

Welcome to Oklahoma FreeWheel 2009 June 7 - 13

Join us on June 7, 2009 as we kickoff our 31st year of bicycling across the wonderful state of Oklahoma. You will enjoy the friendly people of our state and the beautiful scenery. At 6:30am on Sunday morning in Duncan, OK, we invite you to participate in our mass start as you begin your journey towards Kansas, arriving in Kiowa, KS on Saturday, June 13 - some 411 miles later.

The 2009 Route

The mileages listed below are subject to change and some longer options will be available:

- Day 1: Duncan to Anadarko - 62 miles
- Day 2: Anadarko to Cordell - 66 miles
- Day 3: Cordell to Cheyenne - 65 miles
- Day 4: Cheyenne to Thomas - 67 miles
- Day 5: Thomas to Fairview - 54 miles
- Day 6: Fairview to Alva - 55 miles
- Day 7: Alva to Kiowa, KS - 42 miles

There will be an optional day on Saturday, June 6 out of Duncan to the Red River and back. It is 72 miles round trip. The route will be marked, but it will not be supported so cyclists will be on their own that day. You may just wish to hang around camp and meet old and new friends, or attend some of the Freewheel seminars that will take place. Check for times and places at the Freewheel Registration booth in Duncan.

Minors

Anyone under the age of 18 is welcome to participate in FreeWheel as long as they have a parent or responsible adult accompanying them, on a bicycle, for the week.

Transportation

Oklahoma FreeWheel will offer charter bus service from Tulsa to Duncan on Saturday, June 6. In addition, service will be available on Saturday, June 13 from Kiowa, KS back to Tulsa and also, from Kiowa, KS back to Duncan.

For rates, times, and reservations, you may call 918-835-1699 beginning May 1. This is the Oklahoma FreeWheel office. Leave a message and your call will be returned.

Host Communities

Camping areas will be set aside in each community on school grounds, fairgrounds, and/or city parks that are large enough to accommodate all registered riders and support personnel.

Camping will also be available in Duncan on Friday, June 5 and Saturday, June 6. Most of the towns have motels, but have limited space so please call as soon as possible.

VERY LIMITED indoor sleeping will be available at each campsite and is on a first come basis. When the towns allotted indoor space is gone, you must be prepared to put up a tent.

Showers will be available at the schools, field houses, gymnasiums and city swimming pools. In addition, we will be providing a shower truck to supplement what the towns offer.

Host communities will put on an evening meal and morning breakfast for the cyclists as fundraisers. They may also have snacks available during the day. Please patronize them.

Host community contact numbers are:

- Duncan (June 6): 800-782-7167
- Anadarko (June 7): 405-247-6651
- Cordell (June 8): 580-832-3538
- Cheyenne (June 9): 580-449-1135
- Thomas (June 10): 580-661-3685
- Fairview (June 11): 580-227-2527
- Alva (June 12): 580-327-1340
- Kiowa, KS (June 13): 620-825-4636

Services

Fruit stops will be available everyday. We try to plan for services to be available every 12 - 15 miles, whether it be an official fruit stop, a water stop, a town stop or a convenience store. All of our stops are manned by volunteers and sometimes planned services may not be in place when you go through. Please be able to ride 25 miles without services. Always fill your water bottles when stops are available. We will make every effort to have our volunteers in place.

Merchandise

Official merchandise endorsed by FreeWheel, Inc., will be the only merchandise allowed to be sold in camp and along the route. Selling items relating to FreeWheel or with the FreeWheel name is prohibited. Official FreeWheel jerseys and T-shirts will be available for purchase.

Wrist Bands

The wearing of a wrist band is mandatory and you may pick up your wrist band at the FreeWheel registration area in any campsite. Wristbands will be checked for all services from fruit stops to bike shops, plus, your wrist band is your **free ticket** to dinner and a concert on Friday night in Alva.

Vehicles and RVs

If you are driving a vehicle during FreeWheel, you are required to register it. If you would like to serve as a sag, please check in at the FreeWheel registration booth. Any vehicle not being used as a sag must take an alternate route from the cyclists. **NO PRIVATE SAGS ARE ALLOWED.** This is for the safety of the cyclists.

If you are driving an RV, no hookups will be offered at the campsites. Special areas will be assigned in each camp for RV parking. Please abide by the locations the towns have assigned or you will be asked to move your vehicle. Check with the overnight towns for possible RV park locations. Also, **NO RVs WILL BE ALLOWED ON THE FREEWHEEL ROUTE.** Again, this is for the safety of the riders.

Registration Information

Each participant is required to fill out a registration form. Also, each child is required to sign (if able) the release form, as well as parent or guardian. We will be limiting the number of riders to 1,000 this year so please sign up early.

The fee for the full weeks ride on Freewheel 2009 **for registrations postmarked by April 30**, is \$110 per person, and \$70 for children ages 6-15. **Registrations postmarked after April 30** will be \$130 per adult and \$90 for children 6-15. In addition, we are offering two half week options: Sunday through Wednesday and Wednesday through Saturday. These fees for **registrations postmarked by April 30**, are \$70 for adults and \$55 for children ages 6-15. For **registrations postmarked after April 30**, the half week rate is \$80 for adults and \$65 for children 6-15. In all cases, children under six are free. Wrist bands will be distributed on Saturday in Duncan and are required in order to receive services. Fees include stocked fruit stops each day, route maps, Highway Patrol security, sag support, luggage transportation, marked routes, luggage tags, bicycle tags, camping space, a starting packet, a finish packet, use of shower truck, and port-a-johns in camp. Again this year, you will be treated to dinner and a concert on Friday night.

To Register: Fill out the form completely. **Please print clearly and be sure and sign the form.** Any unsigned forms will not be processed. Make sure you have included the correct amount of money, including mailing fees if applicable. If you wish to save the mailing fee, you can pick up your packet May 20 - 22, and May 26 - 29 at the Mapco Plaza Building, 1717 S. Boulder Ave., in Tulsa. The office will be open from 12n - 6pm. Packets will also be available for pickup on Saturday, June 6 in Duncan. No packets will be mailed after May 22. For those paying the mailing fee, the packets will be mailed after May 11. Make checks payable to FreeWheel Inc. We also accept Visa and Master Card.

Once you have completed your registration form and included the correct fees, please mail it to:

**FreeWheel, Inc.
P.O. Box 470069
Tulsa, OK 74147-0069**

Refunds, minus a \$10 processing fee, will be given until May 30. If you ordered a t-shirt or jersey and already received it, there is no refund for the shirt or jersey. **A written request is required for all refunds. No refunds will be given after May 30 for any reason.**

Confirmation: A confirmation will be sent for all registrations received in the mail through May 22.

Questions: You may call the FreeWheel office at 918-835-1699 or visit our website at www.okfreewheel.com. Check the website often as it is frequently updated. You may also e-mail questions to FWOklahoma@sbcglobal.net.

2009 OFFICIAL FREEWHEEL REGISTRATION FORM
ONE NAME PER FORM - Please print. Forms will not be processed unless signed.

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Business Phone: _____ Cell Phone: _____

Sex (circle one) M F Age on June 7, 2009 _____ E-Mail Address: _____

Emergency Contact and Phone: _____

If you or someone traveling with you will have a vehicle during FreeWheel, please register it:

Make and Model: _____ Tag: _____

⇒ NO PRIVATE SAGS ARE ALLOWED. ALL VEHICLES NOT DESIGNATED OFFICIAL WILL BE REQUIRED TO TAKE AN ALTERNATE ROUTE TO CAMP FOR CYCLIST SAFETY. BY SIGNING BELOW, YOU AGREE TO THESE TERMS.

⇒ **Registration Fees:** You may sign up for a 7 day ride or one of two 4 day options. Wrist bands will be given out at the FreeWheel registration trailer on June 6 or when you join the ride. You must wear a wrist band to participate. Fees include stocked fruit stops each day, route maps, Highway Patrol security, sag support, luggage transportation, marked routes, luggage tags, bicycle tags, camping space, a starting packet, a finish packet, and a shower truck and port-a-johns in camp.

Rate if your registration is postmarked by Thursday, April 30, 2009: (please check appropriate box)

7 day ride - \$110 Adult	Sun through Wed ride - \$70 Adult	Wed through Sat ride - \$70 Adult
7 day ride child (6-15) \$70	Sun through Wed ride - child (6-15) \$55	Wed through Sat ride - child (6-15) \$55
Free child (under 6)	Free child (under 6)	Free child (under 6)

Rate if your registration is postmarked AFTER Thursday, April 30, 2009:

7 day ride - \$130 Adult	Sun through Wed ride - \$80 Adult	Wed through Sat ride - \$80 Adult
7 day ride child (6-15) \$90	Sun through Wed ride - child (6-15) \$65	Wed through Sat ride - child (6-15) \$65
Free child (under 6)	Free child (under 6)	Free child (under 6)

.....**Registration Fee** \$ _____

⇒ **T-shirt - \$10, not included in registration fee:** S M L XL XXL (\$13) XXXL (\$13).....\$ _____

⇒ **Jersey - \$65, not included in registration fee and must be picked up in person - no mailing**
XS S M L XL XXL XXXL\$ _____

⇒ **Optional postage for packet mailing:**

\$5 postage per packet (No packets will be mailed after May 22).....\$ _____

\$1 postage for each additional t-shirt mailed beyond one t-shirt which is included in the \$5 postage above..\$ _____

I'll pick up my packet - do not mail

⇒ **TOTAL AMOUNT ENCLOSED**.....\$ _____

If paying by credit card, please fill in the following information: Card (circle one) VISA MASTERCARD

Name on Card: _____ Account Number on Card: _____

Expiration Date: _____ Zip Code at CC billing address: _____

⇒ **Please Read and sign the release below (children must also sign, if able)**

I, the undersigned, freely acknowledge and realize the dangers of participating in FreeWheel 2009 and fully assume all risks including, but not limited to, collision with pedestrians, vehicles, other riders, and/or fixed or moving objects, the negligence of other riders, sponsors, promoters or inadequate safety equipment, weather conditions, as well as the possibility of physical and/or mental trauma or injury. I understand that the route requires bicycling on public roadways and in bad weather and that cyclists have been hospitalized and/or killed because of traffic mishaps that are either their responsibility or others' responsibility and I further agree that I will bear all expenses incurred in any such accidents. I realize that FreeWheel 2009 requires physical conditioning and I represent that I am in sound medical condition. I have no physical or medical impediment which would endanger myself or others. I understand and agree that a situation may arise during FreeWheel 2009 which may be beyond the control of sponsors, promoters and organizers and agree to ride so as not to endanger either myself or others. I waive, release, discharge for myself, my heirs, executors, administrators, legal representatives (including successors) all rights against the sponsors and promoters of FreeWheel 2009. The above agreements and representations are my express understandings of the risks and I assume these voluntarily and freely without coercion or duress. This agreement may not be modified orally and may not be waived in any respect. I further understand that a helmet is strongly advised.

Dated this _____ day of _____, 2009. Signature: _____

Signature of Parent or Guardian if registrant is under 18

I, as a parent or guardian of the above named minor hereby give my permission and consent voluntarily and freely for my child to participate in Freewheel 2009. I further agree individually and on behalf of my child to the above terms after having fully ready the terms.

Signature (parent or guardian) _____ Accompanying adult: _____

Mail one form per registrant to: FreeWheel, Inc., P.O. Box 470069, Tulsa, OK 74147-0069