



HIKE OR BIKE RIDE REGISTRATION FORM

Come join us for a road bike ride or a hike! Either way you will enjoy a day of fun with wonderful people and the chance to see some of the beautiful nature in our own backyard, all while raising money for a great cause. Our excursions begin at 9:00 am on the grounds of the Black Diamond Farm. There will be 50K and 100K road bike route options, as well as a long hike at Hanging Rock State Park, and a short hike near the farm. Hikers and bikers will have a leader, and all will include a quick breakfast and bag lunch to take with you. We'll get great exercise, enjoy the fresh air, and return to the farm for dinner provided by Providence Catering, lawn games, and music by the bluegrass band, 2 Young 2 Old.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Please check off your registration options. Circle your bike/hike choices:

- \$100.00 Full day bike or hike for ages 12 and older, T-shirt included
- \$50.00 Full day bike or hike for kids under 12, T-shirt included
50K bike OR 100K bike OR Long hike OR Short hike, breakfast, lunch and dinner with music
T-shirt size _____. Sandwich: **Roast beef, Turkey, or Grilled Portobello**
- \$36.00 Dinner with music (5:00 pm – 8:00 pm)
- I plan to attend the Friday evening Kabbalat Shabbat service and free pasta dinner

Include check made out to Temple Emanuel and mail (with this form) by Sunday, April 15 to: Bike or Hike, c/o Temple Emanuel, 201 Oakwood Drive, Winston Salem, NC 27103

Please wear clothing appropriate for the weather and athletic closed-toe shoes. Remember to bring sunglasses, sunscreen, insect repellent, lip balm, hat, knapsack for your lunch, and anything else you may need.

IMPORTANT – PLEASE READ AND SIGN: I agree and acknowledge that I am participating in the Hike or Bike on my own accord. I represent and warrant to you that I am physically and mentally fit and that, as a result, I am able to participate, and I do hereby assume responsibility for my own well-being. I am fully aware that possible physical injury might occur to me as a result of my participation, and I agree to assume the full risk for any care or treatment that may be needed. I agree not to hold Black Diamond Farm (Hilary & Daryl Kosloske), Temple Emanuel or any of its staff/directors/volunteers responsible for any and all claims related to participation in this event.

Signature: _____ Date: _____