

*Please read this...*

\*Team captains will be responsible on race day for distribution of race information, waivers, and sign-in of their team's members. Please remember that race day morning is a busy time and the earlier you show up to sign in the better!

\*All participants must sign waivers and in addition, riders under 18 years of age must have parental releases signed by a parent or guardian.

\*Helmets are mandatory for all riders. All bicycles must be in good working order and safe for both the rider and other cyclists. Bikes that are deemed unsafe will not be allowed on the race course.

\*As always we will setup a short race course for the kids (ages 5 – 12) and hold the ever popular bike toss! These events are FREE!!!

\*Race day registration is discouraged, but we will take your team's registration that morning if you are there before 8:00 a.m.

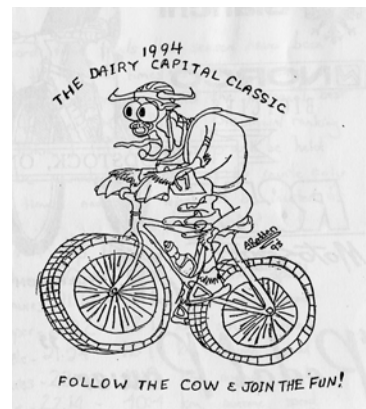
Many thanks to all the volunteers who help make this race a success!  
We'll be looking again for people to help with marshalling, registration, timing, etc, so if you decide not to race but want to be part of the action (and get in on the swag) please contact us!

Visit us @: [www.woodstockcyclingclub.ca](http://www.woodstockcyclingclub.ca)

E-mail: [rludington1128@rogers.com](mailto:rludington1128@rogers.com)  
[markeboy@sympatico.ca](mailto:markeboy@sympatico.ca)



# *Dairy Capital STAMPEDE! Revival Ride!!*



**Tenth Annual 6-Hour  
Solo and Team  
Mountain Bike Relay  
Sunday, Sept. 13<sup>th</sup>,  
2009**

**Hosted by the  
WOODSTOCK CYCLING CLUB**

Hey! Round up your biking buddies and join us for the 10<sup>th</sup> Annual Dairy Capital Stamped Mountain Bike Relay Race. The annual September date is set so mark your calendars and reserve this date for some big time fun and competition!

This is open to all levels of riders, all you need is a proper fitting helmet and a bike. . . preferably a well maintained mountain bike.

You'll have the opportunity to race on one of South Western Ontario's **best x-country courses** and hang out with a bunch of really cool people. Come ride our well established groomed trail system. We have plans to add additional trails for the race. Ample parking is available; no more parking on the road. So come on out and take a shot at beating some of the "locals"! The most completed laps in 6 hours wins – "Nuf said."

Be as serious or as non-serious as you want.

The only rule . . . is you have to have **fun!**

There will be male and female solo events and two, four, and six person relay events. Plus a fun race for the kids and a bike toss to make the day even more interesting!

BBQ on site provided by Todd's Dogs



Event timing by our good friends at

www.wowmtb.com

## "The FACTS"

**First 250 paid entries**

will receive a

*~Limited Edition Stampede Souvenir~*

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place medals will be awarded for each category.  
Sign in starts at 7:30 am and ends at 9:00 am (get there early!).

All riders must sign in on race day.

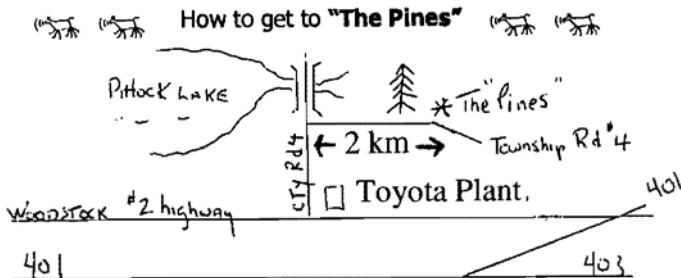
**Race starts at 10:00 am SHARP!**

Accommodations available at  
www.tourismoxford.ca

Registrations may be dropped off at  
Pedal Power (address below) or mailed to:

**WOODSTOCK CYCLING CLUB**  
c/o Pedal Power  
590 Dundas Street  
Woodstock, Ontario  
N4S 1C8

For more info call: 519-539-3681



Take 401 and exit at Highway #2. Go west for 1km until you get to County Road #4 (Toyota Plant on right). Turn north (right) and travel 4km to Township Road #4, just before the bridge. Turn east (right) and proceed 2km, driveway / parking lot is on the left.

## WATCH FOR THE SIGNS!

**~ Please circle appropriate category ~**

Solo male      Solo female (\$40)  
Two person (\$80)      Four person (\$150)      Six person (\$200)

**Cash or cheque ONLY!**

### **Note!**

Site specific race insurance has been obtained. Ontario Cycling Association Race licenses are not required. All registered riders are insured. . . insurance is included in your entry fee. This means our race is truly a citizens race that **anyone** can entre.

**Team Name** \_\_\_\_\_

**Team Captain** \_\_\_\_\_  
**(all correspondence will be made through the Team Captain)**

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **Province** \_\_\_\_\_

**Postal Code** \_\_\_\_\_

**Phone** (    ) \_\_\_\_\_

**Fax** (    ) \_\_\_\_\_

**E-mail address** \_\_\_\_\_

**Amount Enclosed** \_\_\_\_\_  
**(payable to the Woodstock Cycling Club)**

**Please Note!**

We do not need all riders' names included for registration.  
~However~

All riders must sign in & fill out all waivers on Race Day.

**PLAN ON ARRIVING EARLY!**