

14th Annual Norman Conquest

Saturday, July 18th, 2009
7:30 AM

The ride begins and ends at the J.D. McCarty Center for children with developmental disabilities. The J.D. McCarty Center is located on E. Robinson Rd. just west of 24th Ave. NE, Norman OK. A portion of this year's proceeds will be donated directly to the J.D. McCarty Center's Camp ClapHans Scholarship Fund.

Routes

10 Mile	-Family Tour
22 Mile	-Some Hills
46 Mile	-Hilly!!
66 Mile	-Very Hilly!!!

Cost

\$25 prior to July 10th - (includes a great Polar Bottle® & lunch)
\$30 after July 10th - (does not guarantee a Polar Bottle®, but does include lunch)
\$10 family tour - (includes lunch, no Polar Bottle®)

Tandem Costs

\$35 prior to July 10th - (includes 2 Polar Bottle® and 2 lunches)
\$40 after July 10th - (does not guarantee a Polar Bottle® but does include 2 lunches)
\$15 family tour - (includes 2 lunches, no Polar Bottle®)

Extras

\$8 for Polar Bottle®
\$7 for extra lunch

Area Hotels

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
Best Western Inn & Suites, 2841 S. Classen (405) 701-4011

Things to Know

- This is a ride, not a race!
- Online registration at www.active.com
- More information, including maps, at normanconquest.bicycleleague.com
- Rest stops will be well supplied
- **Free Polar Bottle®**
- 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 J.D. McCarty Center Friday night from 7-9 p.m. or on the day of the ride starting at 6:00 a.m.
- **Lunch** at the J.D. McCarty Center in relaxing air conditioning (from 9:30 a.m. to 12:30 p.m.) following the ride is included
- Drawing for a free bicycle plus many other prizes at Noon. Must be present to win.
- Great Music/Entertainment
- Maps of the routes will be provided
- The 46 and 66 mile routes will prove that Oklahoma is not flat
- Be prepared for the **hills** and the **heat!!!**
- This is a great training ride for the Hotter 'N Hell!
- For more info, call David Ferguson at 405-255-1508
- Additional parking available at neighboring Oklahoma Veterans Center

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.

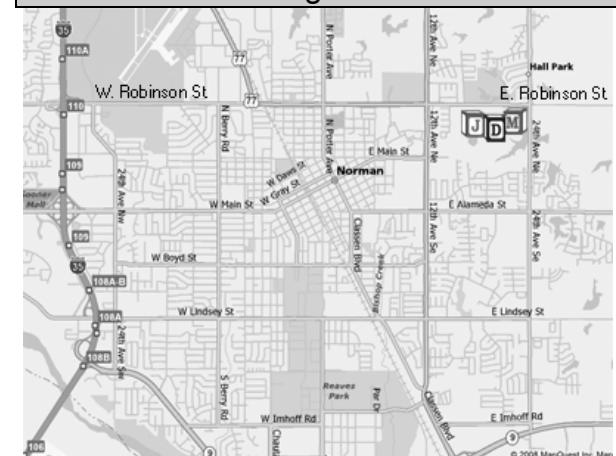
J. D. McCarty Center

The J. D. McCarty Center is Oklahoma's center of excellence in the care and treatment of children with developmental disabilities from birth to age 21. This pediatric rehab hospital specializes in complicated cases of developmental disabilities, particularly those requiring intense therapy to help children reach their highest level of function and independence. Proceeds from the Norman Conquest will go to the Camp ClapHans summer camp scholarship endowment fund. Camp ClapHans is a summer camp project of the J. D. McCarty Center. This fund will help send kids to camp who might otherwise not be able to afford to go to camp. More information about the Center can be found at www.jdmc.org.

Sponsors

405 Cycling	Road ID
Wheeler Dealer	Bike One
TAP Architecture	OK Runner
Schlegel's Bicycles	O'Connell's
Buchanan's Bicycles	Al's Bicycles
The Bicycle Store Too	Bicycle Alley
Jim "Old Man" Reading	Reynolds Ford
Oklahoma Electric Cooperative	
Oklahoma State Parks & Resorts	
Murrell, Hall, McIntosh & Co., PLLP	

Getting There



**14th Annual Norman Conquest
Registration Form**

Please print! A separate form must be filled out for each person.
Mail to: Norman Conquest '09 BLN, PO Box 721094, Norman, OK
73072 or bring printed copy for day of registration.

Name: _____

Address: _____

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

Email: _____

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

Distance: ____ 10 ____ 26 ____ 46 ____ 66

\$25 early registration
 post mark prior to July 10th _____
 \$35 tandem early registration
 post mark prior to July 10th _____
 \$30 late registration..... _____
 \$40 late tandem registration..... _____
 \$10 family tour (no bottle) _____
 \$15 tandem family tour (no bottle) _____
 Extra Polar Bottle® _____
 Extra Lunch tickets \$7 _____
 Optional Donation to J.D. McCarty
 Center Scholarship Fund _____
 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
 2009 Norman Conquest
 P.O. Box 721094
 Norman, OK 73072

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**Bike Tour
 July 18th, 2009
 10, 22, 46, & 66
 Miles**