

SUPPORT BEN'S BELLS & BE KIND – RIDE EL TOUR!



The mission of Ben's Bells is to teach individuals and communities about the positive impacts of intentional kindness and to

inspire people to practice kindness as a way of life. Research shows us that kindness benefits our physical and mental health, increasing happiness and satisfaction. But just as solving a calculus problem requires advanced math skills, the challenges of daily life require advanced kindness skills. Ben's Bells helps communities build these advanced skills through educational programs like Kind Campus, working with hundreds of schools to build social and emotional skills such as self-compassion and empathy for others; and through the bells themselves, made in our four studios by tens of thousands of amazing volunteers - hanging ceramic flowers distributed throughout our communities as recognition of community kindness heroes, and reminders to continue carrying kindness forward in our daily lives.

www.BensBells.org

EARN A TROPHY!



Raise \$1,000 or more for **Ben's Bells Project** and receive an **El Tour Conquistador**
The most prestigious symbol of El Tour

PACKET PICKUP

EL TOUR EXPO
Thursday & Friday
November 21 & 22
10:00 a.m. – 9:00 p.m.
Tucson Convention Center
Exhibition Hall
260 S Church St., Tucson
You must pick up your own packet.
Photo ID required.

HOST HOTELS

Special Rates at El Tour's Official Host Hotels!

Check it out:
perimeterbicycling.com/el-tour-de-tucson/travel
Room blocks are limited and fill fast

37th El Tour de Tucson

*America's Largest Perimeter Bicycling Event
for Cyclists of All Ages and Abilities*

Ride 100, 50, 25 Miles

**Benefiting
Ben's Bells Project**

Helping communities to connect and build skills for practicing kindness as a way of life

Saturday, November 23, 2019

**For Youths
14 & under**



FEES, CONTRIBUTIONS & REGISTRATION INSTRUCTIONS

As a Youth (14 & under), to join Team Kind and ride for Ben's Bells Project in the 2019 El Tour de Tucson, each cyclist riding in the Main Event (100, 50 or 25 miles) pledges to raise \$100 or more for Ben's Bells Project.

- (a) Each team member pays an entry fee (main event: \$40) and pledges to raise \$100 or more in contributions. You will get your own fundraising page that you can use social media for greater success!
- (b) Team members may choose to fundraise for their entry fee, and commit to raising \$100 or more above that amount, ie. a total of \$140 fundraised to ride in the main event.
- (c) Entry Fees are passed on to Perimeter Bicycling and are not tax deductible. However, all donations Made are tax deductible as allowed by the I.R.S and may qualify towards the Arizona tax credit.
- (d) Registration closes on **October 28, 2019**. Absolutely no registrations after this date.
- (e) Fundraising must be complete by November 15, 2019

EL TOUR MAIN EVENT BENEFITS

- Entry into El Tour
- El Tour Medallion upon finishing
- Traffic control on the route
- Entry into El Tour Downtown Finish Line Fiesta
- SAG & First Aid support
- Entry into El Tour Bicycle, Fitness and Health Expo
- Electronically timed finish
- El Tour event poster
- Results published in *Tail Winds* newspaper online and posted on perimeterbicycling.com

FUND RAISING BENEFITS

Collect \$100 or more in contributions (not including Entry Fee) and receive the following benefits:	\$100	\$250	\$500	\$1,000
Be Kind Youth T-shirt	✓	✓	✓	✓
Limited edition Be Kind Arizona Flag ceramic ornament		✓	✓	✓
Be Kind Cape & Water Bottle			✓	✓
El Tour Conquistador Trophy				✓

* contributions must be turned in by October 1, 2019 to allow time to order jersey

CONTACT INFORMATION

Ben's Bells Project

40 W Broadway Blvd, Tucson, AZ 85701

Fundraising contributions for incentives accepted through November 15, 2019.

Please make all checks/money orders payable to Ben's Bells Project

Learn more:

Lara Ruggles • lara@bensbells.org

520-622-1379 x1009

See next page for application and Rider Waiver Form

For full information about El Tour de Tucson: <http://www.perimeterbicycling.com/el-tour-de-tucson>

2019 TEAM KIND-BEN'S BELLS PROJECT EL TOUR APPLICATION & WAIVER FORM

Name _____ Fundraising Pledge Level: _____
 Birthdate _____ Sex _____
 Address _____
 City _____ State _____ Zip _____
 Country _____ Occupation _____
 E-mail Address: _____
 Cell Phone: _____ Alternate Phone: _____
 Emergency Contact Name: _____
 Emergency Contact Phone: _____



For Youths
 14 & under

Ben's Bells helps communities to connect and build skills for practicing kindness as a way of life

www.bensbells.org/team-kind

Please answer all questions:

- (1) Check the distance you will ride
 100-mile 50-mile 25-mile
INDOOR EL TOUR & FUN RIDE: contact us for the program and application
- (2) Type of bike you will ride. *No Motorized Bikes!*
 Road/Hybrid Mountain Recumbent Handcycle
 Tandem (separate fees and application for each rider)
 Name of Tandem Partner _____
- (3) How much are you enclosing now? (*See Fees & Contributions on reverse*)

- (5) Where are you staying for the event?
 Home Family/Friends
 Hotel, please list: _____

- (6) **Please check that you read and agree to the following:**
- Aerobars are not permitted
 - CPSC-approved helmet must be worn
 - There are no refunds or transfers
 - Photo ID required for packet pick up
 - I understand that headsets/earbuds blocking both ears is prohibited.
 - I read and signed the Rider Waiver form below

Entry Fee (\$40 Main event)	\$
I'm fundraising for my entry fee! Check here <input type="checkbox"/>	
Contributions / Funds Raised *	\$
All checks/money orders made payable to Ben's Bells Project All registrations must be received by October 28, 2019 *All fundraising must be received by November 15, 2019.	

Parent or guardian must accompany riders 14 and under during any training rides scheduled for the Ben's Bells kids team. Ben's Bells will not be responsible for providing full adult supervision of kids team participants during El Tour de Tucson and related activities.

- (4) If paying by credit card, please complete the information below.
 Visa MasterCard Discover
- Card No. _____
 Exp. Date _____ Security Code on Back _____
 Name on Card _____

Please read all information on reverse side

El Tour event t-shirts will be available for purchase at Expo/Package pickup and at perimeterbicycling.com

2019 EL TOUR DE TUCSON RIDER WAIVER FORM: ALL RIDERS MUST READ AND SIGN THIS FORM

As a participant in El Tour de Tucson, I must obey all laws of the State of Arizona that may apply to my activities during this event, especially traffic laws. All traffic signals, devices and other traffic rules apply to me during this event. Unless instructed to the contrary by a law enforcement official, I must comply with all traffic regulations. This event finishes at 5:00 p.m. on ride day and all course support will be closed. In signing this waiver I agree to be totally responsible for my own safety and support after 5:00 p.m.

In consideration of my signing this agreement, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages, including, but not limited to the loss of my bicycle, helmet or any other personal items, I may have against the State of Arizona, Arizona Department of Transportation, Arizona Department of Public Safety, City of Tucson, Town of Marana, Town of Oro Valley, Ben's Bells Project, Pima County, Easterseals Blake Foundation, Perimeter Bicycling Association of America Inc., any and all governmental and tribal agencies and any and all underwriters and their representatives, successors, and assigns for any and all injuries suffered by me as a result of taking part in this bicycling event and any related activities. I attest that I will participate in this event as a bicycling entrant; I will wear a CPSC-approved bicycle helmet; that I am physically fit and have sufficiently trained for the completion of this event and that a licensed medical doctor has verified my physical condition. Further, I hereby grant full permission to any and all the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

I understand that aero-type and other similar auxiliary handlebars and motorized bikes are prohibited in this event and that utilizing them will result in being disqualified. I also understand that I am responsible for familiarizing myself with and obeying the rules of this event, available at www.perimeterbicycling.com. I understand that I am responsible for all my personal items including, but not limited to, cameras, cell phones, clothing, bicycles, etc. and shall not leave them in the care of any event staff, volunteers, officials, etc. **Furthermore, I understand all fees and collected contributions are not refundable or transferable to another person or event. Rider Numbers are also not transferable to another person or event.**

The event utilizes open public roads, which may or may not be maintained by local municipalities, cities, counties, and/or the State. The event is not responsible for the condition and maintenance of the roads. Road hazards are always possible and in entering this event, and signing this waiver, I agree and understand that I must be alert to all road hazards, including but not limited to: pot holes, uneven pavement, road cracks, road debris, unfinished construction, and motor vehicle traffic.

I understand that I will receive a "chip" (transponder) so I can be timed in this event. I understand that I am responsible for properly mounting the device to my bicycle and that improper mounting may result in NO TIME being recorded.

Rider's Signature _____ Date _____
 Parent/Guardian (if rider is under 18) _____ Date _____

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