

# RIDE FOR RUSS

NOVEMBER 4, 2006

CYCLING FUNDRAISER

Russ Rudometkin was involved in a near fatal bicycling accident in May at the intersection of North Phoenix and Fern Valley Road. Russ was approaching the stop sign when a young driver on a cell phone cut the corner running straight into Russ. He awoke from a coma and remained in the hospital for almost three months and is now in foster care. Meg and Russ's world has been turned upside down and financially and we would like to help with the ongoing medical costs.

- Our goal to raise \$4000 for each class. There will be 40 bikes available. If each rider raises or brings in \$100, the goal will be reached. **Prizes will be given out during each class.**
- Minimum donation of \$25 secures a bike seat. Donate a minimum of \$50 and receive a backpack, water bottle and cap.
- Prizes and raffles will be awarded during each class,
- Make checks payable to: **Margaret Rawlings Account #:** **3123027737** established at Washington Mutual
- Outdoor cyclists are welcome to bring in their indoor trainers and road bike.

All Lemond Indoor cycles have SPD clips or cages, cadence meter, Polar Heart rate compatible readout, measurement of distance and calorie expenditure.

Classes will be directed by Jim Kusnerik in the gym at Superior Athletic Club located at 727 Cardley Questions?? Call 779-7529.

Name: \_\_\_\_\_

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

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

Please select class time:

\_\_\_\_\_ 8:00 a.m. (outdoor riders format 75 minutes)

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\_\_\_\_\_ 9:30 a.m. (outdoor riders format 75 minutes)

\_\_\_\_\_ I have an indoor trainer and will bring my own

\_\_\_\_\_ 11:00 p.m. (indoor riders format 50 minutes)

\_\_\_\_\_ 12:00 p.m. (indoor riders format 50 minutes)

\_\_\_\_\_ I cannot ride but I would like to donate.

Donation amount: \_\_\_\_\_

Minimum donation of \$25 secures a bike seat. Donate a minimum of \$50 and receive a backpack, water bottle and cap.

Please drop off or mail registration form before 10/31/06 to Superior Athletic Club 727 Cardley Medford, Oregon 97504