

REGISTRATION

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Your registration fee allows you to take part in one or both events. You are participating as: (check all that apply)

- An individual
- Part of a team or family
- Endurance Ride

Team Name: _____
(Captain packets mailed or found online.)

Circle payment type: Enclosed or Paypal
(Checks payable to "ARK Advocates")

Participant's Names:	Registration Fee: Adults-\$20, Children 12 and under-\$10	T-shirt size in either Child or Adult sizes. (Included with registration)

WAIVER: In consideration of being permitted to participate in this event, I hereby for myself, my heirs, and personal representatives assume any and all risks which might be associated with the event. I further waive, release, discharge, and covenant not to sue ARK Advocates, its officers, employees, sponsors, organizers, volunteers, or other representatives, or their successors and assigns, for any and all injuries or damage of any kind whatsoever suffered as a result of taking part in the event and/or any related activities. I also agree to the use of any photo, film, or videotape of the event for any purpose.

Signature _____ (Guardian's signature if necessary)

Forms can be mailed to:
ARK Advocates: Roll & Sole-A-Thon
P.O. Box 3024, Dubuque, IA 52004



NEVER GIVE UP!

Joel began using a power wheel chair in 2nd grade as his ability to walk on his own was slowly taken from him by Ataxia Telangectasia. Joel was born with A-T, a neuro degenerative disease that has not only taken away his ability to walk; but to dress himself, write, feed himself, etc. He jerks and has tremors on occasion and his speech is harder to understand as he tires. His immune system is lower also. With all of this going on in his body, Joel continues to have a great sense of humor and a quick wit. His smile is contagious & he laughs with his whole body. Joel loves sports and began working out a few years ago. That is when he started to have more stamina and is working hard combat the disease he lives with daily which currently has no treatment or cure. His recent work outs have included bike riding. We have used the ARK Lending Library for a couple of different bikes that Joel has tried at the ARK Roll & Sole-A-Thons. Biking has added another activity to his life that he really enjoys. Joel says he has a need for speed so we are happy to have him ride the bikes that are equipped with seat belts and backs to the seats. Please come out and support ARK as they provide individuals with disabilities a chance to enjoy one of the best things in life. the joy of participating in an activity like bike riding! -The Joel Harvey Family



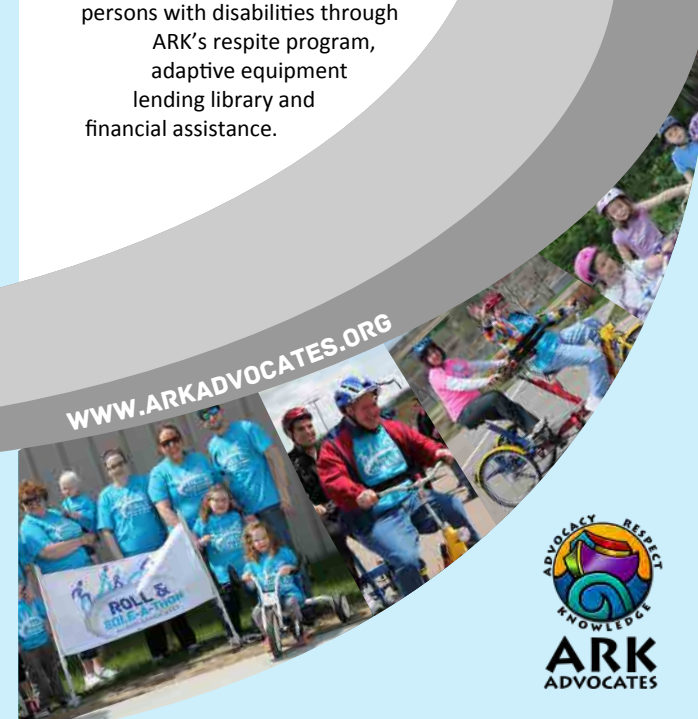
**MAY 6, 2017 | 11AM
11AM (10AM REGISTRATION)**

**MYSTIQUE COMMUNITY
ICE CENTER
DUBUQUE, IA**

Proceeds stay local and assist persons with disabilities through ARK's respite program, adaptive equipment lending library and financial assistance.

WWW.ARKADVOCATES.ORG

ARK's Adaptive Equipment Lending Library is a free service we provide for persons with disabilities and the whole community.





WWW.ARKADVOCATES.COM

CONSIDER BUILDING A TEAM TO SUPPORT THIS PROJECT.

ADAPTIVE RECREATION & EQUIPMENT EXPO:

- Entrance to the Expo is free for registrants of the Family Bike Ride and/or the Endurance Ride. For those not participating in the rides, the Expo fee is just \$5 per person.
- Between **11 am and 2pm.**
- Recreation and wellness booths
- Equipment vendors (ie. All Ability Cycles)
- DJ entertainment
- Face painting
- Bike Cops
- Bike Checkup station by Bike Coop
- Sports Wheelchair Demos-basketball
- Fighting Saints Mascot Bernie
- Food & Drink concessions
- Group pictures taken
- Physical Therapy Tent - try an adaptive bike or other equipment.
- Great prizes!



Walk or roll with us on May 6, 2017 (rain or shine) to help raise money for ARK Advocates and support persons with disabilities in our community. There are **2 ways** you can participate:

1 FAMILY BIKE RIDE:

- 1 and 5 mile Family Bike Ride **starts at 11 am.** (walkers welcome)
- 10am registration
- Fun for all!
- Ride as individuals or in a group.
- Prize packages awarded to the 3 teams raising the most money.

2 GROUP RIDE:

- Registration at 8:30am. Starts **9:00am** or at your leisure from the Mystique Community Ice Center.
- 20 and 40 mile distance routes are online.
- Participants entered into a prize drawing.

REGISTRATION FEE:

(INCLUDES PARTICIPATION IN ONE OR ALL EVENTS)

- \$20 for adults
- \$10 for children 12 & under
- Family rate \$50.
- Fees increase to \$25 for adults, \$12 for children and \$60 per family after **April 22, 2017.**
- Fee includes a t-shirt. T-shirts are guaranteed by April 15th and as available day of the event. Family rate includes only 3 shirts.
- ***NEW*** Team T-shirt Colors are available this year!
- All money raised will go directly to ARK Advocates to help people with special needs in our community.



REGISTRATION ON BACK OR ONLINE:

GETMEREGISTERED.COM/ROLLANDSOLEATHON



OTHER WAYS YOU CAN HELP

You can help ARK advocates through volunteering your time or through donations and sponsorship. Learn more about how you can help persons with disabilities through ARK Advocates at www.arkadvocates.org.