLC, ITS SUBSIDIARIES AND AFFILIATES, and THEIR DIRECTORS, OFFICERS, EMPLOYEES, AND VOLUNTEERS HARMLESS from any damages (including attorney fees) resulting directly or indirectly from my participation in the Ride Against Hunger or use of services in conjunction with the bike ride or my violation of this agreement.

**RIDERS MUST SIGN registration form. (If rider is under 18, parent or guardian must also sign the registration.)**

**Disclaimer Signature:** \_\_\_\_\_

# The Rules

By law and for your safety and protection, you must abide by all traffic laws throughout the ride. **FOR YOUR SAFETY AN APPROVED HELMET MUST BE WORN.** If at any point our medical personnel determine that you should not continue, you will be detained and/or returned to the start/finish in a SAG vehicle. Water will be provided to registered riders. First aid kits will be available at all rest stops and at the start/finish. SAG vehicles and repair vehicles will patrol all routes to help with mechanical troubles or to return riders with problems to the start/finish. **Be prepared to handle your own flat tires and minor problems. No musical devices (mp3/ipods/etc.) are permitted on bike or 5K course.**

# Registration

**Name** \_\_\_\_\_

**Riding Distance (circle one):**

25 Mile 40 Mile 60 Mile

5K Walk/Run

**T-shirt Size (circle one):**

*T-Shirts only guaranteed to pre-registered participants*

**S M L XL XXL**

**Address:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

**City, State &**

**Zip:** \_\_\_\_\_

**E-mail address:** \_\_\_\_\_

**Ride Against Hunger Jersey (\$75)**

**S M L XL**

Registration Fee: \$ \_\_\_\_\_

RAH Jersey: \$ \_\_\_\_\_

= Total: \$ \_\_\_\_\_

Early Registration ends May 7, 2010

\$20 per person

After May 7, 2010 - \$25 per person

**Kids 12 and under \$10 or bring a canned good for donation.**

Please make checks payable to:

**Food Bank RGV, P.O. Box 6251,  
McAllen, Texas 78502**