

REGISTRATION FORM
Shenandoah Valley Century
Sunday, September 14, 2008

Name _____

Address _____

City _____

State _____ Zip _____

Tour distance: 25 miles _____
50 miles _____ 100 miles _____

Cost: \$12.00/person postmarked by 9/4/08, or
received by 9/7/08; \$15/person after that

\$ _____

\$30/family (3 or more members)

\$ _____

Checks payable to:

Shenandoah Valley Bicycle Coalition

RELEASE: In consideration of the Shenandoah Valley Bicycle Coalition sponsoring a tour on the above date, I state:

1. I shall be _____ years of age on the tour date, and have no physical or other limitations preventing me from riding a bicycle on this tour. Furthermore, if I am under 14 years of age, I will ride with an adult over 18 years of age. The name of this adult is _____

2. I have inspected my bicycle for this tour and I know it to be in reasonably good and safe condition.

3. I have adequate and reasonable knowledge of what is prudent and safe bicycle riding and shall ride in that manner, for my own protection and the protection of others.

4. I agree to check in with those operating the tour at the completion of my ride so that they will know when I am finished on the tour route. Furthermore, if I quit my ride on the tour before completion, I agree to inform those operating the tour that I am finished.

5. In signing this release for myself, or for the named entrant, I understand that the Shenandoah Valley Bicycle Coalition, the Coalition officers, the Coalition members, the City of Harrisonburg, and any others connected with this event are not responsible for, and are not insurers of, my personal safety during the ride. I recognize that bicycling on the roads may be hazardous and that various dangers such as rough roads, railroad tracks, etc. may be encountered.

I thus release the above organizations and their officers, employees, and members and agree to absolve and hold them harmless from any and all liabilities arising from my having sustained any property damage or personal injury by reason of their negligence in participating, sponsoring, planning, or arranging this event. I shall abide by all traffic laws and practice courtesy and safety in bicycling. I shall wear a CPSC, ASTM F1447 or SNELL approved helmet.

Signature of rider:

Signature of parent if rider is under 18 years of age:

Phone Number: _____

E-mail: _____

In the event of circumstances beyond our control, refunds cannot be guaranteed.

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26th ANNUAL
SHENANDOAH
VALLEY
CENTURY
SEPTEMBER 14, 2008



Hillandale Park
Harrisonburg, Virginia

Sponsored by the
SHENANDOAH VALLEY
BICYCLE COALITION

Shenandoah Valley Century
c/o Art Fovargue
1043 Chestnut Dr.
Harrisonburg, VA 22801

**26th Annual
Shenandoah Valley Century**
Date: Sunday, September 14, 2008

Times:

- 7:00am: registration open for all rides
- 8:00am: ride Start for 100 mile ride
- 9:00am: ride Start for 25 & 50 mile ride

Place: Hillandale Park Shelter 11,
Harrisonburg, VA

Cost:

- if received by 9/7/08, \$12/person
- if received after 9/7/08 \$15/person
- \$30/family (3 or more members)

Limit: 300 riders



Directions

Interstate 81 to Exit 245, go west on Port Republic Road. Cross Rt 11 (S Main St), continue straight 0.5 mile, turn left onto route 42 (S High St). Hillandale Avenue will be a right turn 0.8 mile down the road. Turn right on Hillandale Ave., go straight after the next stop sign to enter Hillandale Park. Shelter #11 is on the main thoroughfare near the end of the park. Parking in Hillandale may be limited.

Registration

The registration form is on the back of this flyer. Additional forms may be obtained at all Harrisonburg area bicycle shops, or at www.svbikecoalition.org. **This registration form will not be honored if the release is not signed.**



Pre-registration is encouraged.

More information can be obtained by calling:

Art Fovargue (540) 433-9247
Marcia Lamphier (540) 432-3312

Or by e-mailing:
Art: century@svbikeclub.org

Or by going to:
www.svbikecoalition.org

The Shenandoah Valley Bicycle Coalition invites you to the 26th ANNUAL SHENANDOAH VALLEY CENTURY. All length rides will explore some of the finest cycling around, with scenic vistas, small towns, beautiful farms, quiet roads, and more. All routes are paved and have low traffic volume. Participants ride at their own pace; the event is not a race.

What is a Century ride? A “Century” refers to a bicycle ride of 100 miles (a century of miles). Century rides originated in the late 1800’s, when cyclist would attempt to ride the 100 miles in under ten hours. Now, rides of various lengths are offered to suit all abilities with no time limits set.

Mechanical help is available at the start & at the rest stops. Maps are provided and the route is marked

Rest Stops

All rides are supported with rest stops every 20-25 miles and a midpoint rest stop for the 25 mile ride. The rest stops are well stocked with a variety of food and beverages, free with registration.

Sag Support

Auto sag support will be available on each route to provide help for those who need assistance. Please be prepared to fix minor repairs, for example, bring a flat tire fix kit, to avoid unnecessary delays.

Featuring

Portraits: Come early to have your free portrait taken with your bike and friends. Portrait and ride photos will be posted on the website after the ride for viewing and downloading.

Door prizes: All those who register and participate, will be entered in the drawing for numerous door prizes.

Paninis: and other great food to enjoy after the ride – stay and celebrate.

Massages: Massages will be available after the ride for a nominal fee.

HELMETS APPROVED TO CPSC, ASTM F1447 OR SNELL B90 STANDARDS ARE REQUIRED AS MINIMUM.

Mail completed form and your check, made payable to Shenandoah Valley Bicycle Coalition (SVBC), to:

SHENANDOAH VALLEY CENTURY
c/o Art Fovargue
1043 Chestnut Dr.
Harrisonburg, VA 22801

Where did you hear about the century?
