

Ventura County Wheelmen and  
The Heart Association Need You!

## **RIDE A BIKE AND SAVE A LIFE!**

### **Save a Life**

We need you to ride your bicycle in our 1973 "HEART-A-RAMA". Get your friends and associates to donate 1¢, 5¢, 10¢ or more for each mile you ride.

If you don't have a sponsor, ride anyway! We may locate one for you.

Certificates will be presented to each rider participating so come on out and help us make this event a success.

**1973 "HEART-O-RAMA"**

### **Trophies**

There will be trophies awarded in the following categories:

- ◆ Teams – Three men maximum.  
Governmental Agencies.  
Commercial Agencies.  
Schools.
- ◆ General Public.  
Ages through 11.  
12 years through 17 years and older.
- ◆ Various Bicycle Club Members.  
Most Miles.  
Husband and wife team.  
Family groups (3 members or more)
- ◆ Most funds contributed.

### **Sign Up**

This event will begin at the Esplanade Shopping Center in Oxnard, Saturday, May 5th at 7:00 A.M.

#### **Sign Up:**

Ventura County Heart Association  
46 North Ash Street  
Ventura, California 93001  
Telephone: 643-6149

#### **Additional Information:**

Ventura County Wheelmen  
Post Office Box 5772  
Oxnard, California 93030

# **Have a heart and ride along with us!**

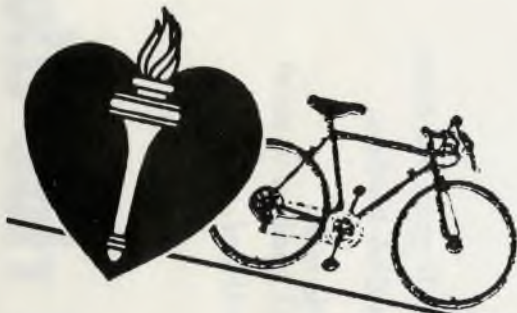
**WE NEED YOU!**

Ventura County Wheelmen

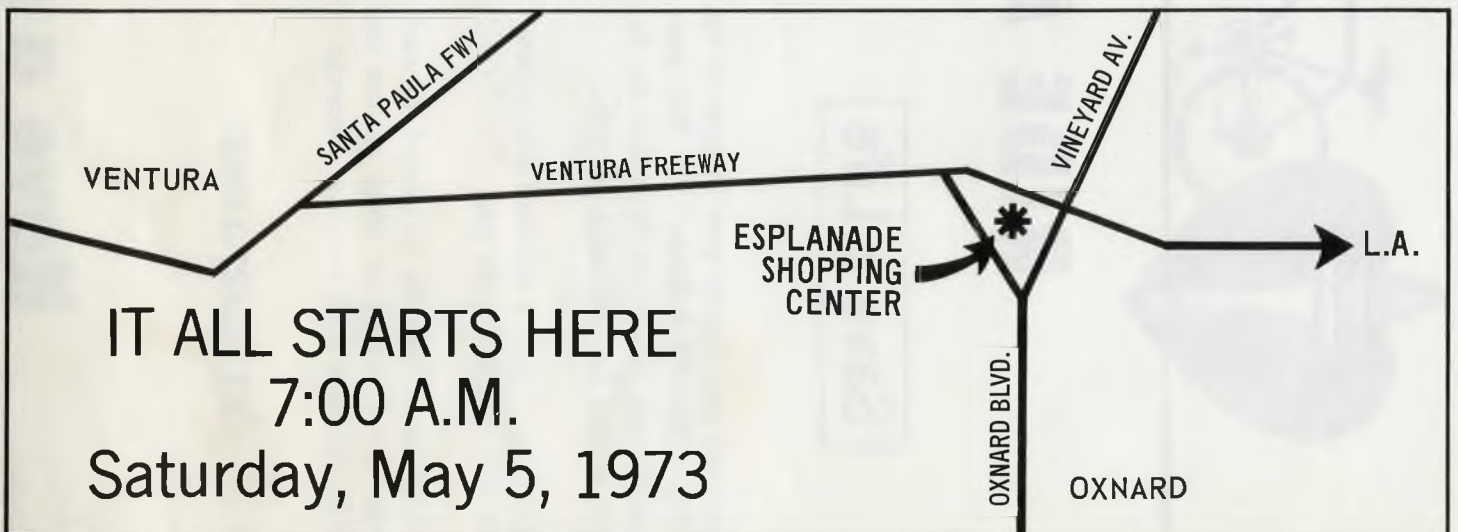
Ventura, California 93001

Post Office Box 450

Ventura County Heart Association



# HEART-O-RAMA





1973 HEART-O-RAMA

Instruction Sheet

May 5-6, 1973

1. This is not a race! Safety is of paramount importance. All rules, regulations and precautions must be obeyed at all times. Pace yourself to ride the most miles possible.
2. All riders must register and receive number before starting on ride.
3. All legal minors must have parents' signature and approval.
4. Each rider will be responsible for making sure officials know his number as he passes timing stand on each lap. Call out your number!!
5. If you depart from the course for food, drink or personal reasons, notify timing stand before you leave and when you return.
6. You are riding AT YOUR OWN RISK on a voluntary basis. No individual or group is responsible for your welfare... Sponsors, promoters, workers, property owners, other riders, officials or other are volunteering to aid in making this event a success at your request.
7. When you leave on ride, follow these roads:  
  
EAST ON ESPLANADE DRIVE TO VINEYARD.  
LEFT ON VINEYARD TO CENTRAL AVENUE.  
RIGHT ON CENTRAL AVENUE TO VENTURA FREEWAY.  
OVER VENTURA FREEWAY TO END (SPRINGVILLE ROAD).  
LEFT ON SPRINGVILLE ROAD (ALONGSIDE VENTURA FREEWAY) TO LAS POSAS ROAD.  
RIGHT ON LAS POSAS ROAD TO LAGUNA ROAD.  
RIGHT ON LAGUNA ROAD TO WOOD ROAD.  
RIGHT ON WOOD ROAD TO EAST FIFTH STREET.  
RIGHT ON EAST FIFTH STREET TO LAS POSAS ROAD.  
CONTINUE ON THIS RIGHT HAND COURSE UNTIL EVENING WHEN OFFICIALS WILL NOTIFY TYOU TO RETURN TO THE ESPLANADE SHOPPING CENTER WHERE YOU WILL CHECK IN AT THE TIMING STAND AND CONTINUE ON RIGHT HAND COURSE THROUGH THE NIGHT UNTIL 7:00 AM.
8. Trophies will be awarded.
9. The rider whose sponsors donate the most money will receive a trophy for his outstanding contribution.
10. Certificates will be given each rider showing his performance.
11. The VENTURA COUNTY HEART ASSOCIATION, THE VENTURA COUNTY WHEELMEN and all recipients of these donations and your fine efforts wish to thank you.

HAVE A GOOD TIME! RIDE SAFELY! GOOD LUCK!!

696 Wood Rd.

VENTURA COUNTY HEART ASSOCIATION  
and  
THE VENTURA COUNTY WHEELMEN  
1973 HEART-O-RAMA  
P. O. BOX 450  
VENTURA, CALIFORNIA 93001

E N T R Y   F O R M

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_  
(Please Print!)

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

PHONE: \_\_\_\_\_

RELEASE

HOLD HARMLESS

WAIVER

In submitting this form I herewith make known to whomever it may concern that I will hold blameless in case of accident, injury, misadventure or damage of any and all kinds, all officers and representatives of the promoters of the 1973 Heart-O-Rama, other bicycle riders, sponsors, property owners, officials and any other party or parties connected with this event in any manner whatsoever.

Participant's Signature: \_\_\_\_\_

Parent/Guardian (if under 13): \_\_\_\_\_

Bicycle Club: \_\_\_\_\_

Please complete both sides of form and return to above address  
as soon as possible.



# Miles Ridden \_\_\_\_\_

The following individuals, businessmen or companies have pledged to sponsor \_\_\_\_\_ in the 1973 Heart-O-Rama on May 5 and 6:

PLEASE PRINT

Sponsor's Name	Address and Phone	Amount \$/Mile	Authorized Signature	\$ Collected
1.	Street			
2.	City Phone #			
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				