

TCRHCC HEALTH PROMOTION DISEASE PREVENTION  
2024 BIKING SERIES



# REGISTRATION FORM

FIRST NAME

LAST NAME

GENDER

Female  Male

HEIGHT (MINIMUM HT 3'7")

AGE (MINIMUM AGE 6YO)

PHONE NUMBER

DATE OF BIRTH

 /  / 

EMAIL ADDRESS

ADDRESS

STREET

CITY

ZIP CODE

T-SHIRT SIZE

Y-L  S  M  L  XL  2XL  3XL  4XL

• WILL YOU BE UTILIZING YOUR PERSONAL BIKE FOR THE HPDP BIKING SERIES?

Yes  No

• BIKING EXPERIENCE LEVEL:

Beginner (Basics)

Intermediate (Some Experience)

Advanced

PLEASE SELECT WHICH EVENTS YOU WILL BE ATTENDING. REMINDER: TCRHCC HPDP SHALL NOT BE HELD RESPONSIBLE FOR BODILY INJURY, THEFT, OR DAMAGES INCURRED DURING THE BIKING SERIES. PARTICIPANTS ARE RESPONSIBLE FOR THEIR OWN TRANSPORTATION AND/OR ANY PARK/PARKING FEES.

DATES	TIME	LOCATION
<input type="checkbox"/> Saturday, April 13th	8:00am	Page - Red Mesa Trail
<input type="checkbox"/> Saturday, May 25th	8:00am	Tuba City - Rifle Range Road Nav. Rt. 6731
<input type="checkbox"/> Saturday, June 15th	8:00am	Tuba City -Old Airport/Moenave Road
<input type="checkbox"/> Saturday, July 20th	8:00am	Blue Hills - Dugi/Riggs Residence
<input type="checkbox"/> Saturday, August 10th	8:00am	Flagstaff - Campbell Mesa
<input type="checkbox"/> Saturday, September 14th	8:00am	Tuba City - Western Navajo Fairgrounds

Waiver and Release: In consideration for permitting me and/or my child to participate in the activities described herein, and intending to be legally bound, I agree, certify and represent on behalf of myself, my spouse, my child, and our respective heirs, executors, administrators, representatives, and/or assigns (if any), that I, my child, and been advised by a health care professional against participation in the activities described herein or any activities sponsored by the Tuba City Health Promotion Program (collectively "Activities"); (2) agrees to abide by all Tuba City Health Promotion Program rules; (3) is aware of the risks inherent in the Activities; that the Activities may be physical, require considerable running, starting, stopping, and physical exertion in heat and humidity, and involve other individuals and man-made and natural obstacles; and that the Activities could potentially lead to injuries including, but not limited to, overheating, dehydration, injuries, disability, death, and property damage; (4) will conduct him/herself at a level consistent with his/her skill while participating in the Activities; (5) maintains adequate health insurance to cover any injuries while participating in the Activities; (7) gives permission to the Tuba City Health Promotion Program to photograph the Participant (including children) and use the Participant's name (collectively "Image") for purposes including publicity and publication of the Image in any medium and will not seek compensation for such; (8) has fully read and understands this Waiver and Release and acknowledges that this is a release of liability, a waiver of claims, and an assumption of risks; (9) assumes all risks and accepts full responsibility for any injuries, death, and/or property damage which may result from participation in the Activities; and (10) forever releases, fully discharges, and agrees to indemnify, defend, and hold harmless the Tuba City Health Promotion Program, Tuba City Regional Health Care Corporation, other Community to herein as "Releasees" from and against all claims, causes of action, responsibility, liability, damages, losses, costs and expenses (including attorneys' fees and court costs) attributable directly or indirectly to or arising out of the Participant's and/or Releasees' acts or omissions related to or connected with the Activity, the Image, and/or the Participant's participation in the Activity.

Participant Signature

Parent Signature (if under 18yo)



# TCRHCC HEALTH PROMOTION DISEASE PREVENTION 2024 FALL BIKING PROGRAM

## 2024 BIKING SERIES INFORMATION SHEET

### REGISTRATION PROCESS:

1. Visit website HPDP website, or scan QR code to register:  
[www.tchealth.org/hpdp](http://www.tchealth.org/hpdp) or <https://forms.office.com/r/QTqgGUYp33>
2. One-time registration. Each participant will need to register, including youth.
  - Child(ren) 17 years & younger will need to be registered by Parent/Guardian.
  - Child(ren) 17 years & younger will also need to have a Parent/Guardian 18 years & older present at the biking events.
3. Onsite registration will be available at all biking locations:
  - Saturday, April 13th                      Page - Red Mesa Trail
  - Saturday, May 25th                        Tuba City - Rifle Range Road Navajo Route 6731 S. Hwy 89
  - Saturday, June 20th                        Tuba City -Old Airport/Moenave Road
  - Saturday, July 20th                        Blue Hills - Dugi/Riggs Residence S. Hwy 89
  - Saturday, August 10th                     Flagstaff - Campbell Mesa
  - Saturday, September 14th                Tuba City - Western Navajo Fairgrounds

**CHECK IN FOR ALL BIKING EVENTS WILL BEGIN AT 7:30AM (DST), ALL EVENTS WILL START AT 8:00AM (DST)**

### HOW THIS WORKS:

BEGINS: SATURDAY, APRIL 13, 2024

ENDS: SATURDAY, SEPTEMBER 14, 2024

#### 1. PARTICIPATION:

- Complete online registration process.
- Select which locations you will be attending for the biking series.
  - *HPDP will have youth/adult mountain bikes available for use; however bikes will be provided to registered participants that indicated usage of a HPDP mountain bike upon registration.*
    - 15 youth & 15 adult HPDP bikes will be available on a **first come first serve basis**.
  - *Participants that own a personal mountain bike are encouraged to utilize them for the biking series along with biking helmets.*
- For Youth/Adults ages 6yo & older
  - *Must meet age and minimum height requirement of 3'7" to utilize HPDP youth mountain bikes.*
- Sign in with HPDP Staff at the locations you selected to verify your attendance.
- There will be no virtual participation, all events must be completed in-person.

#### 2. TRANSPORTATION:

- Transportation will not be provided by the Health Promotion Disease Prevention Program. Participants must drive in their own vehicles to each biking location.
- Participants are responsible for any park and/or parking fees.

#### 3. FITNESS:

- Must have fair physical fitness & lower body strength.
  - *As with any outdoor activity, please take into consideration your own physical fitness, read all information needed before attempting any bike trails.*

#### 4. INCENTIVES:

- Participants who complete multiple biking series events will receive an incentive for their participation.
- Please sign-in at each event to ensure that your attendance is recorded and so that you receive your incentive at the conclusion of the biking series.

**For more information regarding the Biking Series, contact Elena Curley at the HPDP Fitness Center at 928-283-1420 ext. 20703 or email: [JMIregistration@tchealth.org](mailto:JMIregistration@tchealth.org)**