

WHITE MOUNTAIN CENTURY

7:00 am - September 18, 2010

Registration Form:

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 the Covered Bridge Campground on the Kankamagus Highway (Rt 112) 10 miles off Rt 16 in Conway, N.H. Riders will climb up 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 2,160 feet and a thrilling return to the Covered Bridge Campground.

There are 4 food stops and sag wagon support. Ride held rain or shine.

Cost is \$17 for advanced registrations postmarked no later than August 31, 2010. Registration is \$25 as of September 1 and on the day of the ride. Ride both CBBC centuries for \$30 if paid by 8/31/10.

[NOTE: CBBC members ride free if membership has been renewed by 8/31/10.]

Name: _____

Address _____

Email: _____

Enclose check payable to: **Casco Bay Bicycle Club** and mail to:

Amy Barnes
26 Autumn Lane
Portland, ME 04103

E-mail: wmc@cascobaybicycleclub.org

FRYEBURG FROLIC CENTURY

7:00 am - September 25, 2010

Registration Form:

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 4 food stops and sag wagon support. Ride held rain or shine.

Cost is \$17 for advanced registrations, and \$25 after 9/5/10 and on the day of the ride. Ride both CBBC centuries for \$30 if paid by 8/31/10.

[NOTE: CBBC members ride free if membership has been renewed by 9/5/10.]

Name: _____

Address _____

Email: _____

Enclose check payable to: **Casco Bay Bicycle Club** and mail to:

Kenneth O'Brien
1 Springbrook Lane
Gorham, ME 04038

E-mail: kob22225@mac.com

Phone: (207) 839-5468