

Safety (wear a helmet!)

Cyclists are expected to obey all traffic laws. Like motorists, you can be ticketed if you fail to do so. Ride with the traffic, and never more than two abreast. Move into single file when motorists or other cyclists approach from the rear. Signal all your intentions to motorists and the cyclists near you!

If you have to stop for a rest or an emergency, move yourself and your bike completely off the pavement. Rearview mirrors are recommended. Helmets are required.

Preparation

Cyclists can minimize potential problems by having themselves and their bikes in good condition for this ride. You must wear a helmet. A pump, patch kit, extra tube, on-the-road tools, a light jacket, sunscreen, and extra water bottles are highly recommended accessories. You should know how to fix a flat tire and how to do your own repairs.

Support Assistance

SAG vehicles will be making continuous circuits of all routes throughout ride hours. Their help is available to all riders with problems. Priority will be given to those riders with serious medical problems, followed by those with significant mechanical difficulties, and lastly to those who simply "tire" or need to fix a flat tire! Mechanics will be available at the Fairgrounds and at some of the rest stops to aid in making bicycle repairs.

Shower Facilities

Showers will be available at Chelsea Fairgrounds until 5:30 PM. Bring your own towel and toiletries. Please be neat!

Check-in Times

- Portage Lake Fun Rides: 8:00 am to noon
- Chelsea 39, 64, 75 & 100 mile Rides: 6:45am to 10:00 am

Please carry emergency contact info on your person while riding.

Lunch & Snacks

The registration fee includes a buffet lunch at Portage Lake State Park from 10 a.m. until 2:30 p.m. for riders on all six routes.

Approximate distances to lunch are: 15 miles on the 15- and 39-mile routes; 30 miles on the 30-mile route; 38 miles on the 64-mile route; and 50 miles on the 75- and 100-mile routes. Please plan your time carefully so you do not miss lunch. Swimming is available at the park.

Volunteers will provide fresh fruit and beverages at snack stops as early as 7:30 a.m. The routes pass through several small towns where additional food and drinks can be purchased. You are encouraged to stop, rest and take a break while replenishing your energy and making new friends! Chilled watermelon will be served to riders at the Fairgrounds at the end of the ride.

Accommodations/Local Activities

For a list of hotels/motels/campgrounds and a listing of special events, area attractions, and restaurants, see "Weekend in Ann Arbor" on our website www.aabts.org.

Courtesy

The people living along the One Helluva Ride routes are generally interested in the event and friendly to riders who give them the courtesy of riding to the right, obeying the traffic laws, and forming a single line to allow traffic to pass.

OHR Information

- Visit our website at www.aabts.org/ohr
- OHR e-mail: ohrinfo@aabts.org
- OHR Address:

AABTS-OHR
PO Box 1263
Ann Arbor, MI 48106

**One Helluva Ride (OHR) July 9,2011
Pre-Ride Registration Form**

Registrations must be postmarked by June 30, 2011

One rider per form, please—photocopies accepted. Enclose a stamped, self-addressed envelope if you wish confirmation.

Please check the route you plan to ride:
Portage Lake check-in: 15-mile 30-mile

Chelsea Fairgrounds check-in:
 39-mile 64-mile 75-mile 100-mile

- Check List:**
- Include emergency contact name and phone.
 - Read and sign Assumption of Risk Agreement below after filling out form completely.
 - Make check or money order payable to: AABTS
 - Mail to: AABTS-OHR, PO Box 1263, Ann Arbor, MI 48106

Please carry ID and Emergency Contact Info on your person while riding.

All Minors (17 and under) must be accompanied by an adult while on the ride.

Please Print Clearly

	Adult	Minor (7-17)	
Early Bird (postmarked by May 22, 2011)	20.00	12.00	\$ _____
Regular (postmarked by June 30, 2011)	25.00	12.00	\$ _____
AABTS Member (postmarked by June 30, 2011) (under 7 free)	-1.00	-1.00	\$ _____

Merchandise order must be postmarked by 05/06/2011.			
Registrations with late orders will be returned.			
Write quantity and figure cost			
T-shirts @ \$12.00 each sm___ med___ lg___ xl___ xxl___			\$ _____
DeFeet socks @ \$7.00 pair sm (w 6-8)___ med___ lg___ xl___			\$ _____
Jerseys @ \$50.00 each sm___ med___ lg___ xl___ 2xl___ 3xl___			\$ _____
I am not riding, please ship merchandise to me after the ride (\$5.00)			\$ _____
Total Enclosed (No Refunds)			\$ _____

Day of Ride	Adult 30.00	Minor (7-17) 12.00	\$ _____

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: () _____ M _____ F _____ Age _____ AABTS Member _____
Emergency Contact Name: _____ Ph: () _____
Online Registration: www.aabts.org (available March 15 - July 1 - NO SERVICE FEE)

ASSUMPTION OF RISK AGREEMENT, RELEASE OF LIABILITY AND COVENANT NOT TO SUE

**IMPORTANT!!
PLEASE READ CAREFULLY BEFORE SIGNING**

I realize that the One Helluva Ride ("OHR") involves bicycling, which can be a HAZARDOUS activity. There are many dangers and risks associated with bicycling including, but not limited to, injury or death resulting from collision with pedestrians, vehicles, other cyclists, and fixed or moving objects; dangers arising from surface hazards such as pot holes or poor road conditions, equipment failure, inadequate safety equipment; conditions stemming from weather; the negligence of myself or others, and trauma or injury arising with the stresses caused by physical exertion. I recognize that bicycling requires physical conditioning and I represent that I am in sound physical condition and that I have no physical or medical condition that would endanger either others or myself.

I understand that OHR is conducted over public roads and facilities open to the public and upon which the hazards of traveling are to be expected. I acknowledge that the AABTS has no responsibility for the condition or maintenance of the roads or facilities upon which OHR is conducted. I agree to accept responsibility for the condition of my bicycle and I agree to wear an ANSI, Snell, ASTM or CPSC-approved helmet while on my bicycle during OHR. I understand that a bicyclist is granted the same rights and is subject to all of the duties applicable to the driver of a motor vehicle under Michigan law. I agree to abide by those laws and to practice courtesy and safety while cycling.

I agree, as a consideration of, and in consideration for, being permitted to participate in OHR, to freely and expressly assume and accept any and all risks of injury or death to the rider, or property loss or damage, including injury, death, loss or damage attributable to the negligence of the Ann Arbor Bicycle Touring Society ("AABTS") and its sponsors, promoters or affiliated organizations, and their respective agents, directors, officers, volunteers and employees (the "Released Parties").

I also agree to release and forever discharge the Released Parties from any and all responsibility or liability for injuries or damages that result, either directly or otherwise, from my participation in OHR, or the participation of the minor on whose behalf I am signing this Release. I agree not to make a claim against or sue the Released Parties for injuries or damages relating to bicycling or any other activities related to OHR. I further agree to indemnify and hold harmless the Released Parties for all expenses incurred due to my participation in OHR (or the participation of the minor on whose behalf I am signing this Release), including medical and legal or other expenses, and hold harmless all other participants, even if it is the negligent acts of others that caused the injury or death.

If I am injured or become ill, I consent to and authorize the provision of emergency first aid or medical treatment and I agree to be solely responsible for any costs related to such first aid or treatment.

I further agree to allow all photographs, video and/or any digital images reproduced in association with OHR to be used in any way by AABTS, and release all claim to rights in and to those images. I permit the AABTS or other Released Parties to re-use, publish, and republish photographs or pictures of me or in which I may be included, in whole or in part, or composite or distorted in character or form, without restriction.

I am aware that this is a release of liability and a contract between myself and the AABTS and I am signing it freely and of my own accord and I recognize and agree that it is binding upon myself, my heirs and assigns, and in the event that I am signing it on behalf of any minors, I have full legal authority to do so, and realize the binding effect on this contract on them, as well as on myself. In this document, the use of personal pronouns such as "I," "me", and "my" shall be deemed to include any minor on whose behalf I am signing it.

I, THE UNDERSIGNED, HAVE CAREFULLY READ THIS ASSUMPTION OF RISK AGREEMENT, RELEASE OF LIABILITY AND COVENANT NOT TO SUE. I FULLY UNDERSTAND AND AGREE TO ITS CONTENTS.

Print Name _____

Signature _____ Date _____

Name of Minor _____ Age of Minor _____

Signature of Parent or Guardian: _____

Print Name of Parent or Guardian _____ Date _____

All Minors (17 and under) must be accompanied by an adult while on the ride.

Ann Arbor Bicycle Touring Society
OHR - 2nd Saturday in July Each Year

(see maps inside)

Chelsea Fairgrounds
Chelsea, Michigan
I-94 Exit 159 North
Fun Rides at Portage Lake
I-94 Exit 150 North

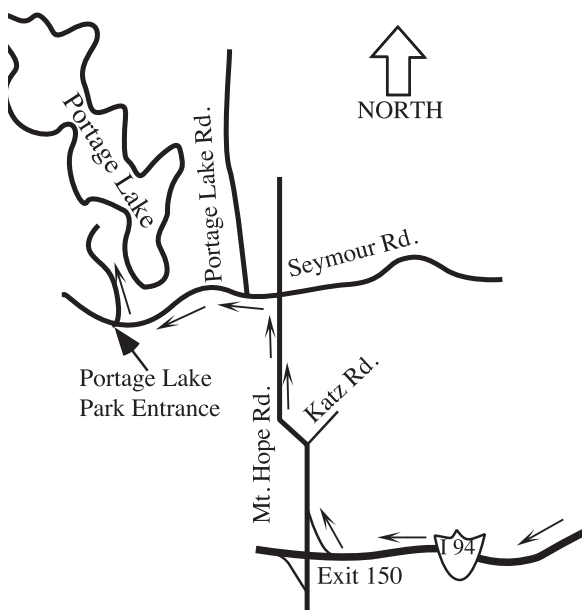


Online Registration:
www.aabts.org

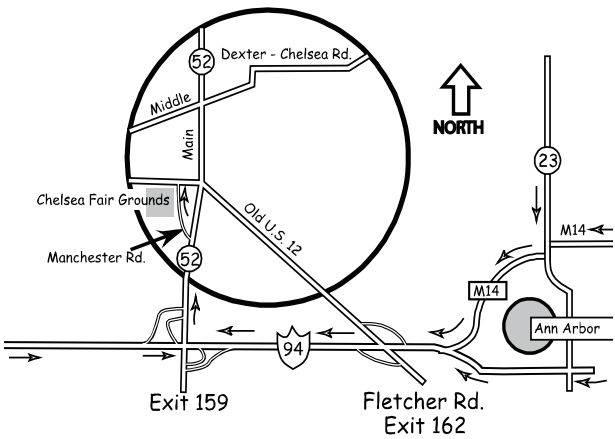
Saturday
July 9, 2011

One Helluva Ride 35th Annual

Portage Lake State Park



Chelsea Fairgrounds



Register Early and Save!

- OHR embroidered patch to the first 1,800 registrants
- Pre-ordered custom merchandise must be post-marked by May 6, 2011
- Registration must be completed by June 30, 2011
- Email ohrinfo@aabts.org or visit our website at www.aabts.org/ohr

One Helluva Ride!

The Ann Arbor Bicycle Touring Society (AABTS) presents the 35th Annual One Helluva Ride (OHR) on Saturday, July 9, 2011. Join us for a day of scenic bicycle touring over tree-lined, paved roads in Washtenaw, Ingham, Jackson and Livingston counties. The routes wind through rural and recreation areas on beautiful rolling terrain and vary enough to appeal to a broad range of bicyclists.

OHR riders can choose from six great loop routes this year. Four will start and end at Chelsea Fairgrounds in Chelsea, Michigan. The two Fun Rides will start and end at Portage Lake State Park. All the routes share the same central lunch stop at Portage Lake State Park, so that family members and friends who decide to take different routes can meet.

Portage Lake: Fun Rides

Check-in: 8:00 a.m. to noon at Portage Lake. The 15- and 30-mile Fun Rides start and end at Portage Lake State Park (see map). **The new \$10 Recreation Passport for vehicles registered in Michigan or an \$8 daily fee for out-of-state vehicles is required for park entry.**

Chelsea Fairgrounds: All Other Routes

Check-in: 6:45 a.m. until 10:00 a.m. The 39-, 64-, 75-, 100-mile rides start and end at the Chelsea Fairgrounds (see map).

Day of Ride registrations are \$30 (adult) and \$12 (minor, 7-17). There is free parking at the Fairgrounds.

One Helluva Ride Merchandise

Must be ordered no later than May 6, 2011. Please note: Registrations with late merchandise orders will be returned to sender. To order merchandise only, please complete apparel section of the registration form and add \$5.00 for postage (merchandise will be mailed after day of ride). A **limited supply** of merchandise will be available on day of ride. Merchandise may be viewed on the club website at www.aabts.org/ohr

Ann Arbor Bicycle Touring Society

P.O. Box 1263

Ann Arbor, MI 48106



A multicolored, embroidered patch will be included in the registration packets for the first 1,800 registrants.

Patches

- Choice of six scenic paved routes
15 or 30 miles - Fun Rides
- 39 miles
- 64 miles
- 75 miles
- 100 miles
- Lunch and snack stops
- Entertainment
- Embroidered patch
- SAG support
- Mechanics on duty
- Quality custom merchandise
- Friendly volunteers
- Post-ride ice cold watermelon at Chelsea Fairgrounds

2011 One Helluva Ride

DeFeet Socks* - \$7.00/\$10 Day of Ride



T-shirts* - \$12/\$15 D.O.R.



Voler Microfiber Jerseys* - \$50/\$60 D.O.R



Size	Waist	Weight	Height	Chest
SMALL	29-31	120-145	5'4" to 5'8"	35-37
MEDIUM	32-34	145-170	5'7" to 5'11"	38-40
LARGE	35-37	170-190	5'10" to 6'2"	40-42
X LARGE	38-41	190-220	6'1" to 6'5"	42-44
2X LARGE	42-45	220-250	6'3" and over	44-46
3X LARGE	46-50	250-260	6'3" and over	46-48