

WHITE MOUNTAIN CENTURY

7:00 am - September 13, 2008

The White Mountain Century, sponsored by the **Casco Bay Bicycle Club**, climbs through four mountain passes in the White Mountain National Forest in central New Hampshire. It starts at 7:00 at the Covered Bridge Campground on the Kankamagus Highway (Rt 112) 10 miles off Rt 16 in Conway, NH. Riders will climb up through Bear Notch and plunge down into Bartlett. The route then climbs through scenic Crawford Notch in the shadow of Mt Washington, then turns west toward Twin Mountain. A ride down through Franconia Notch on the beautiful Franconia Notch Bike Path, is followed by a nine mile climb up the Kankamagus to the notch at 2160 feet and a thrilling drop to the Covered Bridge Campground.

There are four food stops on the ride and Sag Wagon support. Rain or shine ride.

Cost is \$17.00 US for advanced registrations, and \$25.00 US after 8/30/08. Both centuries by 8/30/08 for \$30.00 US.

For more information call Ken O'Brien at (207) 839-5469 or
E-mail: wmc@cascobaybicycleclub.org

Registration Form:

Name (Mr/ Mrs) _____

Address _____

E-Mail _____

Enclose \$17.00 US (\$25.00 US after 8/30/08) payable to:
Casco Bay Bicycle Club

Address: Amy Barnes
P.O. Box 10233
Portland, ME
04104

E-mail: wmc@cascobaybicycleclub.org

FRYEBURG FROLIC CENTURY

7:00 am - September 20, 2008

The Fryeburg Frolic Century, sponsored by the **Casco Bay Bicycle Club**, attempts to be a kinder, gentler century even though it passes through the hills of western Maine, up to the edge of the White Mountains. It starts at the University of Southern Maine, Gorham Campus, off Rt. 114. The route to Fryeburg winds through pine woods and small villages; past lakes and around the Burnt Meadow Mountains. With an Indian Summer day, the Fryeburg food stop, near a beach on a quiet bend of the Saco River, may include some swimming. The return ride follows the Saco River, even though you only get to glimpse it now and then. It includes the back road from Hiram to Cornish - a classic stretch of understated Maine beauty.

There are four food stops on the ride and Sag Wagon support. Rain or shine ride

Cost is \$17.00 US for advanced registrations, and \$25.00 US after 9/06/08. Both centuries by 8/30/08 for \$30.00 US.

For more information call Ken O'Brien at (207) 839-5468 or
E-mail: kob2@maine.rr.com .

Registration Form:

Name (Mr/ Mrs) _____

Address _____

E-Mail _____

Enclose \$17.00 US (\$25.00 US after 9/06/08) payable to:
Casco Bay Bicycle Club

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1 Springbrook Lane
Gorham, Me, USA
04038

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