

# 21ST ANNUAL NORMAN CONQUEST

## SATURDAY, JULY 9, 2016

### 7:00 AM

#### LOCATION

J.D. McCarty Center, 2002 E. Robinson, Norman, OK

#### DIRECTIONS

From I-35 in Norman:

Exit Robinson St. eastbound. Follow Robinson St. east for 4 miles.

JDMC will be on the right (south) before 24th Ave NE.

#### RIDE ROUTES

#### ENTRY FEES

up to 6/7    6/8 to 6/28    6/29 to 7/6

Great for families	Town Tour	\$30	\$35	\$40
Taste of the hills	10 miles	\$30	\$35	\$40
Hilly	22 miles	\$30	\$35	\$40
Very Hilly	46 miles	\$30	\$35	\$40
Serious Hilly	64 miles	\$30	\$35	\$40

#### FAMILY RATES

Family of 2	\$55	\$65	\$75
Family of 3	\$80	\$95	\$110
Family of 4	\$105	\$125	\$145
Family of 5	\$130	\$155	\$180
Tandem	\$55	\$65	\$75

All entry fees include hot catered lunch after the ride, a Norman Conquest t-shirt\* and Friday night pasta dinner at O'Connell's Irish Pub & Grille, Campus Corner, 769 Asp Ave. Pasta dinner for non participants may be purchased for \$10.

#### REGISTRATION

- Register online:

[www.BikeReg.com/21st-annual-norman-conquest](http://www.BikeReg.com/21st-annual-norman-conquest)

- **Friday** night registration and packet pick up at O'Connell's Irish Pub & Grille, Campus Corner, 769 Asp Ave. from 5:00-9:00 pm.

- **Saturday** registration and packet pick up at the J.D. McCarty Center before the ride from 5:45-6:45 am.

- Mail-in registrations should be sent to: BLN, 2016 Norman Conquest, PO Box 721094, Norman OK, 73072.

Selected as one of the  
**50 BEST**  
**RIDES IN AMERICA**  
 Bicycling Magazine, September 2012

#### WHERE TO STAY

Marriott NCED, 2801 E. State Highway 9, 405-447-9000. \$89/night with "BLN 21st Annual Norman Conquest" group rate. Complementary 3:00pm late check out so you can shower after the ride! Reserve by June 26th for guaranteed rate.

#### THINGS TO KNOW

- FREE pasta dinner Friday night at O'Connell's Irish Pub.
- Staggered start by route distance.
- All routes will be supported with rest stops and SAG vehicles.
- Maps of the routes will be available at registration.
- Drawings for many great prizes!
- Enjoy a delicious meal and a massage while cooling off in the air conditioning at JDMC after your ride.
- **64 Mile Fallen Cyclists loop in memory of Michael Grimwood**
- This is a ride, not a race!
- These routes will prove that Oklahoma is *not* flat!
- Be prepared for the **hills** and the **heat**!

**THANK YOU TO OUR SPONSORS!**

Athletic Loft • 405 Bicycles • Bike One • Buchanan Bicycles

More information at:

[normanconquest.bicycleleague.com](http://normanconquest.bicycleleague.com)  
[normanconquest@live.com](mailto:normanconquest@live.com)

## 2016 Norman Conquest Registration Form

Please print clearly. One registration form per rider.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Ride Distance: Town Tour    10    22    46    64

T-Shirt Preference (adult sizes, athletic fit):

Please fill in price according to price scale to the lefty \_\_\_\_\_  
 Town Tour without a t-shirt is \_\_\_\_\_  
 \$10 June 7th \_\_\_\_\_

Optional tax deductible donation to JD McCarty Center Foundation \_\_\_\_\_

Total Enclosed- No refunds \_\_\_\_\_

**NOTICE:** The entry/release form must be signed by applicant and applicant's guardian (if under 18). Please read carefully

I fully realize the dangers of participating in a bicycle ride and fully assume the risk associated with such participation, including my way of example, and not limited to the following: falls, the danger of collision with pedestrians, vehicles, the effect of weather including heat and/or humidity, and the possibility of serious physical and/or mental trauma or injury associated with cycling events. All such risks are known and assumed by me. I fully realize that I should not enter this event unless I am medically able and properly trained. I hereby state that I have no physical or mental condition, which to my knowledge, would endanger myself or others, or would interfere with my ability to participate in this event. My bicycle and equipment are in good working condition. I agree to wear an ANSI or Shell approved helmet properly fitted on my head according to manufacturer's instructions. I will obey all traffic laws and ride in a safe manner. Having read this waiver and aforementioned stated facts, and in consideration of acceptance of my entry form, I hereby waive, release, and discharge for myself, my heirs, executors, administrators, assigns, legal representatives, and successors in interest and all rights and claims which I have or which may hereafter accrue to me against Norman Conquest organizers, workers, volunteers, sponsors, public entities, law enforcement agencies, property owners, and all other people associated in any way with this event from any and all responsibility or liability for any accident or injury arising out of my participation or association with the event or travel to or return from the event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Check box if participant is under 18

I, as a parent or guardian of the above named minor, hereby give my permission for my child or ward to participate in this event, and further agree individually and on behalf of my child or ward to the terms above.

Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



The Bicycle League of Norman (BLN) supports and encourages the growth of recreational bicycling in and around Norman, OK by organizing ride events, supporting bicycle safety and educational activities, participating in local government planning for improved bicycle access and emphasizing the healthful and social aspects of cycling. BLN hosts semiweekly group rides during spring and summer months and maintains the Clear Bay mountain bike trails at Lake Thunderbird. More information can be found at [www.bicycleleague.com](http://www.bicycleleague.com).



The BLN is pleased to announce its continued support of the J.D. McCarty Center Foundation as the beneficiary of the 2016 Norman Conquest. The J.D. McCarty Center (JDM) is Oklahoma's Center of excellence in the care and treatment of children with developmental disabilities ages birth to 21. This pediatric rehabilitation hospital provides Oklahoma's children with therapy, nutrition, psychology, social work, nursing and medical services to help them reach their full potential. JDM's Camp Clap Hans, is Oklahoma's first specifically designed and built overnight summer camp for children with disabilities. Your participation in the Norman Conquest benefits JDM's Camp ClapHans. More information about JDM can be found at [www.jdmc.org](http://www.jdmc.org).

Bicycle League of Norman  
2016 Norman Conquest  
P.O. Box 721094  
Norman, OK 73072

Non-Profit Organization  
U.S. Postage Paid  
Norman, OK  
Permit Number 286

## BICYCLE LEAGUE OF NORMAN

presents the



**21ST ANNUAL BICYCLE TOUR**  
**JULY 9, 2016**  
**TOWN TOUR, 10, 22, 46, 64 MILES**  
**NORMAN, OK**

[normanconquest.bicycleleague.com](http://normanconquest.bicycleleague.com)