

28th Annual
SHENANDOAH VALLEY CENTURY
Sunday, September 12, 2010

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, Virginia

COST: \$12 per person on or before 9/5/10
\$15 per person after 9/5/10
\$30 per family (3 or more members)

LIMIT: 300 riders

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 prizes including a generous gift certificate from the Joshua Wilton House Inn and Restaurant in Harrisonburg.

PANINIS: Stay and celebrate your achievement with freshly made paninis and other great food!

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.

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

SHENANDOAH VALLEY CENTURY
c/o Art Fovargue, 1043 Chestnut Drive
Harrisonburg, Virginia 22801

TELL US: Where did you hear about the century?

PRINTING PROVIDED BY:

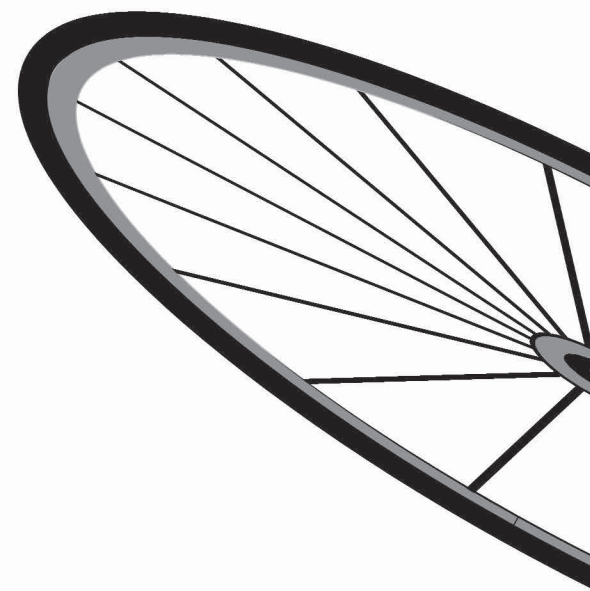
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c/o Art Fovargue
1043 Chestnut Drive
Harrisonburg, VA 22801

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September 12, 2010

Hillandale Park
Harrisonburg, Virginia



SPONSORED BY:



The Shenandoah Valley Bicycle Coalition invites you to the 28th Annual **SHENANDOAH VALLEY CENTURY**. Rides of varying length 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. Mechanical help is available at the start and at the rest stops. Maps are provided and the route is marked.

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.

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: Pre-registration is encouraged. The registration form is on this flyer. Additional forms may be obtained at all Harrisonburg area bicycle shops, or at www.svbcoalition.org. **Registration forms will not be honored if the release is not signed.**

register online @  **active.com**

INFORMATION: More information can be obtained by contacting Art Fovargue (tel: 540.433.9247, email: century@svbcoalition.org) or Marcia Lamphier (tel: 540.432.3312) or by visiting www.svbcoalition.org.

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 provided on each route to help those who need assistance. Please be prepared to fix minor repairs (i.e. bring a flat tire fix kit) to avoid delays.

SHENANDOAH VALLEY CENTURY

Registration Form

Sunday, September 12, 2010

Name _____ Address _____

City _____ State _____ Zip _____

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

Cost: \$12 per person postmarked by 9/2/10 or received by 9/5/10 \$ _____

\$15 per person after 9/5/10 \$ _____

\$30 per family (3 or more members) \$ _____

Please make checks payable to: Shenandoah Valley Bicycle Coalition (SVBC)

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.