

Bike Connect Details

Please join us for an enjoyable Sunday ride on the scenic 23-mile Red Route through Vernon, Tolland and Manchester. For those looking for a more challenging ride, you can travel the 43-mile Blue Route through Vernon, Tolland, Manchester and Glastonbury. **You can also participate in a 6-mile walk through Vernon.**

Event Information

Date: Sunday, May 23, 2010

Times: Registration: 7:30 a.m. - Announcements: 8:00 a.m.
Ride Begins 8:15 a.m./ Walkers start after Bikers leave

Place: Visiting Nurse & Health Services of CT-8 Keynote Drive, Vernon

In case of inclement weather, please call 860.870.2304 for event status.

Registration Fees for Bikers & Walkers

Pre-registration participants will receive a **FREE** event t-shirt.

Individual: \$25 • Team*: \$20 per person

Registration (after 5/10/10) Individual: \$30 • Team*: \$25 per person

*Team: Must consist of 4 or more people registering together.

The fee for registering online at active.com is \$1

The Route

Visit www.echn.org/giving to view the full route.

Red Route - 23 miles, Blue Route - 43 miles or 6-mile walk.

Registration, Start and Finish: Visiting Nurse & Health Services of CT

Complimentary lunch generously donated by Angellino's will be available from 11 a.m.-1:30 p.m. for registered participants. The event closes at 1:30 p.m.

SAG Wagon Support

Supply and Gear Support (SAG) will be available on the day of the event.

Courtesy of Bolles Motors, The Bike Shop on Main Street in Manchester, and Manchester Cycle Shop on Middle Tpke. There will be no SAG or rest stop support after 1:30 p.m.

Bolles Motors
ELLINGTON

BOLLES
CHRYSLER DODGE JEEP
STAFFORD SPRINGS, CT

Printing courtesy of The Travelers



ECHN Bike Connect

You don't bike?
Join us for the 6-mile
Nurse's Walk!



8th Annual

Visiting
Nurse &
HEALTH SERVICES
OF CONNECTICUT, INC.


ECHN community healthcare
FOUNDATION

Start & Finish Location
at the Visiting Nurse & Health Services of CT

Sunday • May 23, 2010

to benefit nursing scholarships
for employees of Eastern Connecticut Health Network

Registration Form

(one form per rider please)

Name _____

Team Name (if applicable) _____

Address _____

City _____

State _____ Zip _____ Age _____

Home Phone _____

Home Email _____

Riders and walkers under the age of 17 must have a parent or guardian sign the waiver form at registration. Riders and walkers under 15 must have a parent or guardian accompany them on the ride or walk.

Pledge Form

Please invite your friends, co-workers and family to pledge their support toward nursing scholarships for ECHN employees.

Instructions

1. Collect names, addresses and pledge amounts
2. Collect all contributions & turn in at the event
3. Please log on to www.echn.org/giving to learn more about why we need your support!
4. Have fun!

You are investing in the health of your community!

If you raise \$100 or more in pledges, we will waive your registration fee. 😊

Route & Participant Information

23-Mile Route

43-Mile Route

6-Mile Walk

Individual Participant

Team Participant

Registration Fees for Bikers & Walkers

Pre-registration participants will receive a FREE event t-shirt.

Individual: \$25

Team*: \$20 per person

please specify size S M L XL XXL

Registration (after 5/10/10)

Individual: \$30

Team*: \$25 per person

**Team: Must consist of 4 or more people registering together.*

Event T-shirts

\$15 per shirt please specify size - S M L XL XXL

*Please return to the ECHN Community HealthCare Foundation, Inc.
71 Haynes Street, Manchester, CT 06040*



Pledges!

1. Name _____ Amount \$ _____

Address _____

2. Name _____ Amount \$ _____

Address _____

3. Name _____ Amount \$ _____

Address _____

4. Name _____ Amount \$ _____

Address _____

5. Name _____ Amount \$ _____

Address _____

Thank you!

