

# 7th Annual RIDE FOR A CAUSE Event



**SPINNING®**



**ALL PROCEEDS & DONATIONS FOR  
UNITED WAY**

## September 11th, 2010

*(rain date September 18<sup>th</sup>)*

**\$25.00 minimum donation to ride**

*PICK UP YOUR ADVANCE REGISTRATION FORM @ PGAC or @ [www.pinegroveathleticclub.com](http://www.pinegroveathleticclub.com)*

### **EVENT INFORMATION:**

This is a road bike ride for all levels – you pick your challenge!

- **Route #1:** Lake Cadillac: short (approx 10 miles, mainly flat), **Route #2:** Lake Cadillac & Mitchell (approx 20 miles, mainly flat), **Route #3:** The 3 Lakes (approx 25 miles, a couple nice hills), **Route #4:** McBain Route (approx 30 miles, hilly), **Route #5:** NEW long distance route (approx 80+ miles a variety of hills and flats) +**NEW 2010 Route#6** White Pine Trail Route!
- Routes begin & end @ Pine Grove Athletic Club – parking, change area and showers available.
- Rest stops with snacks and drinks provided within the routes and at PGAC.
- Registration begins at 8:00 am, riders leave 8:30 am (shorter routes at least by 9:00 am)
- Everyone is welcome, tell your friends family and neighbors and enjoy the social ride – **OR GRAB YOUR BIKING BUDDY & RACE TO THE END!** All for a great cause!

AFTER THE EVENT **OPEN TO PARTICIPANTS ONLY**, CHECK OUT THE CLUB- ENJOY A JACUZZI, SAUNA OR A SWIM AND LET YOUR BODY RECOVER!

### SAFETY REMINDERS:

As with all fitness activities please consult your physician before participating in any physical activity. Helmets should be worn. Drink water prior, during and after the ride.

Follow all bike laws! Use STOP signs, check for cars & have a safe ride!

*Please ride single file.*

**Relax & enjoy your ride!**