

*To Benefit:*

RSDSA. Founded in 1984, RSDSA is dedicated to increasing awareness of CRPS; educating those afflicted with the syndrome, their families, friends, and healthcare providers; providing many types of patient support; and raising funds for research into the cause and cure of CRPS.

CRPS (Complex Regional Pain Syndrome), also known as RSD (Reflex Sympathetic Dystrophy) is a neurological disease with severe, relentless pain. CRPS affects between 200,000 and 1.2 million Americans.

Donations will support education and research towards a cure.



All participants will receive a ride t-shirt and be entered in a contest for prizes!



Thanks to our sponsors:

- Biomed Pharmaceuticals
- The StressEraser, from Helicor, Inc.
- Bredenbeck's Bakery and Ice Cream Parlor, Chestnut Hill
- Earth Bread and Brewery, Chestnut Hill
- CinCin Restaurant, Chestnut Hill
- Fiesta III Pizza, Chestnut Hill
- Bryn Mawr Running Company
- Human Zoom Bikes and Boards, Ardmore & Manayunk
- Beans Bikes, West Chester & Paoli
- Cadence, Manayunk
- Downingtown Bike Shop

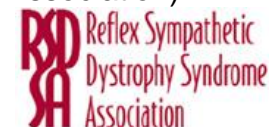
# 3<sup>rd</sup> Annual Philly Bike/Walk/Roll For Pain Relief



**“Enduring a little pain, so others can be pain-free”**

**Saturday, Sept 11, 2010**  
**9am start time**  
(Raindate: Sunday, 9/12/10)

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To Benefit: RSDSA  
(Reflex Sympathetic Dystrophy Syndrome Association)



**Start:**

Schuylkill River Bike Trail, at Spring Mill.

**Bike:** Round trip to Valley Forge, 18 miles (with optional additional 5-mile circle at Valley Forge). Ride route:

[http://www.schuylkillriver.org/trail\\_pages/vf.pdf](http://www.schuylkillriver.org/trail_pages/vf.pdf)

**Walk/Roll:** Round trip to Conshohocken station, 2.5 miles.

**Collecting donations to support you:**

There are 2 ways to request donations:

1. Request donations online at:  
[www.firstgiving.com/3rdAnnualPhillyBikeWalkRollForPainRelief](http://www.firstgiving.com/3rdAnnualPhillyBikeWalkRollForPainRelief)

2. Collect checks made out to RSDSA and bring to the event. Your supporters can donate:

- any amount
- an amount representing your distance, eg \$18, \$36, or \$2.50, \$25, etc.
- a dollar amount per mile

**Questions:**

Contact Sarah Whitman, [CopeWithPain@gmail.com](mailto:CopeWithPain@gmail.com) or 267-265-2082, for additional details or questions about the event.

**Day of ride:**

1. Meet at the Spring Mill Station parking lot (R6 line), Station Avenue near Hector Street, Harmonville, PA.
2. Arrive by 8:30am for the 9am start time.
3. Helmets required for bikers.
4. It is suggested that you bring: sunscreen, water.

Drinks and snacks will be available at Betzwood Park, Valley Forge, the Conshohocken station, and the end of the bike/ride/roll.

**To register:**

Tear off and return completed registration section (print neatly) to:  
Sarah Whitman  
8627 Germantown Ave  
Philadelphia, PA, 19118

Enclose a check (non-refundable) for \$25 made payable to RSDSA. Pre-registration deadline is **9/1/10**. (Late registration will be accepted at the event with a check or cash for \$35. T-shirts are not guaranteed for late entries.)

**Registration form**

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

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

Tele: \_\_\_\_\_

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

I will: Bike \_\_\_\_\_ Walk \_\_\_\_\_ Roll \_\_\_\_\_

Emergency contact: \_\_\_\_\_

Tele: \_\_\_\_\_

Liability waiver: I understand that participation in this event is at my own risk. I agree to obey traffic laws. I acknowledge that I am aware of the risks and dangers inherent in participating in this event and knowingly and voluntarily assume the risk of injury resulting there from. I understand that neither supervision nor oversight will be provided by event organizers with respect to this event. I acknowledge that organizers and those affiliated with this event are not insurers of my personal safety or property and do not assume any liability for personal injury or property loss sustained during this event. By signing below and in consideration for being allowed to participate, I fully release its organizers and affiliates from any liability, specifically but not limited to liability for their negligent acts, stemming from or relating to this event. I have read and understand this notice and release, and intend to be legally bound by it. For bikers: I agree to wear a helmet. I hereby represent that I am able to operate my bicycle properly, my bicycle is in good mechanical condition, and I am in good health to bicycle. Note: If any participant is under 18 years of age, both participant and parent or guardian must sign this sheet.

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Signature Date