

## Be a Fundraiser!!

Ask your family and friends to sponsor your ride! For every \$25 your raise, your name goes in a drawing two win prizes. Raise over \$150 and you will receive one of our 2019 Jerseys!

[www.ridelifecycle.org](http://www.ridelifecycle.org)



2018 Jersey Shown. 2019 Coming Soon!

Non Profit Org  
US Postage  
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Permit No. 217  
Shreveport, LA

 heart of hope  
a sanctuary for women  
10420 Heart of Hope Way  
Keithville, LA 71047  
318.925.4663  
[www.heartofhopeministry.org](http://www.heartofhopeministry.org)

The little ride  
with a **BIG** heart

Heart of Hope  
**LifeCycle**  
2019



heart of hope  
a sanctuary for women

**Saturday**  
**June 1, 2019**

[www.ridelifecycle.org](http://www.ridelifecycle.org)

# Heart of Hope LifeCycle 2019

## Event:

Heart of Hope LifeCycle is a community friendly bike tour for cyclists of every skill-level and age. We offer a challenging event for both the Lycra loving, hard-core cyclists, but also a fun and non-intimidating event for leisure cyclists and families. Our goal is to encourage cycling and fitness in the region while educating our kids on cycling safety. Five routes are offered with beautiful country scenery including Caddo and Desoto Parish. Registration includes Pre-ride donuts/coffee/juice, snacks, fully stocked rest stops, lunch, door prizes, Kids' Fun Area, and sponsor expo.

## How You Can Help:

Your registration and the donations you raise will help provide hope and a future for young women facing an unplanned pregnancy. Be a fundraiser! Every \$25 you raise your name gets in a drawing for prizes. Raise over \$150 and you get a 2019 LifeCycle jersey. See event website for more details to help you raise contributions for this great cause.

## Sponsors/Volunteers:

Thank you to all of the individuals and businesses who are making this benefit tour possible. Please see our website and Facebook page as sponsors are added. Contact us if you would like more information on how to sponsor Heart of Hope LifeCycle. Also, if you would like to sign up to volunteer, please see our website for available volunteer opportunities and times.

## Rest stops/SAG vehicles:

Various sponsors will provide friendly, fully stocked rest stops and SAG vehicles for all routes.

## \*\*Required for Safety\*\*

All cyclists are required to wear helmets and NO headphones are allowed for your safety.

**Date:** Saturday, June 1, 2019

## Schedule:

6:30am - Registration/check-in  
7:30 Start Time - 14, 26, 48, & 62  
9:00am 5 mile Family Fun Ride Start  
10:30am - Post Ride Party/Lunch

## Routes:

5 mile Family Fun Ride  
14 mile Family Fun Ride  
26 mile route  
48 mile route  
62 mile route

## Where:

Heart of Hope  
10420 Heart of Hope Way  
Keithville, LA 71047 \*Note use 10420 Grawood School Rd  
for some GPS systems

## Entry fees:

\$35 early registration Jan 1 - March 15  
\$40 registration March 15 -May 30  
\$45 late registration May 31 - June1  
\$10 youth (3-12) with adult registration

\*Swag Bag guaranteed to the first 350 registrations

\*\*Registration is non-refundable\*\*

## Tour packet pick-up:

Packet Pick Up May 25 at River City Cycling & CarbLoad

## Carb-Load

Rev's Pizza, 6301 Line Ave, Shreveport  
Friday, May 31st @ 5:30pm -8:30pm

## Register by mail:

10420 Heart of Hope Way  
Keithville, LA 71047

Make checks payable to: **Heart of Hope**

## Register online:

\*Online registration will close May 28th @ midnight

[www.ridelifecycle.org](http://www.ridelifecycle.org)



## Event Registration Form...

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Email: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone#: \_\_\_\_\_

Cell#: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Route distance: \_\_\_\_\_ Team: \_\_\_\_\_

Emergency Contact : \_\_\_\_\_

Emergency Contact phone#: \_\_\_\_\_

Emergency Contact relationship: \_\_\_\_\_

T-Shirt size:(circle one)

Adult: S M L XL XXL

Youth: S M L

**Waiver:** I hereby certify the following: (1) I represent and warrant that I have been advised to consult my doctor about whether I can safely participate in this program and whether there are precautions or limitations to my participation. (2) I understand and agree that there are inherent risks, both foreseeable and unpredictable, associated with any exercise activity. I agree to assume and accept full responsibility in spite of and with full knowledge of these risks. My participation in this activity is purely voluntary. I hereby fully agree and hold harmless Heart of Hope and all of its directors, employees, or volunteers, any sponsoring organization, together with their insurers, of and from any and all liability, claims, damages or causes of action for any reason, including, without limiting the generality of the following, death, bodily injury, property damage or any other loss or inconvenience whatsoever, suffered by me at any time hereafter occurring as a result of my voluntary participation in Heart of Hope LifeCycle 2019. I do hereby, for myself, my heirs, executors and administrators, fully waive, release and forever discharge any and all rights and claims for damages that I may have or that may hereafter accrue to me arising out of or in any way connected with my participation in this or any future programs. (3) I hereby consent that all interview, press interview, photographs (including photos taken by Winston Photography), contact information, films, television and radio for the purpose of public and private release, showing or reproduction for public relations or marketing may be used by Heart of Hope without further consideration from me. I also understand that all donations to Heart of Hope are non-refundable and non-transferable. (4) I hereby certify that I am at least 18 years of age or older. Participants less than 18 years old must have a parent/guardian present at the event who has signed the release form giving permission to ride.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_