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Sunflower CASA Project, Inc.
PO Box 158
Manhattan, KS 66505-0158

Sunflower CASA
Project, Inc.
Presents

CYCLE CASA 2010



Metric Century &
10-30 mi Fun Rides

Saturday, May 22, 2010

Manhattan, KS

CYCLE CASA 2010

Please join us on Saturday, May 22nd for a day of cycling in the scenic Flint Hills to support the Sunflower CASA Project. CYCLE CASA 2010 includes two supported rides—a metric century circling Tuttle Creek Reservoir and a fun ride to either Keats (10 miles round trip) or Riley (30 miles).

Court-Appointed Special Advocates are trained community volunteers who give their time to

advocate for abused and neglected children in the court system. In 2009, Sunflower CASA Project's volunteers advocated for 171 children in Riley, Clay, and Pottawatomie Counties. CASAs investigate, facilitate, monitor, and advocate for the children in their assigned case. They provide information to the Court to allow the Judge to make decisions in the children's best interest. Our program trains new volunteers three times per year, as we strive to provide a CASA for every child who enters the court system.

Metric Century Ride

This 62-mile (100 km) ride circles Tuttle Creek Reservoir from Manhattan through the towns of Olsburg, Randolph, Riley, and Keats. Support stops will be available approximately every 10 miles. **A great warm-up for summer tours like Biking Across Kansas!**

Check-In: 7:00 am – 7:45 am
Mass Start: All riders depart – 8:00 am
Course Close: All riders in by 3:00 pm

Fun Ride

This casual ride follows an out-and-back route connecting Manhattan, Keats, and the town of Riley. Cyclists may turn around at any point along the route for a customized distance. Support will be provided at Keats (5 miles out) and Riley (15 miles out).

Check-In: 7:00 am – 11:30 am
Start: 8:00 am to Noon (anytime)
Course Close: All riders in by 3:00 pm

All events start and finish at Shelter #1, Anneberg Park, 3801 Anderson Ave., Manhattan, KS

- Support stops will include water, sports drink, fruit, and snacks
- Post-ride cookout with burgers, hot dogs, and more
- Bicycle mechanics available at start/finish
- Roving support vehicle for emergencies
- ANSI Helmet required for all riders
- Well-marked routes

For more information & on-line registration – <http://casa.manhattanks.org>

We have small blocks of hotel rooms for Friday, May 21st at the Super 8 (785-537-8468) starting at the price of \$65.00 plus tax. If you need accommodations, please call them directly and let them know you're with Sunflower CASA Project. These rooms will only be held until April 20th.

Event (choose one only):

- Metric Century (16 & older) \$35.00
- Metric Century (under 16) \$15.00
- Riley-Keats Fun Ride (16 & Older) \$35.00
- Riley-Keats Fun Ride (under 16) \$15.00

- Each participant must register separately.
- Registrations by mail must be received by May 20, 2010.
- Registration available on morning of event—add \$5.00 to the registration fee.

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Age _____

E-Mail Address _____

Accident Waiver and Release of Liability

I understand that I may be injured while bicycling or otherwise participating in this event, and I agree to be responsible for my own actions. I hereby for my self or my child or my heirs, executor, administrators, waive and release any and all rights and claims for damages I or my child may have against the board members, employees and volunteers from Sunflower CASA Project, Inc., employees and volunteers for The Pathfinder, and the City of Manhattan or Riley County. I agree to indemnify and hold harmless the above-mentioned parties from any claims for injury or damages which I or said

Signature _____ Date _____

Sunflower CASA Project, Inc.

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Visit us at <http://casa.manhattanks.org>