

12th Annual Norman Conquest

Saturday, July 14th, 2007
7:30 AM

The ride begins and ends in the NE parking lot of the USPS National Center for Employee Development at 2801 East State Highway 9, Norman, Oklahoma 73071. The NCED is located on the NE corner of East Highway 9 and Technology Place (east of SE 24th), Norman OK. A portion of this year's proceeds will be going to the Christmas Store of Cleveland County

Routes

10 Mile	-Family Tour
26 Mile	-Some Hills
45 Mile	-Hilly!!
62.5 Mile	-Very Hilly!!!

Cost

\$20 prior to July 4th (includes a great T-shirt & lunch)

\$25 after July 4th (does not guarantee a T-shirt, but does include lunch)

\$5 family tour - (includes lunch, no T-shirt)

Tandem Costs

\$30 prior to July 4th (includes 2 great T-shirts and 2 lunches)

\$35 after July 4th (does not guarantee a T-shirt but does include 2 lunches)

\$10 family tour (includes 2 lunches, no T-shirts)

Extras

\$10 for extra T-shirts, Youth, S, M, L, XL

\$12 for extra T-shirts XXL

\$5 for extra lunch

Things to Know

- This is a ride, not a race!
- **NEW! NEW! NEW!** An optional 5 Miles-of-Hills individual Time Trial (TT) on Cedar Lane, between E. 120th and E. 180th (583 ft. climbing elevation). Only available on the 62 mile route. Results will be posted. Volunteers by CRRC.
- Rest stops will be well supplied.
- Mechanical and SAG support will be provided.
- All riders are required to wear an ANSI or Snell approved helmet.
- Riders are required to obey all traffic laws.
- Riders must remain on the designated course.
- Registration and packets can be picked up at USPS, National Center for Employee Development on Friday night 7-9 p.m. or on the day of the ride starting at 6:00 a.m.
- **Lunch** at the NCED in an A/C conference room (from 9:30 a.m. to 12:30 p.m.) following the ride is included.
- Bring your swimsuit, large swimming pool is available.
- Drawing for a free bicycle plus many other prizes at Noon, must be present to win.
- Music/Entertainment.
- Maps of the routes will be provided.
- The 45 and 62.5 mile routes will prove that Oklahoma is not flat.
- Be prepared for the **hills** and the **heat!!!**
- Showers are available in the NCED fitness area.
- Lodging is available at the NCED, all rooms are non-smoking, queen bed, must be 18 years of age or older \$89 + tax (completely separate charge from the event).
- This is a great training ride for the Hotter 'N Hell!
- For more info, call Gary Miller 405.202.2160
- Online registration at www.active.com
- More information, including maps, at normanconquest.bicycleleague.com

Area Hotels

NCED/Marriott, 2801 East State Highway 9, (405) 447-9000
Fairfield Inn, 301 Norman Center Ct., (405) 447-1661
Hampton Inn, 309 Norman Center Ct., (405) 366-2100
LaQuinta Inn & Suites, 930 Ed Noble Dr. (405) 579-4000

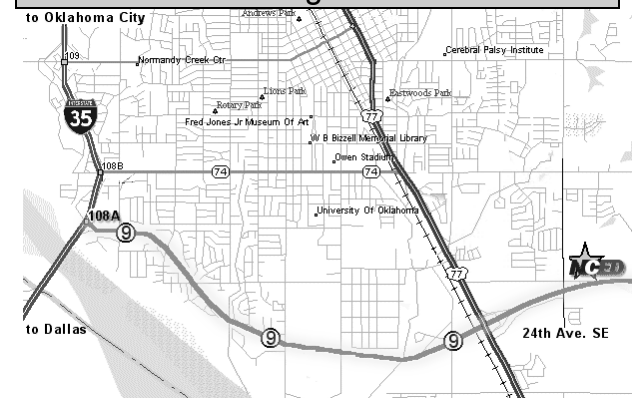
About the BLN

The Bicycle League of Norman (BLN) promotes recreational riding and touring. Weekly rides are Tuesday from the NE corner of Brookhaven Village and on Thursday from the south end of Reeves Park. For more information, visit our website at bicycleleague.com. Volunteers from the BLN have organized the Norman Conquest.

Sponsors

National Center for Employee Development
Reynolds Ford
TAP Architecture
Buchanan's Bicycles
Al's Bicycles
The Bicycle Store Too
Wheeler Dealer
Norman Regional Hospital
Sooner Veterinary Hospital
The Fellowship of Hands - Massage Therapist
Integris ProHealth Physicians - Norman
O'Connell's
Road ID
Bike One
Bicycle Alley
Schlegel's Bicycles

Getting There



**12th Annual Norman Conquest
Registration Form**

Please print! A separate form must be filled out for each person.
Mail to: Norman Conquest '07 BLN, PO Box 721094, Norman, OK
73072

Name: _____

Address: _____

City: _____ **State:** ____ **Zip:** _____

Email: _____

Age: ____ **Sex:** ____ **Day Phone:** _____

Distance: ____ 10 ____ 26 ____ 45 ____ 62.5

T-Shirt Size:

Youth ____ S ____ M ____ L

Adult ____ S ____ M ____ L ____ XL ____ XXL

- \$20 early registration... _____
- post mark prior to July 4th..... _____
- \$30 tandem early registration... _____
- post mark prior to July 4th..... _____
- \$25 late registration..... _____
- \$35 late tandem registration..... _____
- \$5 family tour (no shirt)..... _____
- \$10 tandem family tour..... _____
- Extra T-shirts \$10 or \$12 XXL..... _____
- Extra Lunch tickets \$5..... _____

Total enclosed – No refunds..... _____

NOTICE: The entry/release form must be signed by applicant and applicant's guardian (if under 18). **Please read carefully**

I fully realize the dangers of participating in a bicycle ride and fully assume the risk associated with such participation, including my way of example, and not limited to the following: falls, the danger of collision with pedestrians, vehicles, the effect of weather including heat and/or humidity, and the possibility of serious physical and/or mental trauma or injury associated with cycling events. All such risks are known and assumed by me. I fully realize that I should not enter this event unless I am medically able and properly trained. I hereby state that I have no physical or mental condition, which to my knowledge, would endanger myself or others, or would interfere with my ability to participate in this event. My bicycle and equipment are in good working condition. I agree to wear an ANSI or Shell approved helmet properly fitted on my head according to manufacturer's instructions. I will obey all traffic laws and ride in a safe manner. Having read this waiver and aforementioned stated facts, and in consideration of acceptance of my entry form, I hereby waive, release, and discharge for myself, my heirs, executors, administrators, assigns, legal representatives, and successors in interest and all rights and claims which I have or which may hereafter accrue to me against Norman Conquest organizers, workers, volunteers, sponsors, public entities, law enforcement agencies, property owners, and all other people associated in any way with this event from any and all responsibility or liability for any accident or injury arising out of my participation or association with the event or travel to or return from the event.

Signature: _____ **Date:** _____

I, as a parent or guardian of the above named minor, hereby give my permission for my child or ward to participate in this event, and further agree individually and on behalf of my child or ward to the terms above.

Signature: _____ **Date:** _____

Bicycle League of Norman
2007 Norman Conquest
P.O. Box 721094
Norman, OK 73072

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**Bike Tour
July 14th, 2007**

10, 26, 45, & 62.5 Miles