

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



TEAM LUCI! WHY WE BUILD A TEAM!

Luci's siblings and cousins all have events that friends and family attend to watch them participate. And, well, the Roll & Sole-a-Thon is Luci's big event and we join in on the fun!! Friends and family support Luci at this event by forming a large "Team Luci" and participating in the festivities. Last year, wheelchair basketball was a favorite and Luci's cousins and siblings always love trying out the adaptive bikes!

Through attending, we also support the wonderful organization, ARK Advocates, that has supported us from the beginning of Luci's journey...through respite, financial assistance, and the lending library. We make this Luci's big event and we are blessed that our family, friends and co-workers always come to support Luci!

—Luci's Family



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



MAY 5, 2018 | 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





WWW.ARKADVOCATES.COM

CONSIDER BUILDING A TEAM TO SUPPORT THIS PROJECT.



FUN & FOOD TO FOLLOW:

- Entrance is free for registrants of the Bike Ride & Walk and/or the Endurance Ride. For those not participating in the rides, the fee is just \$5 per person.
- Between **11:30 am and 2pm**
- DJ entertainment
- Face painting
- Bike Cops
- Wheelchair 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 5, 2018 (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 BIKE RIDE AND WALK:

- 1 to 5 mile option route, **starts at 11 am.** (walkers welcome)
- 10am registration
- Fun for all!
- Build a team!
- **Prize packages awarded to 3 teams: Largest, Most Money Raised and Team Spirit.**

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 21, 2018.**
- Fee includes a t-shirt. T-shirts are guaranteed and are available day of the event.
- ***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.