

Once again...Mountain Cycology presents

# THE **15th Annual**

## **“Great Rivers Century 2010”**

Sunday, June 20th from the Cavendish Elementary School, Proctorsville, VT

The GRC presented by Mountain Cycology Bike Shop to benefit the Windsor County Youth Services' Mountainside Teen Shelter offers four regular rides for a variety of skill levels. Choose from 25, 50, 75 or 100 miles of scenic Vermont riding meandering along the Williams, Black, Ottaquechee & Connecticut River Valley's. Food & drink available at various supported stops along each route. Oh, yea, and we throw in a few awesome covered bridge sightings for good measure! Then replenish at the post ride picnic. A Great ride for a great cause.

**TIMES:** Registration: 7:00-9:00 Ride Starts: 100/75 miler= 8AM 50 miler= 8-8:30  
25 miler= 8-9AM **REGISTRATION CLOSSES AT 9 A.M.** Preregister on [www.BikeReg.com](http://www.BikeReg.com)

**START/FINISH:** Google Maps...Cavendish Elementary School Rt.131 in Proctorsville - 3.5 miles southeast of Ludlow.

**WHAT YOU GET:** Premarked, scenic, light to moderately rolling routes with easy to follow maps, 4 fully stocked food & drink stops enroute, post ride picnic, and the camaraderie of being with lots of other like minded souls! Also, post ride massage.

**NITTY GRITTY DETAILS:** Cost=\$30/\$35 after 6/18. Contact Rick Trainer (802)228-2722(days) or [cyco@tds.net](mailto:cyco@tds.net) \* Helmets a must \* Bikes in good repair (PLEASE!) \* Obey all traffic rules \* HAVE FUN! \* Bring a friend & copy this form often.

**Lodging:** Timber Inn Motel (802) 228-8666

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CHECKS payable to: **WCYS '10** & mail to: Mountain Cycology, PO Box 527, Ludlow, VT 05149

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (days) \_\_\_\_\_ e-mail \_\_\_\_\_

Ride Mileage: \_\_\_\_\_ 25 \_\_\_\_\_ 50 \_\_\_\_\_ 75 \_\_\_\_\_ 100 OR go to [www.BikeReg.com](http://www.BikeReg.com)

**The Mountainside Teen Shelter** is a house that provides refuge for kids to live & get advice & care for their troubles. They can stay there from 2 days to 2 weeks & receive counseling on how to cope with the problems that all young people are faced with in today's society. They get out of their own homes & talk through their troubles with their parents & a counselor, targeting returning home with a more positive outlook. When the Windsor County Youth Services approached Mountain Cyclopedia 15 years ago to help them with a fund raiser, we were excited to be able combine our passion for cycling & an event to share with the regional riding community with the potential to be able to support a local organization that can improve the future of these kids. Thanks, in advance, for considering joining us on June 20<sup>th</sup> for this great event!

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