



338 1st Ave. NW
Sioux Center, IA
www.promisechc.org



Sioux Center, IA

Name: _____

Address: _____

City/State/Zip: _____

Email: _____ Phone: _____

Please include names, age, gender and T-shirt size for EACH participant.

| Name | Age | M/F | T-shirt Size (circle) |
|-------|-------|-------|-------------------------------------|
| _____ | _____ | _____ | Adult: S M L XL 2XL Youth: S M L |
| _____ | _____ | _____ | Adult: S M L XL 2XL Youth: S M L |
| _____ | _____ | _____ | Adult: S M L XL 2XL Youth: S M L |
| _____ | _____ | _____ | Adult: S M L XL 2XL Youth: S M L |
| _____ | _____ | _____ | Adult: S M L XL 2XL Youth: S M L |

Saturday, June 6

New routes this year!

REGISTER!

Online: wow5.eventbrite.com

For more information, call: 712-722-1700

Times

- 60-mile ride starts at 7 a.m.
- 30-mile ride starts at 8 a.m.
- 6-mile family ride starts at 9 a.m.

Includes

T-shirt, meal and prize drawings

Early bird fees

(Deadline: May 25)
\$25 (30 and 60 mile)
\$10 (family ride)

Early bird fees:

(Deadline: May 25)
\$25 for 30- and 60-mile rides
\$10 for family ride

- 6-mile family ride
- 30-mile ride
- 60-mile ride

Total Amount Enclosed: \$ _____

DROP OFF OR MAIL TO:
Promise Community Health Center
338 1st Ave. NW
Sioux Center, IA 51250



is sponsored by

**Promise Community
Health Center**

as well as these generous sponsors . . .

◆ **American State Bank**

- ◆ **Northwest Bank**
- ◆ **Peoples Bank**
- ◆ **Primebank**

◆ **Bike Central**

◆ **Iowa State Bank**

◆ **Britton Chiropractic
& Rehab Clinic**

◆ **Lewis Family Drug**

◆ **Mane Attraction**

◆ **Brothers Bike Shop**

◆ **Proactive Physical**

◆ **Casey's General Store**

Therapy & Sports Rehab

◆ **Dordt College**

◆ **Robin's School of Dance
& Fitness**

◆ **Fareway**

◆ **First State Bank**

◆ **Sioux Center Chiropractic
Wellness Clinic**

◆ **Hull Pharmacy**

◆ **Sioux Center Publishing**

◆ **Hy-Vee**

◆ **Vander Kooi Freight**

◆ **Isakson Chiropractic
Health**

◆ **Walmart**



Prizes:

**Two youth bicycles (boys and girls)
(donated by Walmart)**

**Two bicycle computers
(donated Brothers Bike Shop)**

Register Online!

www.wow5.eventbrite.com

For more info:

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