

## Sponsor

I would like to sponsor the *Inside Ride*.

My name is \_\_\_\_\_

Please contact me at \_\_\_\_\_

with more information.

I would like to make a donation to support the Saint Alphonsus *Inside Ride*.

Enclosed is my check for \$ \_\_\_\_\_ (Please make check payable to Saint Alphonsus Inside Ride)

Please send me a bill for \$ \_\_\_\_\_

Please charge \$ \_\_\_\_\_ to my credit card

Circle one: Visa Mastercard AmEx Discover

Account# \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Name on card \_\_\_\_\_ Security Code \_\_\_\_\_

## Volunteer

Don't want to break a sweat? Volunteer!

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) \_\_\_\_\_ (evening) \_\_\_\_\_

Email \_\_\_\_\_

Shift: c 7-am-12 noon c 12 noon-5:00pm

Someone from *Inside Ride* will contact you with details and confirm your volunteer assignment.



The Inside Ride is a FUN spin on celebrating Heart Month designed to promote cardiac health when winter weather offers less than ideal conditions for outdoor activity. With the Saint Alphonsus Inside Ride, we can all come in from the cold, get in a good workout, and help promote health & wellness . . . a matter close to all of our hearts!



## Saint Alphonsus

HEART & VASCULAR CENTER

*Get your team together and  
join us for a day of  
health and fitness  
at the 7th annual  
Saint Alphonsus  
Inside Ride!*

**You won't want to miss the FUN!**

Special thanks to:



BOISE, IDAHO

**Inside Ride**  
Saint Alphonsus Foundation  
1055 N. Curtis Rd.  
Boise, ID 83706

*Return Service Requested*



**inside · ride**



**Saint Alphonsus**

Presented by:



**Saint Alphonsus**

HEART & VASCULAR CENTER

**Saturday, February 25, 2012**  
Boise Towne Square Mall  
9:00 am to 5:00 pm

*The 7th Annual Inside Ride is a unique stationary cycling event geared to get everyone's heart pounding!*

*Celebrate Heart Month by joining us at the Saint Alphonsus Inside Ride!*

Questions???  
Call (208) 367-3760 or  
Email - [debohern@sarmc.org](mailto:debohern@sarmc.org)

## Join the FUN and form a TEAM!

### Who can participate?

- 🚴 **Avid racers** – You're training this winter anyway; start some competition now and try this unique event!
- 🚴 **Weekend Cyclists** – Take a ride and don't worry about the weather!
- 🚴 **School Sports Teams or Clubs** – Challenge a rival school or another group within your own school!

🚴 **Businesses** – Show your company spirit and help promote heart health for your employees and community!

🚴 **Friends and Families** – Enjoy an afternoon of cycling, have a great time, and get some exercise!

## It's FUN!

Every rider is a winner and receives an Inside Ride t-shirt, refreshments, a memorable riding experience with music and camaraderie with your teammates . . . and a great cardio workout! If you don't want to pump the pedals, come cheer on your favorite rider and learn about heart health.

## How it Works

A team consists of four members. Each rider will receive an *Inside Ride shirt*. The entry fee is \$120 per team, just \$30 per rider.

Individual rider fee is \$35.



## Divisions

- **Elite Cyclists** – You actually own and wear spandex, the folks at the local bike shops know you, and you're already thinking about races in the spring. All team members ride together at the same time for 60 minutes.
- **Recreational Cyclists** – You might take a Sunday spin on the Greenbelt, a dusty climb through the foothills, or maybe you mosey through the neighborhood when the grandkids are in town. Bottom line, you like to hop on the bike from time to time but aren't ready for the Tour de France. All team members ride together at the same time for 30 minutes.

Each team has the option of using their own bicycles or using bicycles provided by Idaho Mountain Touring for the *Inside Ride*.

All bicycles will be mounted on trainers.

## More Info

To sign up, fill out the enclosed form, and your Team Captain will be sent information with your team's race time and details. General Information:

- **Arrive Early**—Riders must check-in at the registration desk (in the area between Victoria's Secret and Williams Sonoma) no later than **30 minutes** before their scheduled riding time.
- Each rider must sign and submit a release of liability form before participating in the Inside Ride. These forms will be available at check-in.
- Teams will ride at the same time during their given time slot.
- Feeling competitive? If your team would like to request to ride at the same time as another specific team, the Team Captain may contact us (367-3760), and we will do our best to accommodate your request.
- Teams may be male, female or co-ed.
- Don't have a team? You may enter as an individual rider.

## Things to bring

- Your own towel
- Water bottle
- Your own pedals if using clip biking shoes—very important!
- Your competitive spirit!

## Registration Form

Individual Rider Name \_\_\_\_\_  
 Team Name \_\_\_\_\_  
 Team Captain \_\_\_\_\_

Company/Group Represented (if applicable): \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (day) \_\_\_\_\_ (evening) \_\_\_\_\_  
 Email \_\_\_\_\_

Rider Name	M/F	Age	Height	Shirt Size	Using Own Bike
1. _____					<input type="checkbox"/>
2. _____					<input type="checkbox"/>
3. _____					<input type="checkbox"/>
4. _____					<input type="checkbox"/>
5. (Alternate) _____					<input type="checkbox"/>

**We encourage you to bring your own bike. For those not using their own bikes—Idaho Mountain Touring will be bringing road bikes for riders to use. Please indicate above if you are bringing your own bike.**

**Time Slots:** (number the time slots in order of preference and we will try to meet your request):

**Elite Riders** will ride for 60 minutes. Designated teams will ride together in same time slot:  
 \_\_\_ 9—10 \_\_\_ 10:30—11:30 \_\_\_ 12—1 \_\_\_ 1:30—2:30 \_\_\_ 3—4

**Recreational Riders** will ride for 30 minutes. Designated teams will ride together in the same time slot:  
 \_\_\_ 12:30—1:00 \_\_\_ 2:00—2:30 \_\_\_ 3:30—4:00

### Payment Options:

Enclosed is my payment for \$\_\_\_\_\_. (Please make checks payable to Saint Alphonus Inside Ride)

Team of 4 at \$120  # of riders \_\_\_\_\_ at \$35 each

Please charge \$\_\_\_\_\_ to my credit card

Circle one: Visa Mastercard AmEx Discover

Account# \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Name on card \_\_\_\_\_ Security Code \_\_\_\_\_

Mail Registration form and payment to:

**Saint Alphonus Inside Ride**

1055 N. Curtis Road Boise, ID 83706

Fax (208) 367-3967 Phone (208) 367-3760