

# ICHS QuadruPedal Century Fast Facts:

## What is the QuadruPedal Century?

The QuadruPedal Century ride is a fundraising cycling event geared to help you train for the upcoming cycling season—including rides like the Dairyland Dare. Ride options include challenging routes of 35, 55, 86 and 100 miles for the cycling enthusiast. With routes climbing between 1,500 and 9,000 feet, having four legs would help a lot! The route tours through the beautiful rolling hills of unglaciated southwest Wisconsin. Well placed rest stops on each route provide great snacks, sports drinks, and wonderful hosts. At the end of the ride enjoy a well earned rest, delicious lunch and a shower if you so desire!

## But don't do it just for you...

Do this ride, not only to achieve your personal goals, but the goals of the Iowa County Humane Society (ICHS). The ICHS is a non-profit, no kill animal shelter located in Dodgeville. Help the ICHS to provide care for lost and abandoned animals until they find good homes. All proceeds from this ride go to benefit the Iowa County Humane Society ~ [www.ichs.net](http://www.ichs.net).

**This ride is literally going to the cats and dogs!**

## Location

Dodgeville Middle School  
951 West Chapel Street, Dodgeville, WI 53533

## Tandems at the QuadruPedal Century

Because tandem teams are *quadrupedal* by nature (and just plain cool to boot), we are offering two-for-one registration for tandem teams. Just register your Captain or your Stoker and pay one registration fee. This will cover one T-shirt (if pre-registered) and two post ride meals. On the day of the ride, we'll just have both of you sign waivers. That's it. Tell your tandem friends!

## Schedule of Events

Registration and Check-In: 7:30AM - 10:30AM

Post Meal served 11:00AM - 5:00PM

Ride Start: 7:30AM onward

- 86 & 100 milers should be on the course before 8:30AM

- 55 milers should be on the course before 9:30AM

- 35 milers should be on the course before 10:30AM

Iowa County Humane Society  
c/o ICHS QuadruPedal  
3207 Bennett Rd.  
Dodgeville, WI 53533



Quadrupedal—\Quad\*ru"pe\*dal, adj. Having four legs; of or pertaining to a quadruped; walking on four legs.

**noun.** The very best charity bike tour in the midwest!

**Sunday, May 3, 2009**

**Dodgeville, WI**



# QuadruPedal Century

Are you training for the upcoming Horribly Hilly Hundreds, the Dairyland Dare or the Wright Stuff Century? Here's your chance to ride on some of the same roads used by these rides, but with full sag support, rest stops, showers and a meal when you finish. Get a full trial run in before summer kicks it into high gear!

Ride options include challenging routes of 35, 55, 86 and 100 miles. With routes climbing between 1500 and 9000 feet, you'll wish you had an extra set of legs!

All proceeds from this ride go to benefit the Iowa County Humane Society (ICHS). The ICHS is a non-profit, **no kill** animal shelter. We run primarily on donations. See [www.ichs.net](http://www.ichs.net) for more information on us.

This ride is literally going to the cats and dogs.



**Dodgeville, WI is located:**

- 45 min. West of Madison, WI
- 2.5 hours NW of Chicago, IL
- 45 minutes East of Dubuque, IA
- 4.5 hours SE of Twin Cities, MN

# ICHS QuadruPedal Century 2009 Registration Form and Waiver

Name (or affix address label here) \_\_\_\_\_ Phone \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

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

Gender :  Male  Female      Date of Birth \_\_\_\_\_      Route:  35  55  86  100

Registration Fee: (Non-refundable): **MUST BE POSTMARKED BY April 6, 2009** in order to receive a free shirt

Cost :  Adult - \$45       Youth-\$25       Tandem Team(2 cyclists, 1 t-shirt)-\$45

Optional, Tax deductible ICHS donation: \$ \_\_\_\_\_

**ICHS QuadruPedal Century 2009 T-shirt:** (Must be registered before April 9, 2009):

Adult - S M L XL XXL      Child - S M L      (additional T-shirt \$15—t-shirts not available after 4/09/09)

## Iowa County Humane Society—QuadruPedal Century Release Form

I agree that bicycling is a potentially hazardous activity and that serious injuries or death can occur from accidents, negligence or carelessness. I am in good health and proper physical condition to participate in the ride. I agree that route markings and maps are provided for my convenience only and not to guarantee a safe route or trip. I voluntarily participate in this event and assume all risks associated with participating in this event including, but not limited to illness, injury, falls, contact with other participants, effects of the weather, traffic and conditions of the road, all such risks being known and appreciated by me. I will obey all laws, ordinances and regulations and will do my best to make this ride fun and safe for everyone. I consent to emergency medical treatment in the event of injury or illness. Having read this waiver and knowing these facts and in consideration of your accepting my registration, I, for myself and for those upon whose behalf I act, waive and release Iowa County Humane Society and all of the cooperating sponsors, groups, agencies or municipalities, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations conducting or supporting this event. If I am the parent and/or legal guardian of a minor participant, I certify that the minor is in good health, qualified and in proper physical condition to participate in the ride and I hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless all of the above released parties from all liability, claims, demands, losses or damages on the minor's account incurred in connection with the ride or its related events and activities. I will indemnify, save and hold harmless each of the released parties from any litigation expenses, attorney fees, loss, liability, damage or cost that may occur as the results of any such claims in connection with the minor's participation in the ride and its related events and activities. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I will wear a bicycle helmet while riding in the ride.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Parent/Guardian Signature (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Mail completed form, signed waiver and money to: ICHS, c/o ICHS QuadruPedal, 3207 Bennett Rd., Dodgeville, WI 53533

Your cancelled check verifies entry. Sorry, no refunds.

# ICHS QuadruPedal Century 2009

You can also register at:  
www.zapevent.com

### Ride at a glance:

- Sunday, May 3, 2009 (rain or shine)
- Registration and start at **Dodgeville Middle School**
- Sign-in and Day-of Registration from 7:30AM-10:30AM
- 86 and 100 milers should be on the course by 8:30AM
- Rest stops with snacks and refreshments
- Lunch is provided
- Showers available

### Directions to Dodgeville Middle School (from East):

Take US-18/151 to Dodgeville. Merge onto US-18 West via EXIT 47 toward Dodgeville/Prairie du Chien. Go through 2 stoplights. Turn left (south) off West US-18 onto Lehner Road. After 1/2 mile, turn left (east) onto Brue Road. Entrance is in 1/4 mile on the right (south) side of Brue Road, before you reach the Chapel Street intersection.

### Rules of the Road....

Show your consideration for yourself, fellow bicyclists and drivers. WEAR A HELMET (required), ride sensibly and obey the rules of the road. Bicycles follow Wisconsin's uniform vehicle code, the same as cars.

- Stop at all stop signs. Signal at turns.
- Ride on the right side of the road.
- Ride single file when there is overtaking traffic.
- Move your bike completely off the road when stopping.
- And stay alert to your surroundings!



Thank you for your support of the Iowa County Humane Society. Enjoy the ride!



Save this as your reminder!