



# The L.A.P. Century



**Who:** Lula Assembly of Praise Church  
**What:** 7th Annual L.A.P. Century Bicycle Ride  
**When:** Saturday, May 8, 2010 – Rain or Shine  
**Start time:** 8:00 AM  
**Where:** Lula Assembly of Praise Church in Lula, GA  
**Why:** A Bicycle Ride to help fund the ministries of Lula Assembly of Praise Church  
**Options:** **20 miles, 35 miles, 50 miles, 68 miles (Metric) or 100 miles**  
**Cost:** Pre-registration is \$30.00 – by April 28, 2010.  
 Late registration is \$35.00 – after April 28, 2010.  
 \*\*Riders can also register, beginning at 7:00 AM, on the day of the event (\$35.00)

**T-Shirt:** Guaranteed to all **pre-registered** riders; extra shirts will also be for sale.

**Free After-Ride Meal** will be provided for all registered riders, starting at 11:30 AM.

**Route Descriptions:** 20 & 50 mile rides are enjoyable. 35-mile, Metric and Century rides are challenging – with an assault on Apple Pie Ridge Road (“THE WALL” one of Georgia’s steepest climbs).

**Directions:** From Atlanta: Take I-85 N to I-985 N (becomes Hwy 365 N). Continue on Hwy 365 N, straight through red light at GA52. Take right at next road (bottom of hill) – Athens St. Take first left on Carter St. Church is up at first Stop Sign.

**For More Info:** [www.habershambicycles.com/lap\\_century.htm](http://www.habershambicycles.com/lap_century.htm) (Can also register on-line)  
 Call Joe Elam at Habersham Bicycles 706-894-2453 or Email: [jelam@habershambicycles.com](mailto:jelam@habershambicycles.com)

Name: \_\_\_\_\_ Phone #: (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Emergency Contact \_\_\_\_\_ EM Phone:(\_\_\_\_) \_\_\_\_\_

T-Shirt Size (circle)      SM                  MD                  LG                  XL                  XXL

Intended distance (circle):    20 miles    35 miles    50 miles    68 miles    100 miles

Extra T-Shirt for \$12.00 each [Enter qty]    SM \_\_\_\_ MD \_\_\_\_ LG \_\_\_\_ XL \_\_\_\_ XXL \_\_\_\_

Entry by April 28, 2010 - \$30.00    Late entry (after April 28, 2010) - \$35.00

## Make Checks Payable to Lula Assembly of Praise

Mail to: Joe Elam  
 Habersham Bicycles  
 152 Anderson Circle  
 Alto, GA 30510

## Waiver

I understand that the L.A.P. Century will be a strenuous event requiring special bicycle handling skills. **Helmets are required.** I understand the L.A.P. Century requires bicycle helmets to be worn by all participants while operating bicycles, and there is NO exception to this requirement. I agree to wear a bicycle helmet at all times during the event when I am operating a bicycle. I am aware of the risks of bicycling and otherwise participating in this event and voluntarily assume such risks. In consideration of being permitted to participate in this event: 1) I release for myself, my heirs, and personal representatives, and the undersigned registrant under age 18 (“minor”) \_\_\_\_\_, Lula Assembly of Praise Church Inc., and their respective directors, officers, volunteers, sponsors and staff (indemnities) from any claim, liability, demand, action and cause of action whatsoever (collectively, “claim”) arising out of this event; 2) If registered as a minor, I (as a parent or guardian) agree to indemnify and hold harmless each indemnities against any claim for any loss; 3) Consent to emergency medical treatment if I am injured; 4) Shall obey traffic laws and practice safety in bicycling and 5) Agree to wear an ANSI or Snell approved helmet on all bicycling activities at this event. If no signature of parent or guardian appears below, registrant is deemed to have confirmed being at least 18 years of age. I also give the promoters the permission to use my photo for promotional purposes.

Signed \_\_\_\_\_

Date \_\_\_\_\_