

Burkes Garden Century



100
MILES

Big RING Keep on Tumin' ...
FAST, FLAT and FUN!

SATURDAY, AUGUST 21, 2010

Imperial Century (100 Miles) 8:00 AM ♦ Metric Century (100km) 9:15 AM

THE RIDE

This century has become a tradition for the New River Valley Bicycle Association since 1997 when a long time member initiated this ride for a casual outing to avoid campus traffic on 'MOVE IN' day for Virginia Tech. This ride has rapidly gained popularity as a fast, easy century for anyone who loves to ride bicycles. Many novice cyclists enjoy this century as their first, while advanced riders test their hammering ability to plug out 100 miles at a fast pace.

The Ride leaves at 8:00 AM from the Narrows Community Center (Old Narrows High School) in Narrows, Virginia and travels along Wolf Creek up to Rocky Gap. Metric century riders can join the fun at the Rocky Gap Elementary School at 9:15 AM. All participants continue to Tazewell and climb over Rich Mountain into Burkes Garden where local cuisine is served at the Burkes Garden General Store. (Ever had a fried green tomato sandwich?) Climb back out of the Garden and enjoy a gentle downhill cruise back to Narrows. A whopping 1% grade for 40 miles to make you turn just a bit faster!

THE SUPPORT (OR LACK THEREOF)

In keeping with tradition, the New River Valley Bicycle Association likes to run this ride as simply as possible. There will be a few SAG wagons on the course to take care of disabled riders, but we need you to come prepared to ride WITHOUT SUPPORT. Our SAGs will be equipped to deal with minor mechanical problems and pick up riders in "dire need". They might even have some fluids and snacks for those who "forgot" their lunch money, but DON'T FORGET YOUR LUNCH MONEY! There are several stores (about every 20 miles apart) that would love to sell you some Moon Pies and Gatorade!

The SAG vehicles will be on the course for emergency situations and mechanical problems. Please do not depend on them to supply you with food or fluids for this ride!

DIRECTIONS

Narrows, VA is about 30 minutes west of Blacksburg, VA on Hwy 460. From Hwy 460, turn on to SR 61 towards the business district of Narrows. The Narrows Community Center is one half mile down SR 61 on the left. Those doing the metric century should continue on SR 61 for 20 miles to Rocky Gap. SR 61 will intersect SR 52. Turn right on SR 52 and park at the elementary school on the left just a few hundred yards from SR 61.

REGISTRATION

You can register for either ride at:

<http://www.bikereg.com/events/register.asp?eventid=11440>

Online registration closes Thursday, August 19 at 10pm. The entry fee is \$8 online and \$10 on the morning of the ride. Registration fees are non-refundable and non-transferable.

CHECK IN!

All riders **must check in** prior to their ride to receive a number and sign a ride waiver/release form. Century riders should check in at the Narrows Community Center between 7:00 and 8:00 AM. Metric Century riders should check in at the elementary school in Rocky Gap between 8:45 and 9:15 AM.

INFORMATION

For more information, please contact Dale & Beth Kipp at: (540) 320-1632 or beth@matweb.com