

**JOIN US IN 2022!**



# Make memories



Check us out at  
[goatscycling.com](http://goatscycling.com)  
or G.O.A.T.S.  
Cycling on  
Facebook.



**G.O.A.T.S.**  
Cycling Club  
P.O. Box 6024  
Galena, IL 61036



**Saturday, May 7, 2022**

[goatscycling.com](http://goatscycling.com)

*A friendly  
bike tour  
of the  
backroads of  
Jo Daviess  
County*



Freshly baked  
cookies  
at every  
rest stop



## THE TOUR

Choose from one of three spectacular routes featuring the hills and views of beautiful Jo Daviess County's:

- 32 miles (50 km) •52 miles (84 km)
- 63 miles (100 km).

All routes are marked and fully supported.

**Note: Support ends at 3 p.m.**

After the ride, enjoy all the best that Elizabeth and Galena have to offer: antique shops, art galleries, boutiques, vineyards and restaurants. Plus there are many attractions in the area.

Visitor information, can be found at: [visitgalena.org](http://visitgalena.org) or [galenian.com](http://galenian.com).

**Saturday, May 7, 2022**  
**Rain or shine!**

Check us out at  
[goatscycling.com](http://goatscycling.com) or  
G.O.A.T.S Cycling on Facebook.



**Registration: \$35**

*Free pair of GOATS socks with advance registration*

Fee Includes: Map/cue sheets; marked routes, SAG support Food & drink at rest stops.

**EVENT  
SPONSORED  
BY**



## REGISTRATION OPTIONS\*

**1** Register Online:  
\$35 + small handling fee  
Visit: [bikereg.com/ride-the-ups-and-downs](http://bikereg.com/ride-the-ups-and-downs). Most credit cards accepted.  
FREE pair of GOATS socks with advance registration

**2** Mail-in-Registration Form: \$35  
Mail form and check or money order to: G.O.A.T.S. Cycling Club, P.O. Box 6024, Galena, Illinois 61036.  
FREE pair of GOATS socks with advance registration

**3** Register Day of Event: **Cash, check or credit card.**  
Socks available for purchase, \$5 per pair. \*Event will take place rain or shine.



## EVENT DAY CHECK-IN

*Same times/place as last year.*

**Time: 7 – 9:30 am**  
**Location: CTE Academy**  
**950 US RT 20 W**  
**Elizabeth, Illinois 61028**

*Located on the north side of U.S. 20 W, approximately one mile west of downtown Elizabeth and directly east of Elizabeth-Scales Mound Road.*

## PLEASE REMEMBER\*

Everyone must wear a bicycle helmet at all times on the ride. Bring appropriate clothing for the weather. Make sure your bicycle is in good working order. And of course, be prepared for hills!

## 2022 REGISTRATION FORM

**Saturday, May 7**  
**Rain or shine. No refunds**

One form per rider.  
Forms & online registration at:  
[goatscycling.com/events](http://goatscycling.com/events) or  
[bikereg.com/ride-the-ups-and-downs](http://bikereg.com/ride-the-ups-and-downs)



Name

Street Address

City State Zip

email address

Phone Number

Emergency contact: Name & Phone Number

Please circle route choice: 32 miles (50 km)

52 miles (84 km) 63 miles (100 km: Must start before 9:30 a.m.)

Please enclose \$35 and mail to: G.O.A.T.S. Cycling Club,  
P.O. Box 6024, Galena, Illinois 61036

## PLEASE READ AND SIGN BELOW

**Failure to sign will result in application being returned!**

Waiver and Release: In signing this form myself (or for the named participant if he or she is under 18 years of age) I understand and agree to absolve all organizations, singly and collectively, of all blame for any injury, misadventure, harm, loss or inconvenience suffered as a result of participating in the 2022 Ride the Ups and Downs or any activities associated with said event. I further agree to abide by all applicable traffic laws while participating in this event and understand that I am responsible for any observed violation of such laws or other rules of the road. I further agree that I will supervise and accompany any and all minor children for whom I have signed.

Signature of Rider or Guardian

Date