

WHEN AND WHERE: Saturday, July 25, 2009, rain or shine, at the Simmons Center, 800 Chisholm Trail Parkway, Duncan. Turn west at U.S. Hwy. 81 and Beech, then turn north on Chisholm Trail Parkway for 1/2 mile. Riders will be staged in the Center's north parking lot. A pace vehicle will lead race participants to the race course at 8:00 a.m.

Al races will be officially timed and have separate standing starts. The riders will start on their respective courses at 8:05.

ENTRY FEE: \$20 per person, \$35 per tandem team, non-refundable. FREE T-shirt and water bottle go to the first 400 entries.

SIMMONS CENTER: Use your ride/race number to receive a free meal and to enjoy the Center's recreational facilities on race day. Extra meals are available for a small fee. If you forget to bring your own towel, the Simmons Center charges 50 cents. **Alcoholic beverages are not allowed anywhere on the premises.**

MASSAGES: A \$5.00 donation to the band will get you a basic massage, courtesy of Moore Massage. Donations of \$10.00 or more to experience more complete massage.

LATE ENTRY FEE: Entries should be post-marked by Sat., July 18; pre-registration closes Tues., July 21. Online registration closes at 10 p.m. Friday, July 24. A \$5 late fee will be assessed on all subsequent entries.

PACKET PICK-UP: Packets can be picked up at Simmons Center Friday, July 24 from 6-9 p.m. and beginning at 6:30 the morning of the ride.

ROUTES: The fun rides consist of a 10 mile flat course, and 27, 53 and 69 mile courses that head south. All courses are clearly marked...just follow the big arrows and you won't get lost! The race course is over rolling terrain. The course for Men under 20 is a 3 lap circuit (42 mi.); Men age 20-49, 4 laps (56 mi.); Men 50-64, 3 laps (42 mi.); and Men 65+, 2 laps (28 mi.). Women under 20, 2 laps (28 mi.); Women 20-49, 3 laps (42 mi.); Women 50-64, 2 laps (28 mi.); and Women 65+, 1 lap (14 mi.). Tandem teams can be all men, all women, or coed. They will ride 4 laps (56 mi.) and there are no age groups.

REST STOPS: Stops will be provided approximately every ten miles on the tour routes. There will be plenty of fluids, fruit and cookies. Out on the race course, there will be a feed zone where you can be passed a bottle of water or Powerade by our staff or food by a support person you provide. Hand ups outside the zone are NOT allowed.

AWARDS: (Race Only): **Farings are ineligible for awards.** After the event, a ceremony will be held at the Simmons Center. Championship jerseys will be awarded to the Men's and Women's winners in the Under 20, 20-49, 50-64 and 65+ age categories. Medals will be awarded to the first three finishers in each of 5-year age groups (men and women). Medals will be awarded to the first three finishers in each category of the tandem race. Decision of judges is final.

HEALTH AND SAFETY RULES: Helmets will be required for all entrants. Please follow all traffic laws throughout the ride for your own safety. Sag wagons will be available with water and road assistance for riders who have mechanical trouble or become too fatigued to finish. Traffic control will be provided for the race in the form of corner marshals and a pace vehicle. **Obey their commands!** The pace car is the only motorized vehicle allowed on the course (NO PERSONAL SUPPORT VEHICLES TRAVELING ON THE COURSE DURING THE RACE!)

MORE INFORMATION: If you can't find what you need to know in the flyer, call one of these numbers: During the day - Terry's Bicycles, 580-357-7580. After 5pm - Pagon or Kathy Ballard (580-255-1092; pkblld@texhoma.net); Kent Collins (580-252-4259; lkcollins@starcomm.net) or Rene Rodriguez (580-251-0452; rdds@texhoma.net).

ACCOMMODATIONS: If you are planning to spend the night, try our sponsor, Lindley House Garden Cottages, 1211 N. 10th. They can be reached at 580-255-6700.

Find more information about Duncan, the Dehydrator, downloadable registration forms and

New! online registration at www.thedehvdrator.org

Use one form per Bicycle, Single or Tandem. Make additional copies if needed.

Name: (Please Print) _____

Address, City, State Zip: _____

Email address (optional): _____

T-Shirt Size: S M L

XL

XXL

Fill out this portion if you plan to participate in the **RECREATIONAL RIDE** only.

The Recreational Ride is NOT a competitive ride. Set your own pace on this pleasure ride and enjoy our well-stocked stops along the way.

Recreational Ride Distance:

10 miles 27 miles

53 miles 69 miles

Waiver of Claim (must be signed)

In consideration of the acceptance of this registration entry, I, the undersigned, assume full and complete responsibility for any injury or accident which may occur during my participation in the Dehydrator, and I hereby release and hold harmless the sponsors, promoters, and all other persons and entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsor or promoters or other persons or entities associated with the event.

X _____

Signature of entrant

X _____

(If under 18, must also be signed by parent or legal guardian)

Send completed flyer and \$20 per entrant or \$35 per tandem team to:

DEHYDRATOR

Duncan Band Boosters
P.O. Box 314
Duncan, OK 73534-0314

(Make checks payable to Duncan Band Boosters)

Save a stamp!

Register online at www.thedehvdrator.org

Fill out this portion ONLY if you plan to

RACE.

The Race is a competitive ride. This is a challenging, high-speed event not recommended for novice riders.

Racers:

Male Female Age -----

Tandem: Men Women Coed

OFFICIAL USE ONLY

Do Not Write in This Space

Participant# _____

Check# _____

Cash: _____