

The Shenandoah Valley Bicycle Coalition invites you to the 31st 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 cyclists 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.

THE SVC ALSO FEATURES:

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 who register and participate will be entered in the drawing for numerous prizes including a ski lift and bike park pass with bike rental from Bryce Resort, and generous gift certificates from the Joshua Wilton House Restaurant and Inn and The Sole Source 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.

31ST SHENANDOAH VALLEY CENTURY SEPTEMBER 8 2013 HILLDALE PARK HARRISONBURG VA

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

Hilldale Park, Shelter 11
Harrisonburg, Virginia

COST

\$14 per person on or before 9/1/13
\$20 per person after 9/1/13
\$30 per family (3 or more members)
on or before 9/1/13
\$40 per family after 9/1/13

LIMIT

300 riders

DONATIONS

Many of you have commented that the SVC is worth more to you than the registration fee. If you agree, please consider a donation. All donations will go to the Northend Greenway Bicycle Trail in Harrisonburg.

HELMETS

Helmets must be approved to CPSC, ASTM F1447 or SNELL B90 standards and are required to participate!

REGISTER

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



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. Please visit **SVBCoalition.org/events/century** to register online or use the registration form on this flyer. Additional forms may be obtained at all Harrisonburg area bicycle shops, or at www.svbcoalition.org.

All participants will be required to sign the informed consent form.

INFORMATION More information can be obtained by contacting Carl Droms (tel: 540.908.7806, 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.

TELL US Where did you hear about the century?

SHENANDOAH VALLEY CENTURY

Registration Form

Sunday, September 8, 2013

Name _____ Address _____

City _____ State _____ Zip _____

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

Cost: \$14 per person postmarked by 8/29/13 or received by 9/1/13 \$ _____

\$20 per person after 9/1/13 \$ _____

\$30 per family (3 or more members) postmarked by 8/29/13 or received by 9/1/13 \$ _____

\$40 per family (3 or more members) after 9/1/13 \$ _____

Donation: If you feel this event is more valuable than the above registration fee, please toss in some extra joy. All donations go to the Northend Greenway Bicycle Trail in Harrisonburg \$ _____

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. 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.

3. 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 hereby release, discharge and covenant not to sue the above organization, their administrators, directors, agents, officers, members, volunteers and employees, participants, sponsors or advertisers from all liability, claims, demands, losses or damages. 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. Confirmation of receipt only upon request and if a legible email address is provided.