

PRSR STD  
US Postage Paid  
Warminster, PA  
Permit #20

**SAVE TIME & MONEY - PREREGISTER!**  
Register & Pay Online at [www.suburbancyclists.org](http://www.suburbancyclists.org)  
Free t-shirt when you register by April 29th!

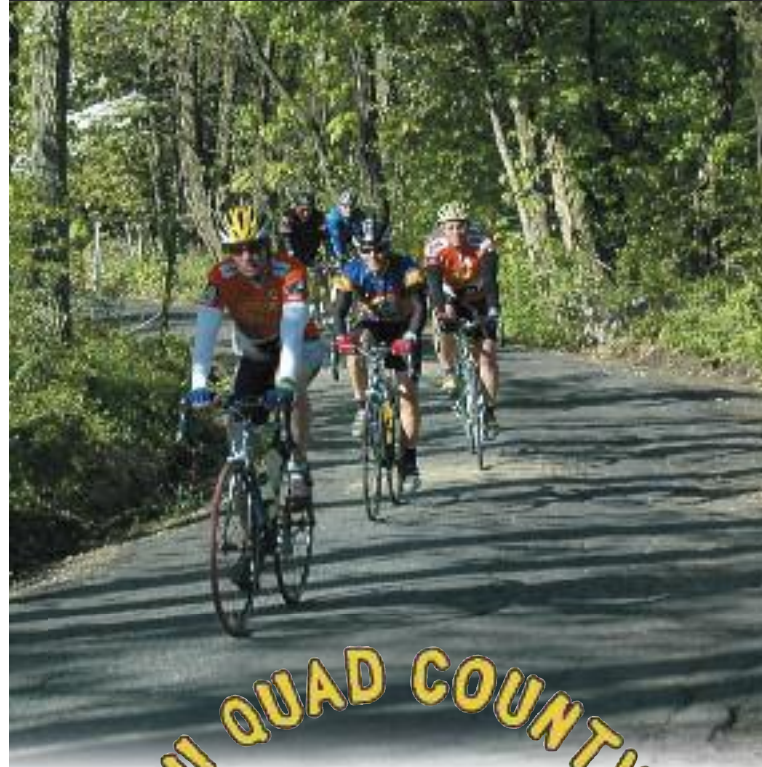
Box 401  
Horsham, PA 19044

Experience the support, routes, scenery, hospitality and home-baked goodies that have made SCU's rides legendary for over 25 years. Return the attached Registration Form today!

**NINTH ANNUAL  
QUAD COUNTY METRIC  
SATURDAY, MAY 9, 2009**



**IT'S MAY.  
IT'S BEAUTIFUL OUTSIDE.  
IT'S TIME TO RIDE!**



Green Lane, Pennsylvania  
Saturday - May 9, 2009



# SEIZE THE DAY!

**SATURDAY, MAY 9, 2009**

*No matter what type of cyclist you are,  
you'll find a route to enjoy at the*

## **NINTH ANNUAL QUAD COUNTY METRIC, SUBURBAN CYCLISTS UNLIMITED'S**

*premier spring ride.*



The ride begins at beautiful **GREEN LANE PARK** in Upper Montgomery County and winds through Berks, Lehigh, and Bucks Counties before returning to the park.

There are **RIDES FOR ALL AGES and ABILITIES**, so how much you challenge yourself is up to you! Road riders can choose from basic (21 mile/34K), moderate (31 mile/50K), extended (45 mile/72K), or Metric Century+ (68 mile/110K) routes. If you're up for some hill-climbing, seize the day with the Intensive Climbing Unit: an additional 1200 feet of elevation over 8 miles that will leave you feeling on top of the world!

The **INTENSIVE CLIMBING UNIT** is available on both the 45 mile/72K and 68 mile/110K rides extending them to 53 miles/85K and 76 miles/120K, respectively.

Hybrid riders and mountain bikers will enjoy the **10 MILE TRAIL OPTION**, a leisurely flat ride on the Perkiomen Trail. Kids and families will enjoy this route as well.





## DIRECTIONS

**GREEN LANE PARK**  
Deep Creek and Snyder Roads  
Green Lane, PA 18054

◆ **FROM PA TURNPIKE (476) EXIT 31/31 (LANSDALE)**  
Route 63 West for 8 miles to Route 29. Left on Route 29 South, then watch for Deep Creek Road on the right. Follow signs to parking and start location.

◆ **FROM PA TURNPIKE (476) EXIT 32/44 (QUAKERTOWN)**  
Route 663 South for 6 miles to Route 29. Left on Route 29 South for 5 miles. Just past intersection with Route 63, watch for Deep Creek Road on the right. Follow signs to parking and start location.



**SAVE TIME & POSTAGE!**  
Register Online at [www.suburbancyclists.org](http://www.suburbancyclists.org)



## RIDE FEATURES

- ◆ **GREEN LANE PARK**, one of the hidden gems in Montgomery County.
- ◆ Lightly traveled roads in four of the oldest counties in Pennsylvania.
- ◆ Fresh fruit, snacks, bagels, baked goods, and drinks at **WELL-STOCKED REST STOPS**.
- ◆ Well marked roads, cue sheets and maps
- ◆ **SAG VEHICLES** with **BIKE MECHANICS** on all routes
- ◆ **LUNCH** after the ride – plus vegetarian options!
- ◆ Relaxing **MASSAGE** after the ride (\$10 gratuity)
- ◆ **LONG SLEEVE QUAD T-SHIRT** if registered by April 29. (Mail in registrations must be postmarked by April 24.) Shirts must be picked up on the day of the event; they will not be mailed in the event of a rainout.
- ◆ **PRE-REGISTER** by May 8 to save \$10!!

## START TIMES

REGISTRATION OPENS at 8am.  
*Don't forget a helmet – you can't ride without one!*

- 68-76 mile Ride • 8am to 9am
- 45-53 mile Ride • 9am to 10am
- 21-31 mile Ride • 9am to 11am
- Perkiomen Trail • 9am to 11am
- Lunch • 12 - 3:30pm
- Support Ends • 3:30pm



## MORE INFORMATION

[www.suburbancyclists.org](http://www.suburbancyclists.org) click **Quad County Metric**  
**EMAIL:** [centuries@suburbancyclists.org](mailto:centuries@suburbancyclists.org)  
**CALL:** Dennis Mayse, Century Director, at 215-234-0170



## REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

How did you hear about this event? \_\_\_\_\_

Anticipated Distance (circle one): 10 21-31 45-53 68-76

T-shirt Size: S M L XL XXL

Must be postmarked by April 24.

T-shirts must be picked up on the day of the event; they will not be mailed in the event of a rainout. The Quad County Metric shirts will be distributed only on May 9th.

Vegetarian food preferred

**SAVE NOW!  
BUY A MEMBERSHIP!**

### REGISTRATION TYPE

No t-shirt if registered after April 29.  
Save \$10 and Pre-register by May 8!

- SCU Member (\$25)
- Non-Member (\$30)

- Single (\$20)
- Family (\$30)

Note: Higher rate to register on May 9!

- SCU Member Day of Event (\$35)
- Non-Member Day of Event (\$40)

Total enclosed (payable to SCU) \_\_\_\_\_

No confirmation will be sent - your cancelled check is your receipt.

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

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 Quad County Metric ride.

participant signature \_\_\_\_\_ date \_\_\_\_\_

parent/guardian (must sign if participant is under 18) \_\_\_\_\_

**SCU Century, Box 401, Horsham, PA 19044**

