

**HEARTLAND**  
familyService  
*Good works.*

\$600 will protect a woman and her children for an entire month at the Safe Haven Domestic Abuse Shelter.



**Sarpy County Safe Haven Transitional Shelter**

Run by the Heartland Family Service Domestic Abuse Program, it is a shelter to protect women and children.

Services at the Heartland Family Service Safe Haven Transitional Shelter are provided to victims of domestic violence as a means of protecting victims from the threat of further abuse. Residents may stay up to two years while they stabilize their living situation.

The Safe Haven can accommodate 20 women and children at one time. Residents attend weekly individual therapy sessions, as well as groups teaching life skills and stress management. Safe Haven residents are assisted by program staff to develop short and long-term planning goals such as securing employment or other financial assistance and seeking permanent housing. More information at:

<http://heartlandfamilyservice.org/>

Thank You to our sponsors below, visit them soon:



Bellevue Bicycle Club  
PO Box 1242  
Bellevue, NE 68005

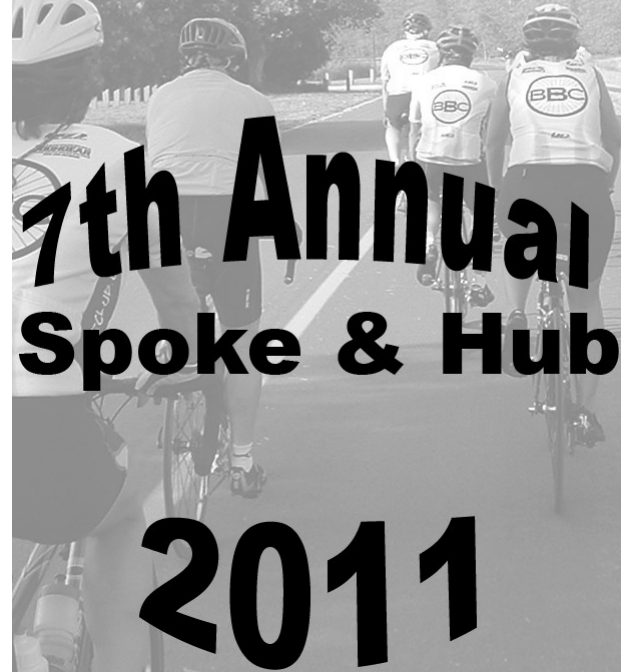


**BELLEVUE BICYCLE CLUB**  
[www.bellbikeclub.org](http://www.bellbikeclub.org)

**Saturday**  
**May 21st 2011**

**7th Annual**  
**Spoke & Hub**

**2011**



# Club Information



## Our Mission...

*"The primary mission of the Bellevue Bicycle Club is to provide an organization that will bring together bicycle riders of all abilities in the Bellevue, Nebraska and surrounding Omaha areas. Our intent is to bring the joys of cycling to people of all riding styles and physical abilities."*

The Bellevue Bicycle Club is composed of nearly 100 members. We promote cycling through events such as this, group participation in other community rides and community bicycle advocacy.

We have several weekly club rides available ranging from the leisurely rides to the more fast pace fitness rides. Some of our rides are fitness focused and others are more socially focused. We have something for everyone.

If you are interested in joining our fast growing bike club, please see any one of our club members during the event, we would be glad to share with you.

# Ride Safe

- ANSI or Snell certified helmets required.
- Ride on the right.
- Ride in a straight line, don't weave.
- When passing another rider, look back to be sure it is clear and signal. When passing another cyclist, yell out "ON YOUR LEFT". When you hear someone calling out "On your left", do not turn around. Hold steady on course and ride straight.
- Glance back often, always before moving right or left.
- Point out hazards to your fellow cyclists following you by pointing.
- Watch out for sand and gravel.
- Talk to your fellow cyclists. Let them know "SLOWING", "RIDER UP", "PASSING ON YOUR LEFT", or "STOPPING".
- When stopping to rest, get off the pavement.
- Ride friendly and defensively.

# Event Information

The BBC Spoke and Hub Ride will begin at the "Hub", the gazebo in **Washington Park** in Bellevue (Franklin Street & East 20th Ave in Olde Towne). There are five "Spokes" available to ride:

## Spoke 1 (IA) - 33 mi. (Small Loop)

Washington Park to Glenwood and Pacific Junction, IA

## Spoke 2 (IA) - 46 mi. (Large Loop)

Mineola, Silver City, Glenwood, Pacific Junction, IA

## Spoke 3 (NE) - 25 mi.

Washington Park to LaPlatte and Hanson Lakes

## Spoke 4 (NE) - 28 mi.

Washington Park to Culvers via the Bellevue Loop Trail

## Spoke 5 (NE) - 10 mi.

Bellevue Tour Challenge (streets w/ traffic and hills)

A Century may be completed by riding Spoke 2 (large loop) and then completing Spokes 3 and 4. If you intend to complete the Century, please inform the Spoke and Hub staff the day of the ride. If you are going to ride either loop in Iowa, please do that first. Must be back across the bridge by 1 PM.

**Ride any distance you like, it's all about fun.** Refreshments at the Hub. Improved food at the SAG

# Event Schedule

Free breakfast at the Hub 6:30 - 8:30 a.m.

Ride instructions at the Hub 7:50 a.m.

Ride start at 8:00 a.m.

Free hot dogs at the Hub 11:00 - 2:00 p.m.

Results of the raffle & swag drawings will be posted at the Hub after 9:00 a.m. so check after your ride.

SAG support ends at 4 p.m.

Hub closes at 5 p.m.



# Event Registration

Please complete one registration form per person.  
(Children under 10 are free)

Help raise funds for the Sarpy "Safe Haven" shelter for women and children. See the back of the brochure for more information.

Sign up for	Amt Paid
Ride—Early Bird*	\$30 _____
Ride—After 5/13*	\$35 _____
Join the BBC! (Membership)	\$10 _____

Food at the Hub is included in the registration fee.

Special price for BBC membership is valid only for new members and only during the Spoke and Hub. Membership in the BBC gets you access to the BBC Yahoo Group including Ride Calendar and Ride Message Board for last minute ride information.

## Win a Jamis Satellite Road bike!

Tickets are \$3 each, 2 for \$5, 5 for \$10, and 10 for \$20.  
Donated by True Wheel Bicycle Co.



Bike Raffle tickets  
\$3,\$5,\$10,\$20 \_\_\_\_\_

In addition to the raffle bike, there will be other prizes available for registered riders. You will be given a free ticket during registration for the swag drawing.

**Total:** \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email Address \_\_\_\_\_

## Mail to: Bellevue Bicycle Club

P.O. Box 1242  
Bellevue, Nebraska 68005

E-mail:  
contact@bellbikeclub.org