



# 2010 Ashford Metric CENTURY+

10 • 25 • 65 • 100

Date: **Sunday - October 3rd, 2010**  
 Registration: **7:00-9:30 AM**

Start Time: 100 mile 7:30 AM      65 mile 9:00 AM  
 25 mile 9:30 AM      10 mile 9:30 AM

**About this Bike Ride:** This fundraising event is being organized by the **Nerac Earth Cycling Club** and will benefit the **Ashford Recreation Department**.

This is the third year of the Ashford Metric Century+ ride. The 10, 25, 65 and 100 mile routes are fully supported. There will be food and drink provided at designated rest stops. We'll also be serving a baked potato and apple crisp meal after the ride to all riders. The routes include a quiet New England setting through the back roads in Ashford, Eastford and Woodstock. This is a rain or shine event.

**To Register:** Go to <http://ashfordmetriccentury.wordpress.com/> and click on the bikereg.com URL at the bottom of the "About" paragraph. Register prior to the day of the event to save \$5!

**Start At:** The ride starts at the Ashford Elementary School on Route 89 in Ashford (see *website for detailed directions*).

**Questions?...**Contact: [AshfordMetric@charter.net](mailto:AshfordMetric@charter.net). This is a USA Cycling permitted event. Helmets must be worn and approved by the CPSC or US DOT standards.

