

Sunday, September 30, 2018

**7:00 am
Registration Opens**

**8:00 am
Bike Tour Starts**

**Tour starts and finishes at
The Club at Woodbridge
585 Main Street
Woodbridge, NJ 07095**

3 Rest Stops

Water • Bagels • Fruit • Snacks

Please note, while this is a recreational tour, it does include some hills and the 30 mile length is a substantial distance that may not be appropriate for very new cyclists need to maintain an average pace of at least 8-12 miles per hour in order to complete the tour in the allotted time.

**Breakfast at completion
of race.**

Sponsored by Wegman's.

Tour de Woodbridge BIKE TOUR

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ENTRY FORM

Name _____

Address _____

City _____

State ____ Zip _____

Email _____

DOB _____ Age on 9/30/18 _____

15 mile ____ or 30 mile ____

T Shirt Size S __ M __ L __ XL __

In consideration of the acceptance of my entry, I on behalf of myself, my heirs, executors, administrators, and assignees, hereby release myself and discharge, The Club at Woodbridge, the tour sponsors, the Township of Woodbridge, and its employees, officials, volunteers and all other sponsors or beneficiaries and their representatives, successors and assignees for all claims for damages and causes of action arising from or out of my participation in the "Tour de Woodbridge Bike Tour". I attest that I am physically fit and that my condition has been verified by a physician. I am aware that the medical support for this event will be volunteer medical personnel who will be prepared to administer First Aid assistance only. I hereby grant permission to the Township of Woodbridge and any other sponsors of this event to use all information submitted in this application and any record of this tour containing my likeness for any purpose whatsoever, including but not limited to pre-event publicity. I hereby certify that I read all the terms and conditions of this release and intend to be legally bound hereby.

Signature _____
(Parents signature required if under age 18)

Amount Enclosed _____

THIS ENTRY FORM MAY BE DUPLICATED

- Tour will take place rain or shine
- T-shirts guaranteed to all pre-registered cyclists prior to September 23th (Late entries while supplies last)

- Bike repair assistance at the start

**• Ages 12 and over
HELMETS ARE MANDATORY**

FOR INFORMATION/
IN PERSON REGISTRATION

**Tour Director/
Jeff Marmelstein**
jeffmarm64@gmail.com
The Club at Woodbridge
585 Main Street
Woodbridge, NJ 07095
732-634-5000 EXT-141

Course Bike Maintenance
Courtesy of:
Howie at Jerry & Stans Bicycle Shop
3 Tracy Drive
Fords, NJ 08863
732-225-1670

TO REGISTER:
Mail this form and payment to
The Club at Woodbridge
585 Main Street
Woodbridge, NJ 07095
or go to
www.racerooster.com/18981
ATT: Bike Tour
Checks made out to:
Mayor's Council On Physical
Fitness & Sports (MCPF&S)

**Fee: \$25.00/Person
Pre-Registered
\$30.00 Day of Tour**

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A very special thanks to our supporters...

ROCHE
PODIATRY
GROUP
Medicine & Surgery of
The Foot & Ankle

the Club at
WOODBRIDGE
Health & Fitness Center
585 Main Street 634-5000

**Advanced Orthopedics &
Sports Medicine Center**
Dr. Gregory Lane & Nader Kasim
1907 Oak Tree Road #204
Edison, NJ
732-548-7332

Jerry & Stans
Bicycle Shop
3 Tracy Drive
Fords, NJ 08863
732-225-1670

Anthony J Chiaramida, MD
Corner of Amboy & Main
Metuchen



James P. Nolan
Attorney at Law
61 Green Street
Woodbridge, NJ
732-636-3344



11th Annual Tour de Woodbridge Bike Tour

Sunday, September 30, 2018
30 or 15 Miles



Portion of the ride will be going to Girl Scouts!



Hosted By
Mayor John E. McCormac
& The Mayor's Wellness Campaign