



## 42<sup>nd</sup> ANNUAL 4-H BIKE-A-THON

*(Bike Helmets Required to Participate)*

**SPONSORED BY:** Shenandoah County 4-H Council in cooperation with Shenandoah County Ruritan Clubs

**WHEN:** Sunday, April 27, 2025, 2:00-4:00 p.m. (Rain date May 4.)  
 Registration at 1:00 p.m.

**REGISTRATION:** Please use this link: <https://forms.gle/74MRz6yPZ3GU3aG69>

**SPECIAL EVENT:** Bicycle Safety Checks will be conducted, beginning at 1:30 p.m. Each rider who completes a bike safety check will be credited with 3 extra miles. All participants are required to wear bike helmets during the Bike-A-Thon.

**WHERE:** Shenandoah County Government Center Parking Lot, Woodstock. Meet at Entrance #1 (clock tower entrance).

**WHO:** Everyone 5 years of age and up. (Cloverbuds, 4-H'ers, 4-H parents and leaders, other county youth, and adults)

**HELP NEEDED:** Lap counters are needed that day. Anyone may volunteer!

**WHY:** Fifty percent (50%) of the money raised by each participant may be used as a scholarship to any 4-H event (4-H camp, State 4-H Congress, 4-H teen weekend, livestock entry fees, etc.). Non 4-H members are eligible to participate, too! Non 4-H members may attend 4-H camps. Your scholarship may also be used to reimburse you for purchasing a bike helmet, if you don't have one for the Bike-A-Thon.

County 4-H Council	24%
4-H International Exchange Fund	9%
4-H Club Treasury	14%
Awards	3%.

Scholarship money can accumulate from year to year. For example, a junior 4-H member may start earning money towards attending State 4-H Congress as a senior.

**PRIZES:** T-shirts for each biker who raises at least \$25.

**NOTE:** Only one rider per bike!

**AWARDS:** Awards in each age group for: (Each person may win only one top award.) Age groups: 5-8; 9-11; 12-13; 14-19; and 20+.

- ◆ Most miles ridden
- ◆ Most money raised

**4-H Club Plaques for:**

- ◆ Most miles ridden
- ◆ Most money raised
- ◆ Most participation (percentage of members).

**NOTE:** Money must be turned in (postmarked) by June 2 to qualify for T-shirts and awards.

**Please note:** Bike helmets are **REQUIRED** for participation. Four-H scholarship money raised may be used to reimburse for the cost of purchasing a helmet. You must submit your receipt to be reimbursed.

**We also have a limited number of youth and adult helmets available for loan during the Bike-A-Thon.**

**No scooters allowed.**

**Good Luck!**

If you are a person with a disability and desire any assistive devices, services, or other accommodations to participate in this activity, please contact Carol B. Nansel, Extension Agent, 4-H, at the Shenandoah County Office of Virginia Cooperative Extension at (540) 459-6140, during business hours of 8:30 a.m. and 5:00 p.m. to discuss accommodations five days prior to the event.\*TDD number is (800) 828-1120.



Virginia Cooperative Extension  
Shenandoah County Office  
600 North Main Street, Suite 100  
Woodstock, Virginia 22664-1855  
540-459-6140 Fax: 540-459-6147  
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**4-H BIKE-A-THON**  
**April 27, 2025 (Rain date May 4)**  
**2:00-4:00 p.m.**

**Sponsored by: Shenandoah County 4-H Council in cooperation with  
Shenandoah County Ruritan Clubs**



**INSTRUCTIONS:**

1. Start signing up your sponsors immediately.
2. Ask each sponsor to pledge a certain amount per mile or a set amount.
3. Bring the completed sponsor form with you to the Registration Table on the day of the Bike-A-Thon. Registration desk opens at 1:00 p.m.
4. Checks are made payable to **"Treasurer, Virginia Tech"** and note "Bike-A-Thon" on memo line.
- \*\*\*5. All money is to be mailed to Ray Ballowe, Bike-A-Thon Treasurer, by June 2, 2025 (postmarked).
6. Good Luck!

**REGISTRATION / RELEASE / CONSENT**

NAME \_\_\_\_\_ AGE (as of 9-30-2025) \_\_\_\_\_  
E-MAIL \_\_\_\_\_ 4-H CLUB \_\_\_\_\_

I, \_\_\_\_\_, my parents, guardians, heirs, executors, etc., waive and release the 4-H BIKE-A-THON personnel from any claims, damages, or injury which may result while taking part in this event or as a result thereof.

Participants under 18 must have this form signed by a parent or legal guardian.

\_\_\_\_\_  
Date Participant Signature  
\_\_\_\_\_  
Date Parent/Guardian Signature

Sponsor's Name	Sponsor's Address	Sponsor's Phone No.	Pledge Per Mile	Number of Miles	Contributions

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Completed \_\_\_\_\_ miles on \_\_\_\_\_, 2025.

\_\_\_\_\_  
Official

Total Pledges/Mile

Total # Miles x \_\_\_\_\_

\_\_\_\_\_ Total Pledges Due

\_\_\_\_\_ Total Collected

Completed:

\_\_\_\_\_ Bike safety check

\_\_\_\_\_ Bike helmet worn

**Make checks payable to: "Treasurer, Virginia Tech"  
and note "Bike-A-Thon" on memo line.**

**SPONSOR MONEY MUST BE MAILED  
TO THE BIKE-A-THON TREASURER,  
BY JUNE 2, 2025 (postmarked).**

**Ray Ballowe, Bike-A-Thon Treasurer  
240 Boliver Road  
Fort Valley, VA 22652**

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