

THE 5TH ANNUAL TOUR DE LURE BIKE RIDE



SAVE THE DATE
APRIL 4TH, 2009

TIME: 9:00 AM

**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 5th Annual Tour de Lure T-shirt!!

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

For More Information Contact:

Alicia Slager, Wellness Director

Phone: 828.659.9622

Email: aslager@ymcawnc.org

Or Check out our Website:

www.ymcawnc.org

The Dewey Hughes Memorial Bike Ride (\$20 for YMCA Members, \$25 for Nonmembers): A challenging 67 Mile ride leaving from the Corpening YMCA at 9:00am--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 9:00 am.

A fully supported recreational bike ride!!

\$5 Late Fee After March 28th

YMCA Mission:

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