

On October 17th join the Friends of the Cumberland River Bicentennial Trail in celebrating the 10th anniversary of the Cumberland River Challenge. Ride the hills and valleys of the Cumberland River Basin in Cheatham and Montgomery Counties while enjoying this challenging bike ride in the beautiful autumn weather.

The Ride: the very flat 11-mile Family Ride follows the Cumberland River along Chapmansboro Road which offers spectacular views and returns along the paved trail. This route will give the rider an opportunity to visit the trail and bridge.

The 31 and 62-mile courses will take you from the bluffs of the Cumberland River up to the Highland Rim. The paved routes follow lightly traveled rural roads through Cheatham and Montgomery Counties. This is hill country, so expect good climbs while you enjoy the early fall foliage. Don't pass up this event due to its lack of a century route; you will be challenged during this ride while having a great time!

Schedule:

Saturday, October 17, 2009

7:30 – 8:45 a.m. Breakfast, Check-in and Late Registration

9:00 Line-up

9:15 Rides start

3:30 SAG and rest stop support ends

Registration Information: Registration fees include: breakfast, support (SAG) services, refreshment stops, cue sheet and map, restroom facilities, and T-shirt (guaranteed to those who pre-register and available to all others while supplies last). For more information, contact Lori Pezzi at 615/587-1504, The Friends of the Trail, PO Box 597, Ashland City, TN 37015, CumberlandRiverChallenge@yahoo.com

Visit www.cumberlandrivertrail.org or Register online at www.active.com

Directions: I-40 West to Exit 204 (Briley Parkway). Take Exit 24 (Ashland City Hwy/Hwy 12), go left on Hwy 12. In Ashland City turn left in front of the courthouse, (Cumberland Street/Hwy 49), and then left at the light just before you cross the Cumberland River. River Bluff Park is on the right.

I-24 West to Exit 24 (Hwy 49). Turn left (south) onto Hwy 49 to Ashland City. In Ashland City turn right at the courthouse and then immediately left in front of the courthouse (Cumberland Street/Hwy 49), and then left at the light just before you cross the Cumberland River. River Bluff Park is on the right.

Helmets are mandatory. Riders will not be allowed to participate without a helmet.



**ASHLAND CITY
PARKS AND RECREATION**

Entry Form

Please print or type. Waiver (see back) may be sent in with entry form. One person per form except for family registration. Form may be duplicated. **Waiver on reverse side must be signed.**

Name (For family registration. include names of all participants.) _____

Street _____

City _____ State _____ Zip _____

Phone _____ Email Address _____ Age _____ Gender _____

Emergency Contact _____ Phone _____

How did you find out about the ride?

Check the distance you plan to ride: 62 miles 31 miles 11 mile Family Ride

T-shirt size: S M L XL XXL Don't need it. Donate cost to trail.

Individual: \$25 if postmarked by September 30 \$35 late registration/day of event.
 Family*: \$40 if postmarked by September 30 \$50 late registration/day of event.
 \$5 dollars per additional rider (does not include T-shirt) regardless of registration date.

*Family registration includes two riders and two T-shirts.

Amount enclosed for ride:	
Extra T-shirt(s) @ \$15 each (note size)	
Additional tax deductible contribution:	
Total Amount Enclosed	

Mail to: Cumberland River Challenge
 c/o Friends of the Trail
 PO Box 597
 Ashland City, TN 37015

Please make checks payable to
Friends of the Trail

HELMETS ARE MANDATORY



Participant Waiver

The Cumberland River Challenge
October 17, 2009

In consideration of your accepting my (or my child's) entry into this program, and the benefits received, I hereby, for myself (or my child) waive and release any and all rights, causes of action, claims and damages or injuries, I or my child may have against the Town of Ashland City or the Parks and Recreation Department, The Friends of the Trail, their agents, employees, successors, or assigns for any and all injuries or other special circumstances suffered by me (or my child) at any activity sponsored by this group, or while participating, in this event.

I also agree, for myself (and my child), to hold harmless from any and all claims for injuries or damages including reasonable attorneys fees which the Town of Ashland City or the Parks and Recreation Department, their agents, employees, successors, or assigns may suffer or incur as the result of my (or my child's) participation in this activity.

Signature of Participant Date

Printed name of parent/guardian for participant under age 18

Signature of parent/guardian Date

FRIENDS OF THE TRAIL
PO BOX 597
ASHLAND CITY, TN 37015

