

# The 2013 MPZ Memorial **TOUR DE VALLEY CENTURY**

Sunday, September 1st, 2013 • Shenandoah Valley of Virginia

The Tour de Valley **Century** route takes you through 100 miles of beautiful and challenging countryside in southwestern Augusta County, stretching through Rockbridge County, and traveling into Goshen Pass. The shorter **Metric Century** is a 62.4 mile (100 kilometer) ride traveling through many of the same scenic areas in the Valley. Both rides begin at 7:30 am with a group start.

**Helmets Are Required—No Helmet, No Ride.**

**Registration Includes:**

A Tour De Valley Commemorative T-Shirt (wicking fabric), Staffed and Stocked Rest Stops, SAG Support on Each Route, Route Maps, Cue Sheets, Marked Course, Post Ride Social with Pizza and Sub-Sandwiches, Beverages and a Special Awards/Recognition Ceremony at 2:30 pm.

**Location:**

For our 25th anniversary century the TDV returns to our original location at 105 Tiffany Drive (Harry's House). Plan on staying and enjoying the pool, the pizza, the special beverages and the fun of relaxing in the front yard and cheering as riders come down the hill. This is what always made this event special vs. the usual "ride and leave" events. Stay and be part of the celebration and party. Massage Therapists will be available at the finish line to soothe your tired muscles for an additional fee.

**Directions:**

**From I-64 (East or West):** Take Exit 94 off Interstate 64 towards Waynesboro and turn right onto Tiffany Drive (4<sup>th</sup> or 5<sup>th</sup> traffic light, car wash on corner). Watch our website for special parking instructions & maps. We will have NO TDV VEHICLE TRAFFIC on Tiffany Drive between Alston Ct. and Chatham Rd. except for official sag & support vehicles. You will be directed to convenient unloading and parking areas.

*Please support our generous Sponsors:*



Print out and mail this completed registration form, waiver, and check to:  
 MILEPOST ZERO BICYCLE CLUB • P.O. Box 1693 • Waynesboro, VA 22980-2118

*PLEASE PRINT CLEARLY and USE A SEPARATE FORM FOR EACH PARTICIPANT. You must sign the Release and Waiver Form on the back of this application as well.*

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone #: \_\_\_\_\_ Cell Phone #\* \_\_\_\_\_

*\*If you plan to bring a cell phone on the ride*

E-mail\*\*: \_\_\_\_\_

*\*\*E-mail will be used for registration confirmation only*

Sex:  M  F Age: \_\_\_\_\_ Is this your FIRST Century?  Yes  No  
*(We like to recognize all 1st timers!)*

Emergency contact & phone #: \_\_\_\_\_

Distance you plan to ride:

Century (100 miles)  Metric Century (62.4 miles/100 kilometers)

**REGISTRATION FEES**

\_\_\_\_\_ \$30 on or before 8/17/13\* for Milepost Zero Club members who have paid dues within the last 2 years or who are currently members of our Facebook Group.

\_\_\_\_\_ \$35 on or before 8/17/13\* for non club members

\_\_\_\_\_ \$40 after 8/17/13 thru 8/31/13 for all riders

\_\_\_\_\_ \$50 for all applications on 9/1/13 (day of the 2013 event)

*(\*postmarked date)*

\$  Amount enclosed

**Please select a t-shirt size:**

*(Wicking style performance shirts, unisex sizing)*

XS  S  M  L  XL  2X  3X

*We cannot guarantee shirts will be available for those who register after 8/17/13.*

*See our website for sizing measurements to ensure proper fit: [www.milepostzero.org](http://www.milepostzero.org).*

***Release and Waiver on backside of form must be completed and signed!***

## Release and Waiver

In consideration of the acceptance of my application for entry in the 2013 Tour de Valley Century, I hereby freely agree to and make the following contractual representations and agreements.

I fully realize the dangers of participating in a bicycle event and fully assume the risks associated with such participation including, but not limited to, the following: the dangers of collision with other bicyclists, other participants, motor vehicles, fixed and moving objects; the dangers arising from surface hazards and weather conditions and the possibility of serious physical and/or mental trauma or injury associated with an athletic competition.

By this entry application and release I waive, release and discharge myself, my heirs, executors, and successors, in interest any and all rights and claims which I have or which may later accrue to me against the Mile Post Zero Bicycle Club, Inc., its officers, the individual Committee members for this event, and the organizers, promoters and sponsors of the 2013 Tour de Valley Century.

I agree it is my sole responsibility to be familiar with the course, and any rules and regulations for the 2013 Tour de Valley Century.

I understand and agree that I must continually bicycle so as to neither endanger others or myself. I accept responsibility for the condition and adequacy of my competition equipment. I accept that I must during all bicycling portions of this event wear an ANSI approved helmet. I acknowledge that the Tour de Valley is a physically strenuous event and certify that I possess adequate physical conditioning to participate in the event.

Signature of Applicant \_\_\_\_\_ Date \_\_\_\_\_

\*If applicant is under 18 years old, the consent and signature of parent or legal guardian is required. A responsible adult must accompany all riders under 14 years of age! Please arrange in advance!



The MPZ Memorial  
Tour de Valley Century  
Milepost Zero  
Bicycle Club  
PO Box 1693  
Waynesboro, VA 22980

# The 2013 Milepost Zero Memorial TOUR DE VALLEY CENTURY



SUNDAY, SEPTEMBER 1, 2013

Start/Finish at 105 Tiffany Drive  
Waynesboro, Virginia 22980

**A scenic Century and Metric Century  
through Augusta & Rockbridge Counties**



Presented by:  
Milepost Zero  
Bicycle Club

[www.milepostzero.org](http://www.milepostzero.org)  
Harry Colman  
Ride Director/Founder

Register Now For the 25th Annual Tour de Valley!