



Onondaga Community Living and Connections of CNY
518 James Street, Suite 110
Syracuse, New York 13203



O-2 Connect Fall Bike Ride

Fall Bike Ride

October 3, 2009



Sponsored by:

John S. Tuttle, Wealth Management Advisor



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Join us on Saturday, October 3, 2009 at 8 am at the Bikery in Baldwinsville



Set your sights on a fall bike ride.



We have two routes planned

- A 75 mile round trip through Upstate NY's country side including Lake Ontario, the Seneca River, apple country, and turkey farms.
- A 45 mile route around Cross Lake

Registration begins at 8 am

- Bring pledges (\$200 minimum/rider)
- Sign waiver
- Pick up T shirt, number and map

Both rides depart together at 9 am.

Start a Team— Riding as a team is a great way to raise money for people with disabilities and enjoy time with your family and friends. Recruit 5 team members and there is no registration with \$1000 raised.

Prizes For top individual fund raiser and top fund raising team



Give Back to Your Community

Collect as many pledges as possible from family, friends and co workers. All proceeds from the O'2 Connect Fall Bike Ride goes to support people with disabilities served through Onondaga Community Living and Connections of CNY, two not for profit organizations in Onondaga County.

Go To—www.oclinc.org or www.connectionsny.org to download Donor Record or Registration Form.

SAGS Support— By the Bikery

Rest Stops and Lunch Provided to all riders

Onondaga Community Living and Connections of CNY thank you for participating.



Have a great ride!

REGISTRATION FORM

Name: _____
 Guardian (if under 18 years) _____
 Liability waivers will be signed ON RIDE DAY. If you are under 18, your guardian must be with you on ride day, to sign the waiver.
 Address: _____
 City: _____ State: _____
 Zip: _____ Phone: _____
 Cell Phone: (required on ride) _____
 Email (required) _____
 Age on Ride Day: _____
 Circle One: MALE FEMALE

Emergency Contact

Name: _____
 Phone: _____
 Relation to you: _____

\$25 registration, plus \$200 minimum pledges/rider
I am registering for: (Check One)

_____ 75 Mile Ride (\$25 - registration must be included)

_____ 45 Mile (\$25 - registration must be included)

_____ Registration fee waived if you rode in two day Connections Early Bird Ride in '08 and you registered with a new rider. Send in registrations together.

_____ Group of 5 riders (registration waived with \$1000 in donations) Submit separate registrations for all 5 members, and send together

Circle T-shirt size: (all are adult sizes)

M L XL XXL

All donations need to be received prior to start of the ride.

Method of Payment: CASH or CHECKS made to OCL
Mail, Fax or Email Registration Forms to:

Patricia Fratangelo
c/o Onondaga Community Living
518 James Street, Suite 110
Syracuse, New York 13203
315-434-9367 (Fax) patfrat@oclinc.org

To use VISA or Master Card call 315-434-9597 x 222