



## Registration Form

### **Tour de Health Saturday, October 23<sup>rd</sup>, 2010 Grove Winery Gibsonville, NC**

#### **Metric Century, ½ Century & 15-mile rides**

A cycling tour of the beautiful farm and wine country of Eastern Guilford County, NC followed by lunch, a glass of wine, and musical entertainment.

#### **Door prizes--Souvenir Wine glass--SAG support--Great rest stops**

Registration fee: \$40 before 9/15/10 & \$50 after 9/15/10. Discounts for groups of 10 or more & children under 6. For guests who do not want to ride but would like lunch, fee is \$20. For more information, call 336-478-9626. Or contact [gethealthyguilford@ymcagreensboro.org](mailto:gethealthyguilford@ymcagreensboro.org).

*Get ready to ride again!*

*To register, return this form with your payment to:*

*Get Healthy Guilford, Bryan YMCA, 501 W. Market St., Greensboro, NC 27401. CONFIRMATION will be sent to your email or mail address within 10 days of receipt.*

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Name

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Address

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Telephone (H)

(M)

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email address

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Twitter

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Facebook

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Linked in

I will ride:     100k             50k             15 mile             Lunch only

Amount enclosed (check or money order please): \$ \_\_\_\_\_