



Rules & Information

Help Children and Adults
in Delaware County Who
Have Disabilities and
Win Great Prizes!

To participate in the Bike-A-Thon, Riders must:

- Be in at least 3rd grade. There is no upper age limit to participate, though Grand Prize winners must be under 19 and go to school in Delaware County.
- Have a signed “Registration/Parent Consent Form”.
- Have at least 10 sponsors or \$10.00 in pledges at the time of registration. **Raise \$10.00 or more and win a great prize! The more you raise, the greater the prize!!**
- Wear a bicycle helmet. NYS Law requires bicyclists ages 14 and under to wear bicycle helmets. *Bike helmet safety inspections will be conducted at each site.*
- Be sure your bike is in good working condition.

If you meet the above criteria, then you are ready for Bike-A-Thon day!

Register between the hours of 9:00 a.m. and 12:30 p.m. at any one of the three Bike-A-Thon sites listed below. (Don’t forget to bring your signed Registration/Parent Consent Form and Sponsor Sheets.) You can choose the Bike-A-Thon route closest to your home or pick one in a different town for a change of scenery. (If the weather is questionable... tune in to your local radio station to hear if the Bike-A-Thon is postponed till the following Saturday, May 10th.)

- **Delhi:** Register at the Delhi Fire Hall (on Delview Terrace Extension), then ride around the friendly and quiet Delview Terrace neighborhood. Each lap equals one mile.
- **Roxbury:** Register by Main Care Heating Service on Locust Street. The route continues on Stratton Falls Road to Stock Building Supply, along the relatively flat and scenic two mile route.
- **Walton:** Register and ride along a one-mile trail which winds around the Delaware County Fairgrounds on South Street.

Once you have registered, you are ready to ride! Just remember...

- Know the safety rules – all bicyclists must ride single file, stay to the right and observe all safety rules. Riders not obeying the rules will be disqualified.
- The Bike-A-Thon is not a race. You are encouraged to ride at your own pace and take as many breaks as you would like (beverages and snacks will be provided).
- You may stop riding after just one lap or take the “30 Mile Challenge” and ride up to the maximum of 30 miles. The Bike-A-Thon ends promptly at 2 p.m. All riders must stop by that time regardless of the number of miles they have ridden.
- When you finish riding, you must return to the Registration Table to pick up your Pedal Packet and sign out.
- Money collected in advance can be turned in on Bike-A-Thon day. Please convert all cash to a check or money order, made out to “The Arc of Delaware County”. **Remember, all pledge money must be turned in by noon on Friday, May 23rd to be eligible for prizes!**