

September 19, 2010

BACK ROADS CENTURY

100 Mile Bike Ride
Berryville, VA
www.BackRoadsCentury.org

The Potomac Pedalers Touring Club of Washington, DC, proudly presents the Back Roads Century, a 100 mile bike ride in the Shenandoah Valley. Come join us for one of the most beautiful bicycling rides in America.

This is a fully supported ride with food, rest stops and mechanical support along the route. We also offer shorter distances of 65, 50 and our family-friendly 25 mile course.

Our event isn't just about cycling, it's also about fun. After you conclude your ride, we'll have a cookout with home-made barbecue, turkey sandwiches and more.

So if you're looking for a challenging, rewarding and fun way to spend a beautiful fall day, be sure to attend the Back Roads Century. We'd love to see you there!

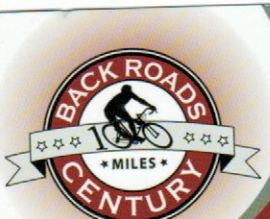


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Back Roads Century Training Card

Register Online

www.BackRoadsCentury.org



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Registration Fee Includes

- Cue Sheet
- Rest Stop Food and Drinks
- Cookout after the ride with home-made barbecue, turkey sandwiches, and other treats
- Back Roads Century t-shirt
- Free admission to Burwell-Morgan Mill
- Mechanical Support along the routes

Shenandoah Valley

Enjoy the beautiful scenery and historic sites of the Shenandoah Valley during your ride.

One of our rest stops is at the historic Burwell-Morgan Mill (est. 1785), where you're invited to step inside and view the mill in operation.

You'll also enjoy our "world famous" tomato sandwiches at White Post Restorations, where antique cars are restored by fine craftsmen.

Check out our website where you'll see route photos, satellite maps, rider testimonials and more!

Registration Fee

\$45.00 for the Public
 \$40.00 for Potomac Pedalers members

Register Online

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	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	6	10	12	0	10	25	8	71
2	6	10	14	0	10	30	9	79
3	8	12	17	0	10	33	10	90
4	8	14	19	0	12	36	12	101
5	9	14	19	0	14	42	13	111
6	11	15	19	0	14	48	14	121
7	12	16	21	0	15	53	15	132
8	15	16	21	0	15	62	16	145
9	15	17	24	0	16	65	18	155
10	15	18	25	0	16	70	18	162
11	15	18	25	0	17	65	18	158
12	15	17	20	0	10	5	100	167