

The Shenandoah Valley Bicycle Coalition invites you to the 33rd 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:

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 cards from local businesses.

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



Printing provide by **branner printing**

General Information

TIMES

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

PLACE

Hillandale Park, Shelter 11
Harrisonburg, Virginia

COST

On or before 9/6/2015:
\$20 per person
(\$15 for SVBC members)
\$40 per family (3 or more members)
(\$30 for SVBC members)

After 9/6/2015:
\$25 per person
(\$20 for SVBC members)
\$50 per family (3 or more members)
(\$40 for SVBC members)

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 Bluestone Bicycle Trail in Harrisonburg.

HELMETS

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

33rd annual

shenandoah Valley
Century



Sunday, September 13, 2015

Rides of 25, 50 or 100 miles through the beautiful back roads of the Shenandoah Valley!

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 Rt. 42 (S. High St.) After 0.8 miles, turn right on Hillandale Avenue, go straight at 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 bike shops, or at www.svbcoalition.org.

All participants will be required to sign an informed consent form on the morning of the ride.

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 make minor repairs (i.e., bring a flat tire patch kit) to avoid delays.

TELL US Where did you hear about the Shenandoah Valley Century?

33rd annual Shenandoah Valley Century

REGISTRATION FORM

Name _____

Address _____

City _____ State _____ Zip _____

E-mail address _____

Tour Distance: 25 miles 50 miles 100 miles

If I am under 18 years of age, I will ride with an adult over 18 years of age. The name of this adult is:

TYPE OF REGISTRATION: (check one)

- Individual SVBC member: \$15 Individual non-member: \$20
 Family SVBC members: \$30 Family non-members: \$40

Late registrations (9/7/15 or later): add \$5 for an Individual or \$10 for a Family registration.

FOR FAMILY REGISTRATIONS: please write in the names of your other family members included in this registration:

ADDITIONAL DONATION (all donations go to the Bluestone Bicycle Trail in Harrisonburg): \$ _____

Make checks payable to Shenandoah Valley Bicycle Coalition.

Mail your completed registration form and check to:

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



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. An informed consent form must be signed on the morning of the ride, a copy of which can be found on the SVBC website: www.SVBCoalition.org