



# PROMISE COMMUNITY HEALTH CENTER

**Sioux Center, IA**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

**ROUTES:**

- Family Fun Ride (trail)
- 30-mile route (paved)
- 30-mile route (gravel)
- 60-mile route (paved)

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

NAME	Age	M/F	T-shirt size (circle)
			Adult (Men's): S M L XL 2XL Adult (Women's): S M L XL 2XL
			Adult (Men's): S M L XL 2XL Adult (Women's): S M L XL 2XL
			Adult (Men's): S M L XL 2XL Adult (Women's): S M L XL 2XL
			Adult (Men's): S M L XL 2XL Adult (Women's): S M L XL 2XL
			Adult (Men's): S M L XL 2XL Adult (Women's): S M L XL 2XL
			Adult (Men's): S M L XL 2XL Adult (Women's): S M L XL 2XL

**FEES:**

**\$25** for 30-mile paved and gravel routes and 60-mile ride through May 24; **\$35** after May 24. Family Fun Ride is free.

**Total Amount Enclosed:** \_\_\_\_\_

**DROP OFF OR MAIL TO:**

**Promise Community Health Center  
338 1st Ave. NW  
Sioux Center, IA 51250**