

## Great Greenway Tour features:

- Leave the historic Wysor St. Depot in downtown Muncie to enjoy a variety of routes and distances on Indiana's longest paved rail trail.
- 36 miles of 10-foot wide trail winding through scenic rural East Central Indiana. Over 100 wildflowers have been identified along the Cardinal Greenway.
- Road portions are in great shape and have light car traffic. Take in sights of Prairie Creek reservoir as you ride around the nine mile loop.
- Rest stops are strategically located to provide plenty of opportunity for refreshments.
- North and South rest stops will serve a light lunch and home made cookies. Refreshments and homemade cookies will be available at the Depot.
- New this year... A grilled pork burger or hot dogs can be purchased at the Depot. Lunch also includes baked beans, chips, applesauce and a beverage. See the entry form to order yours with the ride.
- Mechanics available from Kirk's Bike Shop.
- Support vehicles available.
- Showers are available at Muncie's downtown YMCA.

*Children under 17 years old ride free and must be accompanied by an adult.*

**For more information or to register online, please visit our web site at:**

**[www.greatgreenwaytour.org](http://www.greatgreenwaytour.org) or**

**e-mail us at:**

**[greatgreenwaytour@yahoo.com](mailto:greatgreenwaytour@yahoo.com) or call the Cardinal Greenway at (765) 287-0399.**

## We Ride!

Discover Indiana's longest, paved rail trail: the Cardinal Greenway. It extends from south of Muncie to Marion, including the newer 7 mile trail from Muncie to Losantville. This gorgeous greenway offers smooth surfaces and excellent riding attributes. Actual road usage during the Tour is limited to the most scenic countryside areas of Prairie Creek Reservoir, and roads connecting to the Cardinal Greenway from Gaston to Jonesboro. All the routes are paved, asphalt trails/roads. All rides start at the historic Wysor Street Depot in Muncie, Indiana.

Register by July 7th and get your T-shirt free. T-shirts will be also available at the GGT while they last. Children under 17 ride free, but must be accompanied by an adult. All proceeds go to the Cardinal Greenway and ECI cycling. Help keep the Cardinal Greenway in top shape by making an additional donation with your registration.

Parking and registration for Midwest HealthStrategies' Great Greenway Tour will be at the historic Wysor Street Depot, located on 700 E. Wysor Street, Muncie, Indiana. Additional visitor parking will be in McColloch Park on the north side of the White River.

Get a map to the Depot by visiting: <http://www.greatgreenwaytour.org> and then click on: [Map to the Depot](#)

Registration is from 7:00 a.m. to 10:00 a.m. at the Wysor Street Depot. SAG stops will be provided. Restrooms are located at seven (7) locations along the Greenway.

### Directions:

**From I-69:** take exit 41/Ball State onto Highway 332 east. Follow to Walnut Street and turn right (south). Continue south across the bridge to Wysor Street, and turn left to the Wysor Street Depot (on left).

**From US35:** Follow the Muncie Bypass north and exit onto SR32 heading west. Continue to the three-way stoplight. Turn right onto Bunch Blvd. Follow the White River to Martin Luther King Blvd. / Wysor Street. Turn left onto Wysor Street. The Depot is on your right.

Note: **Helmets are REQUIRED to be worn by all riders.**

### Contact Cardinal Greenway Office:

(765) 287-0399 or email us at [ggt@greatgreenwaytour.org](mailto:ggt@greatgreenwaytour.org)

Tons of fun and a healthy, safe ride is our goal.  
Come on and ride with us.



### Registration Form:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ ZIP \_\_\_\_\_  
Email \_\_\_\_\_

Check here to receive email of future Great Greenway Tours.

Check here for children under 17.

### Route Miles (Check one):

20  30  40  50  85  100  114 miles

GGT entry fee before July 7th (\$22.00): \$ \_\_\_\_\_

Entry fee with a T-shirt included

GGT entry fee after July 7th (\$25.00): \$ \_\_\_\_\_

GGT 2009 T-shirt (\$10.00): \$ \_\_\_\_\_

Add \$2.00 for XXL (\$2.00): \$ \_\_\_\_\_

Please circle size S, M, L, XL, XXL

Grilled lunch at the Depot (\$6.00): \$ \_\_\_\_\_

Help the Cardinal Greenway: \$ \_\_\_\_\_

**Total amount enclosed:**

\$ \_\_\_\_\_

**Sorry, no refunds or rain dates.**

Fill out/sign one registration form and waiver per rider. Copies are accepted. Return form to:

Midwest HealthStrategies' Great Greenway Tour

P.O. Box 163, Muncie, IN 47308

Or register online at [www.greatgreenwaytour.org](http://www.greatgreenwaytour.org)



RELEASE AND WAIVER OF LIABILITY,  
ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL  
CONSENT AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in Midwest HealthStrategies' Great Greenway Tour sponsored Bicycling Activities ("Activity"), I, for myself and for any child of mine under the age of eighteen (18) years, my/our personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities, that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW. I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Great Greenway Tour, its sponsors, administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and the owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINTED Name of PARTICIPANT:

\_\_\_\_\_

ADDRESS: \_\_\_\_\_  
(Street) (City) (State) (Zip)

PHONE: \_\_\_\_\_  
PARTICIPANT'S SIGNATURE (only if age 18 or over):

\_\_\_\_\_

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

PARENT/GUARDIAN SIGNATURE:

\_\_\_\_\_

Date: \_\_\_\_\_ (only if participant is under the age of 18)

## We Thank All Of Our Sponsors and Hosts:



<http://www.delawarecyclingclub.org>



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[www.munciesanitary.org](http://www.munciesanitary.org)



<http://www.werkradio.com>



Bicycle Club

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3813 S. Madison St., Muncie 47302  
Phone: 765-751-3300 • Fax: 765-751-1115  
Toll Free: 800-454-9289

[www.midwesthealthstrategies.org](http://www.midwesthealthstrategies.org)

Place  
Stamp  
Here



P.O. Box 163  
Muncie, Indiana 47308

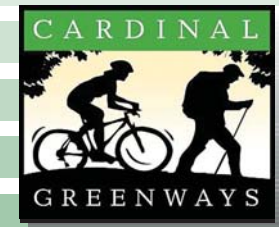
Riding for your  
good health.



# 9th Annual Great Greenway Tour

## GGT

Saturday, July 25, 2009 • Muncie, Indiana  
Celebrating ECI Cycling on the Cardinal Greenway:  
Indiana's Longest Paved Rail-Trail



[www.greatgreenwaytour.org](http://www.greatgreenwaytour.org)