

The **Capital Cycling Club** Presents
The Spin Cycle 17th Annual
4th of July Firecracker
100K and 50K Ride

Join us for the granddaddy of them all as 1000+ cyclists get together to celebrate the 4th of July!

Rest stops with food and refreshments will be provided on both routes.

Where:

The ride starts from the SaltBox Village Shopping Center, Kildaire Farm Rd., Cary, NC. From US 1 North or South, take the Cary Parkway Exit and go west into Cary. Take a right onto Kildare Farm Road and Go ~0.75 miles. Parking is on your left at and around the Hibernian Pub.

When:

July 4, 2009, 8:00am Registration opens at 6:30am Registration is \$25 for pre-registration or \$30 day of ride with half the proceeds going to the National MS Society, Eastern North Carolina Chapter

Food:

Rest Stops will have limited food, water, and gatorade and more. First 700 preregistered riders will receive free coupon for a free GoodBerry's ice cream. Lunches at special pricing may be purchased through PRE-REGISTRATION only. You can choose from a box lunch which includes a wrap (chicken, veggie, turkey, or roast beef) a cookie, chips, and fountain drink for \$7.50 or a cookout buffet lunch which will include burgers, hot dogs, baked beans, potato/pasta salad, and garden salad for \$11.50 (pre-reg). Cookout lunches may be purchased day of ride at a slightly higher price at the Hibernian.

Post Ride Party:

This year's finish line will be in front of the Hibernian Restaurant and Pub, host of our post ride party. Join us for food, drink, music, inflatable jumping booth for kids, and more. The pub will open early, so your family and friends can hang out while you ride.

Parking:

There will be no parking allowed at SaltBox Village Shopping Center or Shoppes of Kildaire immediately next door. There will be TONS of parking in the areas behind the Hibernian right across the street. From Kildaire Farm Rd, you can turn onto Commonwealth Ct and park in any of the office courts on Commonwealth Ct. Commonwealth Court is off Kildaire Farm Rd at the ERA Pacesetters Realty Building at 1140 Kildaire Farm Rd. The ERA Building is right beside The Hibernian.

Safety:

A word about a safety for everyone. Under no circumstances are riders to cross to the left of the yellow center line. In a big event like this, it is tempting to do so to change your position within the group. This is very dangerous to all involved and will not be tolerated.

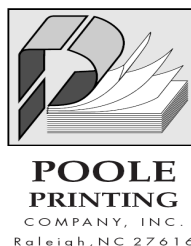
Information:

More information, including GPS data files of the routes, along with links to the online registration form can be found at: www.firecrackerride.org

Free online registration at bikereg.com (#8707)



Our sponsors:



Saltbox Village

Registration and Waiver Form:
WAIVER AND ASSUMPTION OF RISK

By signing this Release and Waiver, I, for myself, or as a parent or guardian of (name of child participating if under 18), acknowledge that riding a bicycle tour is a potentially hazardous activity, and that there are risks involved in participating. I (or my child) should not enter or ride unless I am (or my child is) medically able and properly trained. I (or my child) agree to abide by all rules and any decision by personnel relating to the rider's(s') ability to participate safely. I (for myself and for my child, if participating) assume all risks with participating in this event, including but not limited to, the effects of weather, rain, heat, traffic, and road conditions, such being known and appreciated by me. Having read and understood this Release and Waiver and in consideration of your accepting my (my child's) entry, I for myself and anyone entitled to act on my behalf, and for my child, if participating, waive my (and my child's) rights to make legal claim.

Name: _____

Address Street: _____

City, State and Zip: _____

Phone: ()- _____

Email Address: _____

Signature: _____

Please Select Metric Century/Half Century

Metric (62 miles) \$25 _____

Half Metric (31 miles) \$25 _____

Late Fee (after July 1st) \$5 _____

Additional National MS Society Donation \$ _____

One shirt included with entry* - size S M L XL XXL

Additional ride t-shirt(s)* - size S M L XL XXL \$5 _____

*(No t-shirts for registrations after **June 25th**)

Lunch options, please choose from

Option 1 box lunch with wrap \$7.50(ea) _____

(please indicate # of box lunches)

(includes : cookie, chips, and fountain drink)

Chicken caesar _____

Roast beef & cheese _____

Southwest Turkey _____

Vegetarian _____

Option 2: Cookout buffet lunch \$11.50 (ea) _____

(which will include hamburgers, fire roasted chicken, roasted corn on the cob, baked beans, potato/pasta salad, and garden salad)

Total \$ _____

*Pre-registration must be postmarked by **June 30th**

Please make checks payable to: Capital Cycling Club

Mail completed entry to : Capital Cycling Club
 303 Country Valley Court,
 Apex NC 27502

direct questions to: firecracker@capcycling.org