

The Organizers

The Valley Girls Ride is part of the Central Valley Cycling Charitable Association (CVCCA); aka "Parker's Team". The members of CVCCA combine their love of cycling with their passion for helping others by recruiting new members, organizing and promoting bicycle related community events, and increasing awareness for various causes. CVCCA raises funds for local and national charities. 100% of the funds raised by new members go directly to charity. In return for fund raising the new members are trained by an experienced coaching staff for a 100 mile bicycle ride. Visit www.cvcca.org for more information.

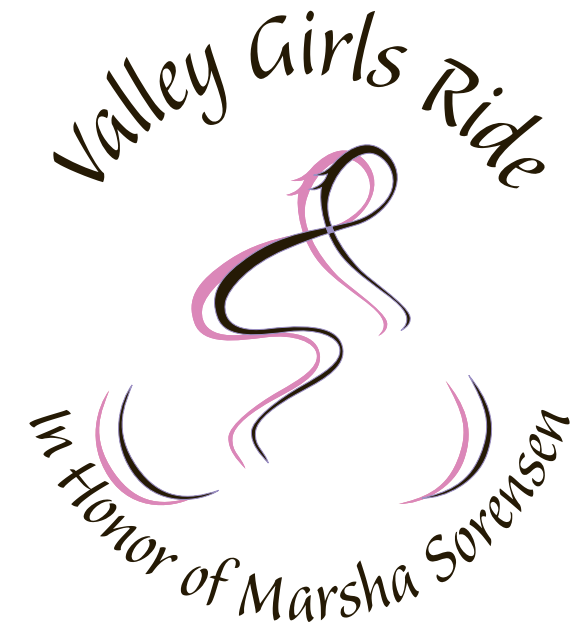


CVCCA's Bloodmobile

All riders must sign a release of liability waiver at check-in. Participants under 18 must be accompanied by an adult. No earbuds allowed. Kindly keep your pets at home. Cheerleaders and family are welcome along the course to give you encouragement. SAG forward may be required on any course at the discretion of Valley Girls Ride staff.

You may also register at www.active.com

- Event registration includes an after ride luncheon and a delicious dessert.
- Early registration must be postmarked by Oct. 6 2016. Add \$10 for registration postmarked on or after Oct. 7, 2016.
- The first 175 to register early (by Sept. 16th) will receive a very cool gift.
- Wear your "flair", tiaras, tutus and boas to celebrate the all female event. Don't have flair? No worries, the flair booth will have tons of cute stuff for sale.
- Arrive early to have your photo taken with your girlfriends by our professional photographer. See photographer for sale details.
- Get one raffle ticket with registration and purchase 6 more for \$5. Winners take their prizes home on the day of the ride.
- Check our website www.valleygirlsride.com for Friday event check in and updates.
- Ride goes on rain or shine. **NO REFUNDS!**



valleygirlsride.com

**Saturday
October 15, 2016**

**Wild Water Adventure Park
11413 E. Shaw Ave.
Clovis, CA 93619**

2016 Beneficiaries
*Exceptional Parents
Unlimited*
Camp Sunshine Dreams
Alisa Ann Ruch
Burn Foundation

The Courses

30 mile starts at 9:30 am

The 30 mile route heads south toward Sanger and then follows the same course as the longer routes back to the finish.

44 mile starts at 9:00 am

A truly mid-distance ride: this course combines the relaxed social atmosphere of the short course with some of the scenery of the long course to make it the perfect challenge for the recreational rider. Rest stops and support included.

Flat Metric course starts at 8:30 am

Designed as a metric century course (100K or 64 miles) through the countryside east of Clovis, the flat route is mainly rural roads with rolling hills and flat stretches.

Hilly Metric PLUS course starts at 8:30 am

Approximately 78 miles with a 72 mile bail-out, the hilly course is challenging and requires fit, well-conditioned riders. Experienced riders only!

All courses will be served by bike patrol and SAG (Support and Gear) vehicles.

Event day check-in begins at 7:30 am.

HELMETS MANDATORY!!!!!!!!!!

Valley Girls Ride 2016

In honor of Marsha Sorensen

Marsha exemplifies everything this ride is about.
Please read her story on our website.



Participant Information

Name _____

Address _____

City, State, Zip _____

Phone Number _____

Emergency Contact _____

Emergency Phone _____

Email _____

Vegetarian Option for lunch _____

30 mile course \$35

44 mile course \$45

Flat Metric course \$55

Hilly Metric Plus course \$55

Total

Registration after Oct. 7 \$10

TOTAL

*To purchase apparel please visit
www.valleygirlsride.com*

Mail entries to: Valley Girls Ride
PO Box 3611
Pinedale, CA 93650-3611

Make checks payable to **Valley Girls Ride**.