



SCHEDULE

REGISTRATION OPEN

Adult Registration \$85 (\$95 After June 10th) - Family Ride \$45 (adult \$25 (children under 12) - 2010 Event jersey Pre-order available \$69.

Fundraising Donations Open -

Raise \$250 receive the 2010 Event Jersey, Top fundraiser's receive exclusive fundraiser jersey.

JUNE 10TH

LATE REGISTRATION

Registration increases to \$95.

JUNE 12TH

RIDE DAY

Bring Online Confirmation & Waiver to Event Location: Bandimere Speedway:
3051 South Rooney Road Morrison, CO 80465

5:30AM-9:30AM

CHECK IN/REGISTRATION

Riders arrive at Bandimere Speedway (Free Parking), Pick up Rider packet, complimentary T-shirt, SWAG bag, and ticket to Post-Ride Celebration.

BREAKFAST

Corner Bakery Will be serving Breakfast from 5:30am-7:30am.

6:00AM

GRAND START

Metric Century & Shorter Training Route Riders Depart.

9:00AM

FAMILIES DEPARTURE

Families Riding the 8 or 16 Mile Route Depart.

11:30AM-2:30PM

POST-RIDE CELEBRATION

Live Music, Lunch, & Giveaways!

2010 Healing Wheels Tour

Benefiting the Inner City Health Center

Come Ride With Us June 12th

Welcome to the 2nd Annual Healing Wheels Tour for 2010. We hope to see all of those who made it last year back again as well as some new faces to help support a great local charity. Not only is this ride a great way to support a local charity but it's a great early ride perfect if you're training for those later season mountain rides!

The Healing Wheels Tour is a charity cycling event to benefit Inner City Health Center, a non-profit clinic providing medical and dental services to the uninsured and underinsured population of Metro Denver. Riders will experience 100 Kilometers (62 miles--a "Metric Century") of scenic and challenging riding through and around Front Range landmarks and mountain towns, including Dinosaur Ridge, Red Rocks Park, Idledale, Kittridge and the Brook Forest Inn. The total elevation gain for the course is nearly 5,000 feet--the perfect training ride for this summer's later high mountain road cycling events.

We would love to have you ride with us. Please forward the information to all your cycling friends. The success of this 2nd annual ride depends on getting the word out- please help us. Thanks!

METRIC CENTURY ROUTE

100 Kilometers (62 Miles)

This route is a challenging and scenic ride through and around the front range. Riders will pass by landmarks and mountain towns, including Dinosaur Ridge, Red Rocks Park, Idledale, Kitteridge and Evergreen Lake. This route also includes notable climbs past the Brook Forest Inn and (if up to the challenge) over High Drive before returning to the after-ride party at Bandimere Speedway. The total elevation gain for this route is nearly 5,000 feet - the perfect training ride for this Summer's later high-mountain events.

SHORTER TRAINING ROUTE

53 miles

This route begins the same as the Metric Century Route, but has an exit point - making it 53 miles. This route is still very challenging and a leg-burning training route for any level of rider.

STAGECOACH LOOP

70 Kilometers (43 miles)

The riders leave Bandimere Speedway up Rooney Road to Red Rocks Park, then travel up Bear Creek Canyon to Evergreen, passing alongside the east side of Evergreen Lake before turning up a short steep climb to Stagecoach Road. The ride then continues east to the high point of the course at Elk Meadows Park where riders can refuel before they descend down to Evergreen Parkway. They follow the service road south along the parkway back to Evergreen Lake and return to the finish at Bandimere Speedway, going up through Red Rocks Park again. The total elevation gain for this route is 2,800 feet- a great way to warm up for a later season ride in the foothills.

FAMILY ROUTES

8 or 16 miles

All ages are welcome to ride this casual tour through Bear Creek Lake Park. This is a fun and safe ride and is designed to introduce your family to the world of cycling.

Contact Information

Healing Wheels
Inner City Health Center
3800 York Street
Denver, Co 80205
info@healingwheelstour.com

Telephone: 720-833-5090

Fax: 720.833.5072

June 12, 2010 Ride Location:

Bandimere Speedway
3051 South Rooney Road
Morrison, CO 80465

Healing Wheels Tour Merchandise

Along with a great ride for a great cause, riders will receive:

- An 2010 Healing Wheels T-Shirt
- A ticket to the post-ride celebration
- A bag of SWAG from our sponsors

Riders can purchase additional T-Shirts and the Official “2010 Healing Wheels Tour Jersey”

- Products can be purchased at registration.
- Additional T-Shirts \$10.00
- Jersey \$69

Be A Healing Wheels Hero

Help Support Our Cause!

Donate or raise \$250* and receive the 2010 Healing Wheels Event Jersey.

Donate or raise \$1000* and become a Healing Wheels Hero.

Healing Wheels Heroes will receive a special jersey and registration to next years event.

About ICHC

There is more than one way you can help Inner City Health Center continue to provide health care to uninsured and underserved individuals and families.

Through the generosity of supporters just like you, our patients have a place they can call their 'health care home'.

Your donation will make a difference:

\$35- - Gives a child one teeth cleaning. ICHC sees approximately 250 children under the age of 11 for dental visits each year at our satellite dental clinic (New Hope).

\$82 - Allows a patient to receive a Unilateral or Screening Mammogram. Last year 232 mammograms were performed by several of our partnering organizations.

\$114 - Covers the cost of a child physical. During this exam children receive diagnostic and preventative care, necessary immunizations and health education.

\$170 - Underwrites an adult dental filling.

\$800 - Covers the cost of ICHC's Prenatal Global Care. Through a partnership and collaboration with St. Anthony's Family Residency Program expectant mothers receive prenatal exams, ultrasounds, labs and the delivery of their child at St. Anthony's Hospital.

For details go to www.healingwheelstour.com/help.html

To donate got to <http://www.active.com/donate/InnerCityHealth> and either sign up to raise funds or directly contribute.

You can invite your friends to contribute to reach your fundraising goals.

*Contributions of \$250 will only be eligible to receive an event jersey if it does not go towards another contributors fundraising account.

Healing Wheels Tour Rider Waiver:

name

address

City, State, and Zip

Home Phone

Work Phone

Email

Age: _____

To participate in the Healing Wheels Tour, the following must be read and signed/accepted:

Safe & Considerate Riding Agreement:

Riding safely and considerately is vital to the safety and enjoyment for all the riders. The future of cycling events, like this one, depends on your cooperation in the following safe cycle practices. I therefore agree to ride single file except to pass when possible, wear a helmet at all times while riding, ride as far to the right side of the road as practical, always carry personal identification, and obey all traffic regulations, signs and lights.

Release and Waiver Statement:

In consideration of the acceptance of my entry, I, the undersigned participant, for myself, my family member, heirs, administrators, personal representatives, successors and assigns hereby full release, discharge and hold harmless Inner City Health Center, the Healing Wheels Tour, and Jefferson County, together with any sponsors, owners, motor vehicle operators, officers, directors, employees, volunteers and agents of any of the foregoing persons or entities, from any and all liability, whether resulting from negligence of any aspect of the Inner City Health Center or the Healing Wheels tour, whether a pre-ride activity, a post-ride activity or the ride itself. I also expressly covenant with the aforementioned persons and entities not to sue any such persons and entities for any such activity, including the negligence of any such persons or entities.

Signature: _____ Date: _____

(parent or guardian if under 18)