

Why This Ride

The Kiwanis Club of North Shore, Long Island is proud to sponsor this Event for 12 years and has supported the Kiwanis Pediatric Trauma Center, based at North Shore University Hospital in Manhasset NY.

We have now raised close to \$64,000.00 dollars and still growing. The KPTC is the only such facility in down state New York equipped for and dedicated to the care of children who have suffered traumatic injury. In addition to the services in Manhasset, Kiwanis and the KPTC reach out to many communities serving them in other ways, including providing special pediatric trauma equipment to the emergency medical teams and local fire medical units. Thanks for participating.

*This ride is dedicated to:
Co- Designer Bill Gerlich
Dennis Conner,
"Chappy" & Don Taylor
You will always be in our hearts*

Directions

Take L.I.E. (495) to exit 39-north Glen Cove road. Cross over Northern Blvd. Go 3 lights; Make a left at third light. (Back Road). Go under Railroad Bridge make a right onto Glen Cove Ave. Make left onto Scudders lane at light. Stay on Scudders all the way road will turn sharply to right follow to beach on Left side. Harry Tappen Beach, Sea Cliff.

Included With Your Participation:

- Event T-Shirt if Registered by April 18th, 2010
- Healthy Food and Water
- 4 Rest Stops • Wristband
- Well-Marked Roads ("THE BEST")

Some Key Reminders and Safety Precautions

- 1) Drink plenty of water before the event,
- 2) Bring an air pump, extra tubes, and/or a tube repair kit, you will not be picked up for a flat by sag
- 3) Bring an extra water bottle,
- 4) Bring identification,
- 5) Have some spare change,
- 6) Don't forget your energy bars,
- 7) BRING YOUR CELL PHONE.



Proudly Sponsored By:

Treiber Insurance
Abeetza Pizza, MR. JAY
Glen Cove Bagel Café
Printery of Glen Cove
MARACOM INC. • BIKE WORKS
S. JANOWITZ FAMILY • KIRBY HILL
RIVIEZZO FAMILY • ED STACK
ADR MEDIA
STONE HILL AT MUTTONTOWN

What To Expect

- All rides include moderate hills to climb.
- The ride starts and returns to Tappen Beach in Sea Cliff.
- There is plenty of support.
- 4 rest stops with food and drink for all.
- This is the first official ride to kick off the bicycle season.



The ride is a rain or shine event, unless torrential rains prevail.

**Register on line at:
n2sbc.org or mail in your
SIGNED registration from to:
6 Orchard Lane, Sea Cliff NY.11579**
*Walk on Registration starts
at 7 AM day of event*

**Great Italian Food
Provided By:
ABEETZA PIZZA**

Registration Form

Please Print Clearly

Name _____

Address: _____

City _____

State _____ Zip _____

E-Mail _____

Home Phone _____

Age _____ Sex _____

Emergency contact _____

Emergency phone _____

10 dollars discount for all TNT members with proof and received before April 18th

Registration Fees:

\$30 before April 18th

\$35 There After

Pre Registration Starts at 7:00 AM

Amount enclosed _____

(add \$10 for every extra T-Shirt)

Please make checks payable to:

North Shore Kiwanis

Send completed registration form with your

check payable to:

North Shore Kiwanis

6 Orchard Lane, Sea Cliff, NY 11579

Pre register by April 18th and get a free event

T-Shirt limited to the first 300!

(Handed out the day of the event) circle

one size:

(S) (M) (L) (XL) (XXL) (no)

You must sign the back of this form

Before mailing.

Add 10.00 dollars for an extra T-Shirt

You can Register online at

www.n2sbc.org

For more information, call: 516.671.0480

or Email: heydeo@gmail.com

www.n2sbc.org

Waiver

*Please Read, Sign and Mail Back or
hand in the day of the ride,
Thank you...*

I, _____ a participant acknowledge that my participation in the Nassau to Suffolk Challenge is voluntary, and that I am physically able to participate in this event. I state that my bicycle is in safe condition, and that ride will be done on public streets and to regular traffic laws and regulations. The streets will NOT be closed to motor vehicles, and I MUST exercise proper caution. I ASSUME ALL RISK AND HAZARDS incidental to my participation to the Nassau to Suffolk Bicycle Challenge and do hereby waive, release and absolve the organizers, sponsors, supervisors, participants and the Village of Sea Cliff from any claim arising out from injury to me or to any property.

Signature _____

Date _____

A parent or guardian must accompany riders under 16.

*Snell or ANSI Approved Helmet
MANDATORY and must be presented
Rain or Shine*

Sorry, No refunds