

## Gold Level Sponsors

SPRINGHILL MEDICAL CENTER  
when it matters

Dr. John R. Russell

## Silver Level Sponsors

Dr. Glenn Esses & Dr. Rip Pfeiffer  
Ronderos Neurosurgery Center, LLC

Dr. David Laycock, Dr. Debra Gardner,  
Dr. James Harrell, & Dr. Shaffer Wells

Dr. H. Eldon Scott, III

Dr. Joe Galloway, Dr. Chris Dyas,  
Dr. Jeff Ickler, & Dr. Alec Blankenship  
Springhill Emergency Physicians, P.C.



THE ORTHOPAEDIC GROUP, P.C.



BlueCross BlueShield  
of Alabama

## Bronze Level Sponsors



ALABAMA  
ORTHOPAEDIC  
CLINIC, P.C.



Thank you to Abita Springs for  
supplying water for our  
participants during the event.

The Medical Society of Mobile County  
2701 Airport Boulevard  
Mobile, AL 36606

Return Service Requested

NON PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
PERMIT NO. 625  
MOBILE, AL



## TOURdeLADR Lower Alabama Doctors Bike & Run

to benefit

CAMP RAP-A-HOPE

and the

Mobile Medical Endowment Trust

Saturday, March 31, 2007



## Bike Race

from the Grand Hotel to Pelican Point and back – 21.4 miles. The course terrain is fairly flat. One lane of Highway 98 will be blocked off for the bikers. All bikers will be timed with the ChampionChip<sup>®</sup> Sports Timing System.

## 5K Run

from tennis courts thru Lakewood subdivision and Point Clear Woods subdivision. Walkers are welcome to participate in the 5K. Individuals who walk and jog should register themselves as runners. All runners will be timed with the ChampionChip<sup>®</sup> Sports Timing System.



## 1-Mile Doctor Dash

from Grand Hotel tennis courts thru Lakewood subdivision



### Learn From the Experts

Thursday, March 15, 6pm-8pm  
Saturday, March 17, 10am-12 noon

#### Speakers:

- Dr. Jeff Conrad, Orthopaedic Surgeon  
"Hydration and the Athlete"
- David Field  
"Bike fit and Pedal Dynamics"
- Mark Still  
"Bike Maintenance and Repair Tips"

These sessions will be held at All About Bicycles,  
960 Schillinger Road  
South, Suite H. Phone 633-0800

## Registration

6:30 am – Registration opens  
7:45 am – Registration closes

## Registration Fees

Advanced Registration (until March 17)  
\$25 for adults  
\$10 for children 12 and under  
\$40 for bike race and run  
\$15 for children 12 and under for both bike race and run

### Day of Event Registration

\$35 for single event  
\$50 for both bike race and run

## Schedule of Events

8:00 a.m. - Runners start  
8:40 am - Bikers start  
9:40 am – 1 Mile Doctor Dash  
10:15 am – Awards

## Packet & T-shirt Pickup

Race entrants will pick up packets and t-shirts at registration on March 31, 2007.

## Awards

Awards will be given to the 1st and 2nd top overall male and female biker and the 1st and 2nd top overall male and female runner. The *Golden Shoe Award* will be given to the organization with the most participants.



## More Information

For additional information, contact the Medical Society of Mobile County at 251-476-9494 or email at [msomc@earthlink.net](mailto:msomc@earthlink.net).

The Mobile Medical Endowment Trust is a non-profit 501c3 organization. Your contributions are tax deductible.

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Cell Number: \_\_\_\_\_

Male  Female Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Organization you are affiliated with: \_\_\_\_\_

### Please check event(s):

- Biker  Runner  Walker  Doctor Dash  
 Volunteer

### T-shirt size:

- Sm  Med  Lrg  XL  2XL

Register today with the attached form or online thru the Medical Society's website at [msomc.com](http://msomc.com) and link to [Active.com](http://Active.com).

If mailing, make check to:  
The Mobile Medical Endowment Trust, Inc. and mail to:  
2701 Airport Blvd.  
Mobile, AL 36606

Additional forms are available at most local health clubs and sporting goods stores.

### Liability Waiver:

RELEASE FORM: In consideration of the Tour de L.A.D.R., its sponsors, agents, servants, representatives, licensees, contractors, successors and assigns organizing and conducting the Tour de L.A.D.R., held on March 31, 2007, and allowing me to participate and run in said race, I hereby waive, release and discharge forever said Tour de L.A.D.R. and its sponsors, agents, servants, representatives, licensees, contractors, successors and assigns, from any and all claims, demands, rights and causes of action of whatsoever kind and nature arising, directly or indirectly, from any and all known or unknown, foreseen and unforeseen, bodily and personal injury, damage to property and the consequences thereof resulting from my biking or running and/or participating in said Race, and Covenant Not To Sue for any said injuries and/or damage. I give permission for the use of my name and/or picture in any broadcast, telecast or other account of this event.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Signature of parent or guardian if under 18  
\_\_\_\_\_