

Century +70!

This is not your regular Century ride, be ready to suffer! It'll be a challenge for even the most seasoned Century rider. There will be only unmanned SAG stops with Gatorade and water, riders will have to make use of convenience stores along the route and our drop site. We'll mark the route for you and try to make your ride as convenient as possible.

What the Spacecoast Freewheelers are providing:

- Coffee & bagel breakfast at ride start.
- T-shirt (if registered by April 12, 2010)
- Cue sheets & maps.
- List of suggested convenience stores along route.
- A secure drop site located near midpoint where riders can pick up items left at start.
- Luggage forwarded to finish.
- Roving SAG support.
- BBQ party at ride finish.

And for an additional fee:

- Bus ride back to start.
- Bike transported back to start.

SPACECOAST FREEWHEELERS
PO BOX 320622
COCOA BEACH, FL 32932-0622



Sunday

May 2, 2010

6:30AM

Cocoa Beach, Florida

Hosted By:

Spacecoast Freewheelers

P.O. Box 320622

Cocoa Beach, FL 32932-0622

www.spacecoastfreewheelers.com

CROSS FLORIDA - 170 MILE CHALLENGE



Packet pickup and check in will be at Alan Shepard Park located at the eastern terminus of SR-520 in Cocoa Beach, from 1:00pm until 5:00pm on Saturday (May 1) and beginning at 5:30am on Sunday (May 2). There will be no registration available on the day of the ride (May 2).

Your entry includes the League of American Bicyclists (LAB) insurance fee. Therefore all participants are required to sign the standard LAB liability insurance waiver while checking in. Due to this requirement each participant must pick up his/her own packet. Helmets ARE required. Participants under 18 years of age must be accompanied by an adult cyclist at all times and have a liability release form signed by a parent or guardian.

Mass start is at 6:30am on Sunday, May 2, 2010 from Alan Shepard Park in Cocoa Beach, FL. Ride ends at Linda Pederson Park near Weeki Wachee, FL with a BBQ dinner.

Massages also available after the event.

All SAG support will end at 8:00pm, if you are unable to finish before then you must be SAG'ed to the finish.

Lodging:

Oceanfront:

Doubletree Hotel Cocoa Beach, FL
 (800) 552-3224 or (321) 783-9222
 \$109.00/per night

Please support our sponsors:



dznuts
dz-nuts.com



Spacecoast Freewheelers is non-profit and supports various charities with proceeds from this event.



2010 Cross Florida Ride Registration Form

Register Online at:

http://www.active.com/event_detail.cfm?event_id=1835505

OR COMPLETE THIS FORM AND MAIL TO:

Spacecoast Freewheelers
 PO Box 320622
 Cocoa Beach, FL 32932-0622

LAST: _____

FIRST: _____

STREET: _____

CITY: _____

ST: _____ ZIP: _____

PHONE: _____

E-MAIL: _____

EMERGENCY CONTACT:

NAME: _____

PHONE: _____

FEES: (circle all items you are purchasing)

\$45 Cross Florida registration **before April 12 with t-shirt**

\$55 Cross Florida registration **after April 12 no t-shirt guarantee**

T-shirt size: XSM S M L XL XXL 3XL

\$40 Shuttle Service back to Cocoa Beach (if needed)

Extra T-shirts (until April 12): _____ @ \$15 = \$ _____

T-shirt size: XSM S M L XL XXL 3XL

DO NOT SEND CASH

Please make checks payable to: Spacecoast Freewheelers

All registrations must be received by April 29, 2010.