

# **SOWING SEEDS** CHARITY BIKE RIDE

# **Registration Form**

## Please select a route length:

Thanks to **Our Sponsors** 



40 miles: departs at 8:30; for more advanced cyclists, a hilly ride that passes through preserved farms; includes 2 water stops

20 miles: departs at 9:30; a few hills and passes through preserved farms; 1 water stop

5 miles: departs at 10:30; an easy route with one hill

**Start & Finish Location:** Jasper Park 4960 Vera Cruz Road North, Emmaus, PA 18049

**Saturday** Sept. 12th 2009

> Rain Date: Saturday, 9/19



Please arrive 30 minutes prior to your ride start time.

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Rider Name:		
Address:		
City:	State: Z	ip:
Telephone:	E-mail:	
T-shirt size (Register by Aug	ust 8th to get a free T-shirt): S M L	XL

### Registration includes:

Breakfast: baked goodies from local bakeries, fruit & coffee Lunch: farm fresh food prepared with veggies and fruits from the Seed Farm and other local farms Maps, cue sheets, SAG support, & water stops

T-shirt (if you register by August 8th)

### **REGISTRATION FEES**

Please make checks payable to **Pennsylvania Farmlink** (a project coordinator for the County of Lehigh) and note on the check that contributions are for the Seed Farm.

\$25 Pre-Registration

\$35 Day-of Registration

Mail this form with payment to: Lehigh County Farmland Preservation Program 4184 Dorney Park Road, Suite 102 Allentown, PA 18104

A copy of this form will be e-mailed to you for your records.

Questions? Contact Erin Frederick at 610-391-9583 ext. 25 or efrederick@lehighconservation.org.