Celebrating 15 Years

Accept the Challenge

Head for the Hills
September 9, 2017

eden foundation

50 YEARS of HEALING, HOPE & COMMUNITY
The 15th annual Head for the Hills Bike Event takes place September 9th, 2017. This cyclist handbook provides information to help you have a successful cycling and fundraising experience.

Registration

Each cyclist is required to pay a $25 registration fee and raise at least the minimum pledge amount of $100 prior to the start of the bike event on September 9th. Registration fees are non-refundable, non-transferable, and non-receiptable. All pledges received are fully receipted.

Fundraising benefits Individuals with mental health challenges

The Head for the Hills Bike Event is an annual fundraiser to support mental health recovery programs for individuals living in our region. By registering for the 2017 Head for the Hills Bike Event and raising funds, you’re making a profound difference in the lives of many individuals living with a mental health challenge.

Information Centre

For more information, call the Eden Health Care Services office, (204) 325-5355, 1-866-895-2919 or stop in at the office, 309 Main Street, Winkler or visit edenhealthcare.ca.

Medical Support

Professional medical support is available throughout the day. A nurse is available at each rest stop to help you with any medical emergencies. Fire department “first responders” are also available throughout the route to help all participants. If you need help, do not hesitate to ask.

Emergency Contact Information

An emergency contact number is printed on the back side of each biker’s ID number and will connect you with support that will look after emergency situations. This number is received at the time of registration and should be attached to each rider’s bike handlebar. The number on the front of this badge will aid in tracking each biker.
Rest stops provide you with water, sports drinks and light snacks. Each stop also has bathroom facilities.

Manitoba’s weather is unpredictable. Check the website before you leave the house in case of a postponement due to trail or weather conditions and for any updated announcements.

Invite your family to join you at the finish line and stay for lunch. Guest food tickets are $15 each and can be paid for at the lunch site.

Bike Patrols & Route Markings

Both the road course and the trail are clearly marked by flags indicating direction of travel. Volunteer riders patrol both routes to ensure no one is left behind or has had trouble along the way. Patrols are equipped with communications to connect with emergency services and the SAG Vehicle.

SAG Vehicles

A Support and Gear (SAG) vehicle will pick up cyclists who cannot finish the ride or need a break. Cyclists will be taken to the next rest stop or the finish line, whichever is required. Snag a SAG vehicle by safely getting off your bike and holding your helmet up in the air.
Registration

Registration takes place in the picnic shelter that is located just south of the parking lot at Morden’s Colert Beach picnic shelter.

To register you must bring

- All pledge documents and money received
- Grand total of fundraising online and donations / pledges received personally, these totals must be recorded on the Pledge Sheet.

T-shirt

- Each participant will receive a **Head for the Hills** T-shirt.

Draw Tickets

- Each registered cyclist receives a draw ticket for a chance to win a bicycle.
- If you have raised between $100—$999, you will receive 1 draw ticket for each $100 raised.
- If you have raised $1,000 or more, you will receive 1 draw ticket for each $1,000 raised. A draw is made for participants from each grouping, see page #14.

Cyclist ID Number

Each cyclist will be given a Bike ID number that they must attach to their bike, for tracking purposes. Volunteers are located at each rest station tracking the arrival of each cyclist. We go looking for anyone who’s missing.
Check out what’s **SCHEDULED!**

**Location:**  
Colert Beach, West of Morden

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00—8:30 a.m.</td>
<td>Registration</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Official start of ride</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>BBQ at the finish line</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Awarding of prizes</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>Loading of bikes</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>Shuttle buses and bike transport trailers return to Colert Beach</td>
</tr>
</tbody>
</table>

* transport trailers supplied by Lode King and Essen Transport *

---

**Bike Transport**

At the end of your ride, you have the option to have your bike loaded onto a flat deck trailer on specially made bike racks, manufactured and supplied by OK Tire in Winkler. When the festivities are complete, the bikes will be transported back to Colert Beach where you can pick up your bike. If you need a ride to Morden, there will be space on the buses provided.

Please ensure that you are back in Morden to collect your bike once they arrive. We do not have any storage facilities available after the ride.
Join us for a 36 km group ride along the Trans Canada Trail southwest of Morden and Winkler. The trail starts at Colert Beach, west of Morden, then skirts Lake Minnewasta and climbs the north shore connecting with the Stanley Trail. After crossing the Dead Horse Creek, the trail climbs to the south, out of the valley and into a wooded, rolling single-track for several kilometers with open views of the valley.

Leaving the single-track, (1st rest stop) the trail follows quiet dirt and gravel roads past undulating farmland and marshes. After 7 miles, the trail enters a pasture road that climbs the escarpment, (2nd rest stop) winding through grassland on the edge of oak stands, passing an old Mennonite cemetery.

This leads to the final section of the trail which is an entirely wooded single-track through oak and poplar stands along the creeks of the Pembina Escarpment. This portion of the ride offers physically challenging climbs and descents as well as incredible scenery along the route.

The colours can be quite breathtaking this time of year. Note that there are 2 rest stops along the way including refreshments and porta-potties as well as a “SAG Wagon” to pick you up if needed.

Alternate road route options take you along rolling country roads. Trained volunteers are also on hand to provide first aid and assistance if needed. We finish two miles from the US border on a hill overlooking the Red River Valley. There will be a shelter provided for you to relax under as we wait for all riders to complete the ride. A BBQ lunch will be provided for all cyclists as they arrive at noon with the awards presentations right after.

What can your donations do?

One in four Manitobans will be directly affected by a serious mental health concern in their lifetime. The pledges raised from the bike ride will go to support Eden’s mental health recovery programs. These programs include supported housing and employment programs for individuals dealing with significant mental health issues. Subsidized counselling services through Recovery of Hope help individuals and families on lower incomes access needed support. The good news is that with the right supports and services, individuals can recover from mental illness.

Your participation in this biking fundraiser can help us maintain this valuable service, restoring hope and healing in people’s lives.
IMPORTANT:
Upon completion of your ride and arrival at the BBQ site, hand in your bike number at the Bike # Return booth. This is our way of tracking the riders as to who has completed the ride and who is still enroute.
Start at Colert Beach Picnic Shelter

Rest Stop # 1

Stanley Park

Rest Stop # 2

Finish at Wes Hamm’s Place

Trail Route
Road Route

LOVE TO RIDE
The safety of our participants is paramount. We ask that you carefully review and respect the rules and etiquette listed below.

**Ride Rules**

- All cyclists must obey all law enforcement.
- All cyclists must wear an approved helmet. Any cyclist not wearing a helmet will be not be permitted to ride.
- All cyclists must obey local and provincial traffic laws.
- The use of headphones, iPods, cell phones, radios or similar audio devices are strictly prohibited while cycling.
- Children MUST have a participating adult over the age of 18 responsible for them at all times while on the route.

Challenging yourself can help increase your motivation and to set personal goals. Try new things that involve your moving out of your comfort zone.
Cycling Etiquette

- Be aware of traffic, pedestrians and even wildlife while cycling. The roads are not closed because of the event.
- When you’re on roadways, give cars the right of way.
- Ride single file.
- Give plenty of room to other cyclists.
- Never leave the scene of an accident.
- Respect other cyclists and their level of cycling experience. This is not a competitive race; it is a fundraising event to help Manitobans living with mental health issues.
- Do not block Rest Stop entrances. Move fully into the Rest Stop area and safely out of the path of oncoming cyclists.
- You are likely to encounter rock, roots and ruts, please negotiate them with care.
- Do not draft behind motor vehicles.
- Move safely off the road when stopping to rest.

Mental Fitness Tip: Dedicating a short time every day to your mental fitness will help you feel rejuvenated and more confident.
MISSION: “to respond to the community by providing a range of services that will empower persons with mental health needs”

VISION: “that people on the mental health journey experience hope, healing and community”

Whether you’re riding with friends and family or as part of a corporate team, it’s always more fun to do things together. Team members keep you motivated to train harder, fundraise more, and keep those pedals turning during the bike tour so you can cross the finish line together.

Who makes up a team?

Teams range in size from four dedicated friends who ride to represent someone living with mental health challenges to dozens of co-workers who want to make a difference in the community. It’s easy, pick a Team Captain, a team name and register at www.edenhealthcare.ca

How we can help you and your team?

Our on-line registration system allows you to register as a team. One person, typically a team captain/leader, should register and assign a team name and then other members can “Join A Team” by calling up the team name and then registering under that name. People whom you have asked to sponsor you as an individual can do so and the totals for each person is maintained independently as well as being cumulative, showing a team total.

“One person, typically a team captain/leader, should register and assign a team name,”
Reasons to Volunteer

1. You’ll have fun!
2. Receive a free T-shirt
3. Meal and refreshments are provided
4. Support individuals living with the challenge of mental health

Volunteer for the **Head for the Hills** Bike event! Be part of an amazing team when you sign up to volunteer for the **Head for the Hills** bike event September 9th, 2017. No Intense Training required.

Volunteers are needed every step of the way; from helping with registration to giving cyclists encouragement and snacks along the way, counting them as they cycle past, welcoming them as they cross the finish line and helping with the meal at the end of the route. Trained medical help is also required to take care of any incidentals or emergencies that can occur during the ride. Can you think of a more enjoyable experience than to spend a warm Fall day supporting our riders as they give of their time and ride in support of mental health?

This event would not be possible without the support of a dedicated team of volunteers that are committed to ensuring a safe and fun experience for all our cyclists. Volunteers are an essential part of the participant experience. So whether you are volunteering for the first time or for the 10th time it’s a great event to take part in and everyone is welcome!

Sign up with a friend and get outdoors this Fall to support the **Head for the Hills** bike event. Cycle through the Pembina Hills and the Trans Canada Trail. To learn more about different volunteer opportunities, please call 204-325-5355 or email Agatha at agatha@edenhealthcare.ca.
Fundraising Tips

Set a goal.
Set your fundraising goal high. What better reason to push yourself than to raise funds that affect those right in your community?

Pledge yourself first.
Lead by example. Pledge yourself generously – this will help set the bar for everyone else.

Start your fundraising early.
Participants who start fundraising early raise more money overall.

Don’t be afraid to ask.
Create a list of people you think would be interested in supporting you. You may be surprised at how much you can raise just by asking.

Hang a poster in your office lunch room.
Write your name and number on the poster, you never know who might be interested!

Request donations on-line.
Access your profile on-line at edenhealthcare.ca and send an email to your friends, family and co-workers. This is one of the easiest and most comfortable fundraising tools you can use.

Personalize your Online Fundraising page.
Make your fundraising page compelling by adding your own photographs and text. Personalize your URL address and even host your own blog. Let sponsors know why you have chosen to ride and why the Head for the Hills event deserves support! You can develop your own page by following the links on our website. Benefits include:

- Safe—all on-line donations are 100% secure
- Accurate—eliminates paper work and the need to collect cash and credit card numbers.
- Convenient—donors can go online anytime, anywhere to support.
- Tax Receipts—all donations $10 or more will be receipted
Fundraising Rewards

Participants in the **Head for the Hills** bike event who raise $100 or more are eligible for fundraising rewards. A new bike is presented to the top fundraiser. Each cyclist receives a draw ticket for each $100 raised up to $900, or a ticket for each $1,000 raised. Each category has its own draw box.

**Prize Details**

Tickets for the draws will be awarded on the basis of the total amount of money and pledges submitted. To be eligible for a ticket, your pledge money must be received at the time of registration, September 9th.

**Head for the Hills Bike Draw Structure**

Registration fee covers the cost of t-shirt, prizes, refreshments and BBQ.

**Bike #1**  Prize for the top fund raiser

**Bike #2**  Draw– Fundraisers who raised $1,000 & more receive 1 ticket for each $1,000 raised.

**Bike #3**  Draw– Fundraisers who raised up to $999 receive a ticket for each $100 raised.

Challenge for team participation, (e.g. youth groups, work place, friends), combine your efforts and the team with the highest amount of money raised will be awarded a **Team Achievement Trophy**.

All participants are eligible for the bike draws if they have raised at least $100. Each cyclist also gets a prize for participation.
When you arrive on site, there will be a registration area where we will register you, provide you with a cool T-shirt, and provide you with your bike ID number. We will also collect the money that you’ve raised for your fundraising effort of this event. You can help speed up the registration time significantly if you provide us with answers to the following five questions:

- **Total CASH collected ...**
  How much cash in coins and bills are you turning in?

- **Total CHEQUES collected ...**
  What is the total of all the cheques that you’re turning in?

- **Total ON-LINE donations received ...**
  How much money did you raise on-line? Your family and friends used their credit card on-line to support you and those transactions have come through to our offices separately. You should check your on-line progress page just before you leave the house, print off the pledge sheet and bring it along with you.

- **Total OUTSTANDING pledges ...**
  What is the total amount of pledges that your friends and family have made, which you haven’t received yet? They have pledged to sponsor you but they did not give you any money in either cash, cheque or credit card. Eden Foundation will invoice all individuals with outstanding pledges. Please include mailing addresses and phone numbers of all your pledged amounts.

- **What is the GRAND TOTAL ...**
  Add up Cash, Cheques, On-line donations and Outstanding Pledges for the Grand Total.

From that **GRAND TOTAL**, we will give you the appropriate number of prize draw tickets. These tickets will entitle you to a draw for one of two bikes which are going to be given away at the end of the ride.

There will also be lots of other prizes and they’ll be given away in an order based on the total amount of money you’ve raised.

If you’ve raised money as a team; with no distinction as to who is credited for the funds raised, we’ll provide your team captain with a block of tickets appropriate to the amount the team has raised and your team captain can then distribute prize draw tickets to team members.

In addition to the five main questions above, please present all your pledge forms with all the names and addresses of the people who have supported you. **Accurately filling out the form is really important** because we want to send every one of your supporters a tax deductible receipt for their contribution to your participation.

*(All donations of $10 or more are receipted.)*
Packing List For the ride:

☐ Mountain Bike or regular bike with wider tires
☐ Helmet (mandatory)
☐ Tire patch kit, spare tubes and tire pump
☐ Cell Phone (in case of emergency)
☐ Water bottle or hydration pack
☐ Sunglasses, lip balm, sunscreen
☐ Appropriate clothing for the weather (rain or shine)
☐ Pledge sheet with all collected money
☐ Enthusiasm and Energy
Nutrition Plan

Cyclists burn off a ton of energy and lose litres of fluids during long rides, so eating a balanced diet and staying hydrated are keys to a successful event. Below is a nutrition plan for cyclists, written by sports nutritionist Jorie Janzen, RD.

In order to perform your best and enjoy the ride, you need to know what and when to eat and drink to get through the 36 km ride. Developing a sport nutrition plan before heading out will be your road map to success!

Your sensation of thirst always lags behind your body’s need for fluid. Dowsing yourself with water or using sponges can help you feel cooler and provide a mental boost, but it doesn’t help you stay hydrated. To stay hydrated, you have to plan your hydration schedule in advance. Keeping fluid options on hand and making the appropriate stops along the way will provide huge payoffs.

Here are some quick tips for your comprehensive nutrition plan:

**Pre-Event & Rest Stops:**
- 1 gulp of fluid for an adult and 2 gulps for a child = approx. 1 oz.
- Drink 20 oz. of fluid 2 hours before the event.
- Drink another 7-10 oz 10-20 minutes before you ride.
- Aim for one to two gulps every 15-20 minutes.
- Consuming carbohydrates and sodium is important. Consuming only water over the duration of this event for some of you can lead to hyponatremia (over-hydration).
- 1 medium fruit, 1 cereal bar, 1 sport gel, 8 oz. sport drink=approx. 15-25 grams of carbohydrates.
- Aim for 30-60 grams of carbohydrate per hour of exercise.
- Include salt in your food or sport drink.

**Arrival at Finish Site:**

Aim for 16-20 oz. of fluid and 30-60 grams of carbohydrate to start your recovery. The first 15-30 minutes is an optimal time to re-stock your glycogen stores...muscle and mental recovery! Enjoy lunch, but don’t forget you need to refuel, hydrate and rest.
Training for the Ride

The key to a successful ride lies in consistent training and preparation. Here are a few steps to get in gear for the 2016 Mental Health Ride.

1. Get your bike tuned up and fitted properly.
2. Stop in at your local bike shop and get the experts to verify that your bike is road ready.

We suggest the following training guidelines as you develop your training plan and your training rides. Below is a three month training plan, which can be condensed if required.

The week before the ride, your total distance should be greatly reduced in order to “save your legs” for the event. Remember, even if you don’t finish the ride, you are still riding to support mental health recovery. Make reasonable goals for yourself and be proud of your accomplishments!

<table>
<thead>
<tr>
<th>Month</th>
<th>Distance</th>
<th>Number of Rides</th>
<th>Total Training</th>
<th>Suggested Weekly Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Per Ride (km)</td>
<td>Per Week</td>
<td>Hours Per Week</td>
<td></td>
</tr>
<tr>
<td>June</td>
<td>10-20</td>
<td>2-3</td>
<td>1-2</td>
<td>20-30 km</td>
</tr>
<tr>
<td>July</td>
<td>20-30</td>
<td>2-3</td>
<td>5-8</td>
<td>40-60 km</td>
</tr>
<tr>
<td>August</td>
<td>30-40</td>
<td>2-3</td>
<td>8-9</td>
<td>60-80 km</td>
</tr>
</tbody>
</table>

Hydration tip: consume one full litre of water for every hour of strenuous riding. Carry one or two bottles on your bike or use a hydration back pack and refill at rest stops along the way.
“we have taken part in Head for the Hills for several years. It is a fun day of biking together as a family through the beautiful countryside. We like to participate because we know that mental health is very important, and if we can help other people to have better access to help so they can be healthier, that makes us feel good too!”

“...I enjoy cycling and it’s inspiring to be with 200 plus cyclists. I enjoy riding with various members of my family and with friends of varied abilities. It’s a great way to spend an afternoon connecting with other families and individuals. We have many laughs and tell stories along the way. I have cycled with 80 year olds and 6 year olds and both tell great stories! The sun, the wind, the hills, the beauty... there is no better way to spend a Saturday morning. The training ahead of time makes the ride much more enjoyable and keeps me mentally and physically healthy. The feeling of accomplishment at the end and the French fries are worth it!”
Training Tips for enjoyable cycling.

These opportunities can be an end in themselves or they can be part of your preparation for the “Head for the Hills” ride.

Use a bike with wider tires. The world opens up to you as you begin to ride different trails. Trails and pathways are a great way to explore areas not seen from the road. They will also get your muscles moving and your heart pumping.

Join a club ride. Riding with other cyclists is a great way to keep yourself and others motivated. They will help you get back to your starting point and give you help and advice along the way.

Getting your bike ready

Time Out Sports in Winkler is your Giant bicycle line dealer. The line-up includes not only mountain bikes but a strong selection of BMX as well as road bikes. Their service shop will get your bike ready for whatever cycling style your into.

Time-Out Sports in Winkler at 204-325-4284

Club Rides

Altona Club Rides

Altona has two group rides happening virtually all year round. The Athena Cycling Club is a women’s cycling club that rides every Tuesday beginning at 8 p.m. The ride stays on pavement and largely within the immediate area of Altona.

Contact Cheryl Koop for more information 204-324-9759

The Altona Bicycle Enthusiasts better known as The ABE’s has a group ride every Thursday all year round. This is a collection of both men and women who ride longer distances. Contact Jonathan Sawatsky for more information 204-324-9759

Morden / Winkler Trail Rides

Tinker Creek – rides the southern portion of the Trans-Canada Trail south of Morden, MB with some extra trails that take the cyclist through some more technically challenging portions. This is a great ride for intermediate to advanced riders. This ride happens most Tuesday nights throughout the summer months. Contact: James Friesen at Tinker Creek Cycle (204)822-3017

Country Cycle – Ride the trails around Lake Minnewasta, west of Morden. This is a great ride for novice or intermediate riders. It is a beautiful setting close to all amenities. Weekly rides are scheduled for Thursday nights throughout the summer. Call Jason, for more information.

If you’d like to train but stay on paved road, Country Cycle also organizes a Tuesday night road-ride. The route and length is determined based on the overall ability of the group that comes out to ride.

The cycling community is a great collection of people who enjoy riding and having new faces pick up this energizing sport.

Contact: Peter Loewen or Jason Wiebe at Country Cycle (204)332-0121.
### Head for the Hills Bike Event

**Saturday, September 9, 2017**

**Contact:** Earl Reimer or Agatha Fehr, Eden Foundation. Phone 204-325-5355 or ehcs@edenhealthcare.ca

**NOTE:** Please print clearly and provide all details for each donation.

<table>
<thead>
<tr>
<th>Name:</th>
<th>Phone #:</th>
<th>Pledged</th>
<th>Paid</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address:</th>
<th>City:</th>
<th>Pledged</th>
<th>Paid</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Postal Code:</th>
<th>Email:</th>
<th>Pledged</th>
<th>Paid</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Credit Card #:</th>
<th>Expiry /</th>
<th>Pledged</th>
<th>Paid</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Charitable Registration # 10156 9697 RR0001
Tax receipts for $10 or more will be mailed out after the event.
# Team Registration

I am registering with a **TEAM**

<table>
<thead>
<tr>
<th>Team Name</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Team Leader Name</td>
<td></td>
</tr>
<tr>
<td>Team Leader Address</td>
<td></td>
</tr>
<tr>
<td>Team Leader Telephone</td>
<td></td>
</tr>
<tr>
<td>Team Leader Email address</td>
<td></td>
</tr>
</tbody>
</table>

---

# Individual Registration

Registration Deadline - September 8, 2017

<table>
<thead>
<tr>
<th>Name</th>
<th>____________________________________________________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>____________________________________________________________</td>
</tr>
<tr>
<td>City</td>
<td>____________________________________________________________</td>
</tr>
<tr>
<td>Postal Code</td>
<td>_________________________________________________________</td>
</tr>
<tr>
<td>Phone</td>
<td>____________________________________________________________</td>
</tr>
<tr>
<td>Email</td>
<td>____________________________________________________________</td>
</tr>
</tbody>
</table>

**T-shirt size** (Please circle)

- S
- M
- L
- XL
- XXL

- [ ] Send more information
- [ ] $25 Registration fee enclosed payable to Eden Foundation

---

# Part 2 (Complete ONLY if you are registering with a team)
Participant Waiver Form

In consideration of the acceptance of this form and the permission to participate in *Head for the Hills Bike Event* I hereby for myself, my heirs, administrators, and assigns, release, waive and forever discharge *Eden Foundation* and its associated companies and its respective employees, agents and representatives of and from all claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect to death, injury, loss or damage to my person or property however caused, arising or to arise by reason of my participation in the said event, whether as a spectator or participant or otherwise, whether prior to, during or subsequent to the event and notwithstanding that same may have been contributed to or occasioned by the negligence of the aforesaid. I further hereby undertake to hold and save harmless and agree to indemnify all of Eden Foundation and its associated companies and its respective employees, agents, and representatives from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected to my participation in the said event. By agreeing to these conditions, I have acknowledged that I have read, understood and agreed to the above Waiver, Release and Indemnity. I warrant that I am physically fit to participate in this event.

Whereas for valuable consideration hereby acknowledged as received, I grant the Photographer (s) permission to photograph me and those minors in my charge and thereafter to use the photographs in whole or in part solely for the promotional purpose of the Eden Companies.

Name (Please print)

Signature

Signature of Parent of Guardian
(If under 18 must be signed by a parent or guardian)

Mail the Registration Form and Waiver Form to:

Eden Foundation Head for the Hills
Box 129
Winkler, Manitoba R6W 4A4
Here are the three bikes that we’re looking forward to giving away!

- **Giant Revel**
  - 26” tire

- **BMC Sportelite**
  - 27.5” tire

- **Arvo Opus**
  - 29” tire
THANK YOU
to all of our sponsors!