

SPOKES FOR STROKES

RELEASE OF LIABILITY FOR PARTICIPATION

In consideration of being allowed to participate in "Spokes for Strokes," a bicycling event ("Event") sponsored by Baptist Healthcare System, Inc. d/b/a Baptist Health Paducah and Bikeworld, Inc. to benefit Baptist Health Paducah, I do hereby for myself, my heirs, executors, and administrators waive and release any and all rights against Baptist Healthcare System, Inc. d/b/a Baptist Health Paducah and Bikeworld, Inc. and their affiliated organizations including their officers, employees, agents, representatives, or assigns from any and all claims, demands or causes of action which are in any way connected with my participation in this Event.

I acknowledge that bicycling entails both known and unanticipated risks which may result in physical or emotional injury, paralysis, death, or damage to me, to property, or to third parties. I understand that such risks cannot be eliminated due to the essential nature of the activity. I expressly agree to accept and assume all of the risks accompanying the activity. My participation in this activity is voluntary and I elect to participate in spite of the risks.

I acknowledge that I am responsible for obeying all traffic laws and I agree to wear a bicycle helmet while participating in this Event.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Signature _____

Date _____



SPOKES FOR STROKES



Saturday, June 1

BAPTIST HEALTH PADUCAH
formerly Western Baptist Hospital

Offering 10-, 35- and 65-mile routes

Proceeds to benefit the stroke program
at Baptist Health Paducah

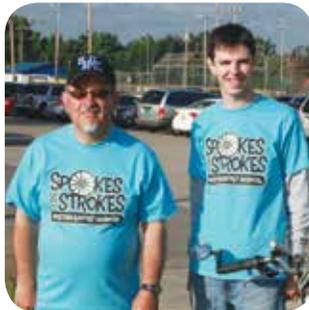
BaptistHealthPaducah.com

Baptist Health Paducah will host its second Spokes for Strokes bicycle tour on Saturday, June 1, to raise awareness for stroke and raise funds to invest in life-saving technologies and expanded stroke care services.

On-site registration will begin at 7 a.m., with the ride beginning at 8 a.m. The tour will begin and end at Baptist Health Imaging Center on the west end of the campus at 2705 Kentucky Ave.



This is a wonderful bike tour on three well-marked routes through beautiful McCracken, Marshall and Graves counties. Each route is SAG-supported with refreshments and toilet facilities at rest stops, as follows: 65 miles with rolling hills, four rest stops; 35 miles, three stops; 10 miles, flatter terrain just in McCracken County, with one stop.



Things to remember

- This is a tour, not a race. Ride at a rate appropriate to your training.
- Route start times will be staggered, with the first group starting at approximately 8 a.m.
- The ride begins and ends at Baptist Health Imaging Center, 2705 Kentucky Ave., Paducah, KY 42003.
- Terrain is mostly flat on the 10-mile route. There are some hills on the 35- and 65-mile routes.
- Rest stops with snacks, drinks and toilet facilities are available for all routes.
- Helmets are required for ALL participants, including children in bike seats and trailers.
- SAG service is available on all routes.
- Cyclists must obey all traffic rules.
- Out-of-town participants can visit www.baptisthealthpaducah.com and click on the Patients and Visitors tab for lodging discounts.



Save the date - next year's event will be Saturday, June 7, 2014.

Directions

From I-24, turn north toward Paducah at Exit 7 on U.S. 45. Go straight until you pass CVS on your right, then turn right at the intersection of U.S. 62 (Jackson Street). Turn left at the second light onto 28th Street (Joe Clifton Drive). Turn right at the first light; the hospital and parking lots are on your left. Take the first left onto the hospital campus, adjacent to the parking garage. Then turn left into the parking lot, moving to the section at far right (directly across from Baptist Health Imaging Center). Registration is across the street in the Baptist Health Imaging parking lot.

Registration

Name _____

Address _____

Phone _____

E-mail _____

Gender _____

DOB _____

Route

10 35 65 undecided

Category

single \$25 (includes 1 t-shirt)

couple \$40 (includes 2 t-shirts)

family \$50 (includes 2 t-shirts)

T-shirt size(s)

_____ Small

_____ Medium

_____ Large

_____ Extra Large

_____ 2XL



Please mail check, entry form and signed waiver to:

Baptist Health Paducah

Attn: Marketing

2501 Kentucky Ave.
Paducah, KY 42003

No refunds - rain or shine!



Helmets are required!