



Grand Autumn Bicycle Ride Across Kentucky



Make check payable to
Save the Grand Theatre, Inc. and mail to:

GABRAKY 210 Washington St. Frankfort, KY 40601

Open to 60 cyclists

Full payment due with registration

Please print all information clearly

Name _____

Address _____

City _____

State _____ Zip _____ - _____

Day Phone _____

Evening/Cell Phone _____ / _____

E-mail _____

Male Date of Birth _____
 Female (Optional)

Person to contact in case of emergency

GABRAKY cyclist (name) _____

Not a GABRAKY cyclist (name) _____

Phone () _____

Cell () _____

Medical Background

MD, RN, EMT, PA, 1st Aid Certified - Circle if any.

Long Sleeve T-shirt size. Cost is included with registration

___ Sm ___ Med ___ Lge ___ X-lge ___ XX-lge

Please list any special requirement, including dietary, below.

Save the Grand Theatre, Inc. Waiver and Release of Liability

GABRAKY 2007

September 21,22, & 23, 2007

My signature below indicates that I have asked to cycle across Kentucky in the Grand Autumn Bicycle Ride Across Kentucky ("GABRAKY"), sponsored by Save the Grand Theatre, Inc. In exchange for the cycling experience offered by Save the Grand Theatre, Inc., I hereby waive any claim against Save the Grand Theatre, Inc., and assume any and all risks inherent with my cycling across Kentucky, including weather, vehicles, pedestrians, observers, food, drink, and shelter during the ride. I hereby relieve Save the Grand Theatre, Inc., its members, agents and helpers, from any and all liability for injury to me of any kind that may occur on such trip and so indicate by my signature below.

Cyclist's Signature:

Date: _____

Registration Fees

GABRAKY Registration

- Prior to July 31, 2007 - \$100 \$ _____
- After July 31, 2007 - \$125 \$ _____

Shuttle Service (if needed)

- Friday, Sept. 21 bike & rider shuttle, Frankfort to Carrollton \$10 \$ _____
- Friday, Sept. 21, vehicle shuttle, Carrollton to Frankfort \$10 \$ _____
- Sunday, Sept. 23, Dale Hollow Lake to Frankfort \$30 \$ _____

Camp Acton Options – See lodging and meal information

- Saturday lodging & dinner and Sunday Breakfast, \$20 **OR** \$ _____
- Saturday dinner only, \$15 (includes hotel shuttles) \$ _____

Shirts and Jerseys

American Sizes – See sizing chart on page 2

- Extra GABRAKY Long Sleeve T-shirt \$18 ea \$ _____
___ Sm ___ Med ___ Lge ___ X-lge ___ XX-lge
- GABRAKY 2007 Cycling Jersey \$60ea \$ _____
___ Sm ___ Med ___ Lge ___ X-lge ___ XX-lge

Total for registration, shuttles, Camp Acton & shirts/jerseys \$ _____

Registration and Camp Acton fees plus cost of jersey(s) and extra t-shirts due with registration. Refund of registration and shuttle fees minus \$50 through Sept. 1; no refunds after September 1. See information for cyclists on reverse side

Additional information is available at www.savethegrand.org
Make checks payable to Save the Grand, Inc. and mail to:
GABRAKY 210 Washington St. – Frankfort, KY 40601

Grand Autumn Bicycle Ride Across Kentucky

GABRAKY 2007 – INFORMATION FOR CYCLISTS

September 21, 22, and 23 – Friday through Sunday

Total Miles 204 -224

Friday 60 miles – Saturday 69 or 89 miles – Sunday 75 miles

Kentucky Folklife Festival in Frankfort Friday evening



Lodging.

Cyclists are responsible for their lodging during GABRAKY. Special rates have been arranged at the following places for the specified nights. Rooms are held under GABRAKY until September 1st.

Thursday, September 20, Carrollton – for cyclists who plan to arrive at the starting point the day before the ride.

Comfort Inn \$59 plus tax 502 732-6661

Days Inn \$44.99 plus tax 502 732-9301

Friday, September 21, Frankfort

Capital Plaza Hotel \$74 plus tax 502 227-5100

Camping available Friday evening with showers and bathrooms. Write Nancy753@starband.net

Saturday, September 22, Camp Acton/Campbellsville

Camp Acton, a church camp with 10 comfortable rooms, 4 beds to a room. Shared baths/showers. Camping available. **\$20 includes bunk or campsite plus full dinner and breakfast. Priority for Camp Acton beds will be given to first registered.. Include payment for Camp Acton with GABRAKY registration.**

Holiday Inn \$68 plus tax 270 465-2727

Super 8 \$49.99 plus tax 270 789-0808

The ride on Saturday ends at Camp Acton. The hotels are in Campbellsville 8 miles away. Shuttles to the hotels will be provided Saturday after dinner and return to Camp Acton Sunday morning. Showers available at Camp Acton following the Saturday ride.

The \$20 Camp Acton bunk/camping and meal package is recommended.

Meals

Saturday dinner and Sunday breakfast is included with the Camp Acton package. Cyclists not staying at Camp Acton will receive dinner at Camp Acton before being shuttled to their hotel. **Include \$15 dinner only payment with GABRAKY registration.**

Sunday Brunch at Lindsey Wilson College is included with the registration fee.

Breakfast is included with all the lodging options listed on this sheet.

Shuttles and SAG Support

GABRAKY begins at Point Park on the Ohio River in Carrollton, Kentucky at 9:00 a.m. on Friday and ends at the Dale Hollow Lake Resort Lodge Sunday afternoon.

Cyclists are expected to arrange their own transportation to Carrollton Friday morning. Shuttle service from Frankfort to Carrollton for riders and bikes is available for \$10.

As needed, arrangement will be made for responsible drivers to shuttle private vehicles to Frankfort during the day on Friday. The vehicles will then be in Frankfort when cyclists return Sunday evening. The fee for this service is \$10. Safe parking in Frankfort provided.

Cyclists will be shuttled back to Frankfort after the ride Sunday afternoon. The fee for this service is \$30. In past years, many cyclists made arrangements for their own return transportation from Dale Hollow Lake.

SAG support, scheduled food/beverage stops, and luggage transport are provided all 3 days.

T shirts and Jerseys

One T shirt is included with the registration fee. Additional T shirts may be ordered for \$18 each.

A very nice cycling jersey for GABRAKY 2007 is in the final stages of design. The design will be posted on www.savethegrand.org and emailed when it is finished.

American sizes for both T shirts and Jerseys are used according to the following chest-size chart.

SM(35-36) MD(38-40) LG(42-44) XLG(46-48)

For additional information 502 875-6611, email Nancy753@starband.net or go to www.savethegrand.org