

SCU QUAD County Metric

Saturday, May 10, 2008



www.suburbancyclists.org

Details: Start Location: Green Lane Park, Deep Creek and Snyder Roads, Green Lane, PA 18054. Ride -- 10, 21, 31, 45, 53, 68 or 76 scenic, lightly traveled miles at your own pace. The 21-mile course avoids the longest climb and is suitable for casual riders. The longer routes are on rolling-to-hilly terrain. The 53- and 76-mile route includes the 8-mile "Intensive Climbing, an extra hilly 12-mile thrill ride with 1,200 feet of additional climbing. A flat 10-mile ride on the unpaved Perkiomen Trail is also available.

Registration: Registration includes marked routes, cue sheets, SAG support, rest stops and a post-ride meal, including a vegetarian option. Rest stops have a large assortment of home-baked snacks.

Start Times

Registration opens at 8:00AM

- 76 mile ride: 8:00 - 9:00AM
- 68 mile ride: 8:00 - 9:00AM
- 53 mile ride: 9:00 - 10:00AM
- 45 mile ride: 9:00 - 10:00AM
- 31 mile ride: 9:00 - 11:00AM
- 21 mile ride: 9:00 - 11:00AM
- 10 mile Perkiomen Trail ride: 9:00 -11:00AM

Registration closes at 11:00AM

SCU Members before May 8, 2008	Non-SCU Members before May 8, 2008
\$20.00	\$25.00
After May 8, 2008	After May 8, 2008
\$20.00	\$30.00
Join SCU and save \$10.00 when you register for both QUAD County Metric & Lake Nockamixon Century	
<p>NEW! New this year: Register for the combo Quad County Metric and Lake Nockamixon Century and save \$5! Save time and money - non-SCU members can register for both events for only \$45 with one convenient transaction. Receive two T-shirts (one <i>long-sleeve</i> Quad County Metric shirt on May 10 and one <i>short-sleeve</i> Lake Nockamixon Century shirt on August 24) if you register by April 27!</p>	

Mail to: SCU Centuries, P.O. Box 401, Horsham, PA 19044; Phone: 215-234-0170, E-mail: centuries@suburbancyclists.org

Name:		Address:	
City:		State:	Zip:
Phone		E-Mail:	
How did you hear about the event?		Anticipated distance: 10 21 31 45 53 68 76	
T-Shirt Size: S M L XL XXL			
Meal Preference: Vegetarian Non-Vegetarian			
SCU Member \$20 (Member ID #)		SCU Non-Member \$25 \$45 for both events	
Buy an SCU Membership:		Individual Membership \$20 Family membership \$30	
Total Enclosed (check payable to SCU):			

Riders under 16 must be accompanied by an adult. Children 12 and under ride free.

Participant Release: In consideration of the acceptance of my entry, I do hereby, for myself, my heirs, executors, and administrators, waive, release, and forever discharge Suburban Cyclists Unlimited from any and all rights and claims for property damage and/or personal injury arising out of my traveling to, participating in, or returning from SCU's Lake Nockamixon Century ride.

Signature: _____ **Date:** _____
(Parent or Guardian if under 18)

The Quad County Metric takes place rain or shine. No refunds. Distances are approximate and are subject to change. Helmets are required for all riders. Support ends at 3:30pm. Roads will be open to automobile traffic.

T-shirts must be picked up on the day of the event; they will not be mailed in the event of a rainout. For the combo Quad County Metric / Lake Nockamixon Century registration, the Quad County Metric shirts will be distributed only on May 10 and the Lake Nockamixon Century shirts will be distributed only on August 24.