

# THE 4TH ANNUAL TOUR DE LURE BIKE RIDE



**SAVE THE DATE**  
**MARCH 29TH, 2008**

**TIME: 9:30AM**

**WHERE: CORPENING  
YMCA, MARION, NC**

**COST: \$20 FOR YMCA MEMBERS  
& \$25 FOR NONMEMBERS**

Free  
Spaghetti  
Meal  
after  
ride!!

All Participants will get full access to our YMCA facility—including locker rooms, showers, indoor pool and wellness center.

Participants will also receive a 4th Annual Tour de Lure T-shirt!!

**A GREAT TRAINING RIDE BEFORE  
"THE ASSAULT ON MOUNT MITCHELL"**

**For More Information Contact:**

Misty Guinn, Membership & Wellness Director

Phone: 828.659.9622

Email: [mguinn@ymcawnc.org](mailto:mguinn@ymcawnc.org)

Or Check out our Website:

[www.ymcawnc.org](http://www.ymcawnc.org)

**The Dewey Hughes Memorial Bike Ride (\$20 for YMCA Members, \$25 for Nonmembers):** A challenging 65 Mile ride leaving from the Corpening YMCA at 9:30am—a rolling course that winds through farmland in McDowell County, a pull up Stone Mountain, easing along Lake Lure, through Chimney Rock, and back into McDowell County via the Assault on Mt. Mitchell route. (Will average app. 5900 feet of cumulative climbing!)

**The Corpening YMCA Fun Bike Ride (\$20 for YMCA Members, \$25 for Nonmembers):** An exciting course that will be 25 miles in length on rolling hills, through farmland in McDowell County. This ride also begins at 9:30

A fully supported recreational bike ride!!

\$5 Late Fee After March 22nd

YMCA Mission:

"To put Christian principles into practice through programs that build healthy spirit, mind, and body for all"