

It's time for the 31st Annual Iron Crotch Ride!

Sunday April 29, 2018



www.countycycles.com
651-482-9609

2700 Lexington Ave. N.
Roseville, MN 55113

After a white winter, it is finally time to get your saddles ready for the
31st Annual Iron Crotch Bicycle Ride!

The Date:

Sunday, April 29, 2018 (Iron Crotchers know to **dress appropriately**. You may get snowed on, sunburned, or both.)

Check-in:

We will meet at Houlton Elementary School between 7:30 and 8:30 am. We ask that all riders sign in and pick up ride materials at the school. **Note:** There are **no facilities** at the school so plan accordingly. To get to Houlton Elementary School, cross over the St. Croix River following Highway 36. Take the first exit for County Road E and go left across the bridge (you will go through two traffic circles). Then take your first right. That will take you directly to the elementary school parking lot. Unload your bike at the school only if you are doing the 60.

The Route:

Iron Crotchers will recognize the route from previous years. There are rides of 60, 42, and 25 miles. The Starting Points along the basic route vary upon how far you want to ride. Those who desire a shorter ride will drive out and begin farther along the route. It is important to note that **the route for the 60 has changed**. The route now winds around some beautiful county farm roads. Pay close attention to the changes and enjoy the peaceful scenery to its full potential! Osceola is the approximate halfway point for all the routes and makes a good refueling or re-hydrating stop. **Join us here at our 31st Iron Crotch BBQ!**

The Support:

The Iron Crotch committee will provide route information, maps, water, and SAG vehicles. The SAG will be available to pick up riders and bicycles in desperate need of assistance. The SAG vehicles will only be carrying minimal tools. The SAG vehicles will sweep the course at 3:00 pm, **after which you are on your own**. We suggest that you do a bit of riding to get you, your butt and bike prepared before the ride. Consider a spring tune-up at County Cycles!

Food:

You will be responsible for your own sustenance between rest stops. The SAG will be stationed at various points along the route and will have water, fruit and cookies. We will gladly accept a two dozen cookie donation in exchange for your registration fee. Please select the coupon option on your registration. We do boast the best cookies of any ride! Please join us for the **BBQ in Osceola** at the half way point to **celebrate 31 years of this ride!**

The Cost:

Ride cost includes maps, route planning, sag support, and the BBQ in Osceola. We appreciate it if all the registrations could be received as soon as possible to facilitate planning. Remember, this is a small intimate ride, but it still takes a lot of planning.

The Shirt:

The official **Iron Crotch T-Shirt** is of superior quality: wicking micro-fiber fabric, an original super cool design and are available to **order for \$18.00** or \$25.00 day of the ride, while they last! Men's and Women's cuts are offered. (NOTE: Order one size smaller shirt than you would normally wear. Sizes run big.)

T-Shirt orders must be in by April 6th.

Questions:

If you have any questions about the ride or would like to volunteer, please call County Cycles at 651-482-9609. Ask for Rea, or send her an email at info@countycycles.com.

If you'd like to register online, keep your eyes on our website, Facebook, and in our Newsletter for a link to the registration.

31st Annual Iron Crotch Ride Registration Form

Sign us up for the 2018 Iron Crotch Ride!!!!

Name _____ Email _____

Phone _____ Gender _____ Distance Selection: 25 Mile _____ 40 Mile _____ 60 Mile _____

Name _____ Email _____

Phone _____ Gender _____ Distance Selection: 25 Mile _____ 40 Mile _____ 60 Mile _____

Address _____ City _____ State _____ Zip _____

Deadline for T-Shirt Orders is April 6th. T-shirts are microfiber with a unique 2018 Iron Crotch design. If you wish to order a T-Shirt, **please indicate size and quantity.** Only a limited number of T-shirts will be available the day of the ride for \$25.00, so please order early to ensure you get one of these great shirts.

Women's Cut

_____ Small _____ Medium _____ Large _____ X-Large _____ XX-Large

Men's Cut

_____ Small _____ Medium _____ Large _____ X-Large _____ XX-Large

| | |
|---|-----------------|
| _____ Thru March 31 th @ \$13 per rider..... | \$ _____ |
| _____ April 1 st to April 22 nd @ \$15 per rider..... | \$ _____ |
| _____ After April 22 nd @ \$18 per rider..... | \$ _____ |
| _____ T-Shirts @ \$18.00 thru April 6 th | \$ _____ |
| _____ 2 Dozen Cookies (One Free Registration per 2 Doz.)..... | \$- _____ |
| TOTAL | \$ _____ |

Please include a CHECK payable to COUNTY CYCLES for the TOTAL amount.

In Consideration of acceptance of my application of entry, I hereby waive, release and discharge any and all claims for damage which may accrue to me as a result of my participation in the IronCrotch. This release is intended to discharge in advance the promoters, the sponsors, the volunteers and any involved from and against any and all liability arising out of or connected in any way with my participation in said event, even though may arise out of negligence or carelessness on the part of the above mentioned person(s) or entities mentioned above.

I further understand that serious accidents occasionally occur during these events and that the participants occasionally sustain mortal or serious personal injuries and/or property damage, as a consequence thereof. Knowing the risks, nevertheless, I hereby agree to assume those risk and release and hold harmless all of the persons or entities mentioned above who (though negligence or carelessness) might otherwise be liable to (or heirs or assigns) for damages.

It is understood and agreed that this waive, release, and assumption of risk is to be binding on my heirs and assigns.

Signed: _____

Signed: _____

Parent or Guardian Sign on behalf of minor (under 18): _____

Date: _____

Return to:

County Cycles
 C/O Iron Crotch Registration
 2700 Lexington Ave N
 Roseville, MN 55113

