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 enjoys riding 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 Tazwell and climb over Rich Mountain into Burkes Garden where local cuisine is served at the Burkes Garden General Store. (Have you 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, i.e., everyone in our club wants to ride this ride, not support it! (Yes, we know it’s selfish...) Sure we’ll have a few SAG wagons on the course to take care of disabled riders, but we need you to BE 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! So bring some money, your favorite snacks and fluids.

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

Join the New River Valley Bicycle Association for another Scenic Century in Southwest Virginia – Beautiful, Flat, “Bid Adieu” to Summer Ride.
**DIRECTIONS**
The town of Narrows is about 30 minutes west of Blacksburg, Virginia on US 460. From US 460, turn onto SR 61 to the business district of Narrows. The Narrows Community Center is on the left, one half mile from US 460 on SR 61. Those doing the metric century will want to continue on SR61 for 20 miles to Rocky Gap. SR 61 will intersect SR52. Turn Right on SR52 and park at the elementary school on the left just a few hundred yards from SR 61. For more information, please contact:

- **Ride Info:** Curt Nuenighoff (540) 239-9235 curt.nuenighoff@gmail.com
- **Registration:** Mark Lattanzi (540) 449-6275 marklattanzi@gmail.com

This form is also available at our website: www.nrvbike.org

**REGISTRATION - 3 options:**
- **MAIL IN** - $8.00 per rider - Postmarked by Aug 19th
- **ONLINE** - $8.00 per rider - www.bikersreg.com/Net/burkes-garden-centurymetric-century-ride - online reg closes 8/22/13 @ 7:59pm
- **DAY OF** - $10.00 - 7:00-8:00AM at the Narrows Community Center; 8:45-9:15am at the Rocky Gap school.

**CHECK IN!**
All riders must check in prior to their ride to receive a number. Century riders must check in at the Narrows Community Center between 7:00 and 8:00am. Metric Century riders must check in at the elementary school in Rocky Gap between 8:45 and 9:15am.

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**MAIL IN REGISTRATION FORM**
Please complete this form and send it with the registration fee ($8.00) by August 19, 2013.
Send to:

The New River Valley Bicycling Association
P.O. Box 488
Blacksburg, VA 24063-0488

NAME: ____________________________________________________________
ADDRESS: _______________________________________________________
PHONE: __________________________________________________________
E-MAIL: __________________________________________________________
EMERGENCY CONTACT: ____________________________________________
EMERGENCY PHONE #: _____________________________________________

**PLEASE MARK EVENT:** ☐ Imperial Century (100 miles) ☐ Metric Century (100km)
(Your personal information is kept private and not shared with any other organizations.)

⇒ Checks can be made out to: NRVBA ⇐
⇒ Registration fees are non-refundable and non-transferable ⇐