

Three Creek Century

Harrisburg Bicycle Club

*A scenic bike tour through Cumberland County in
Central Pennsylvania hosted by the
Harrisburg Bicycle Club and sponsored by Donegal Insurance*
Featuring five ride distance options and homemade soup!
Sunday, September 15, 2019



Tour Cumberland County's scenic countryside alongside the Yellow Breeches, Conodoguinet and Big Spring Creeks.

- ◆ **Start point – Penn Township Fire Department, 1750 Pine Road, Newville, about 15 minutes from Carlisle.**
- ◆ Picnic on homemade soup, fresh baked goods, and other delicious offerings
- ◆ Choose your ride: 25, 50, 75 or 100 miles, plus an 18 mile route on the scenic Cumberland Valley Rail Trail.
- ◆ Enjoy the gentle terrain of the valley or challenging routes through the hills, including an optional climb to Kings Gap.
- ◆ The reasonably priced entry fee covers lunch, rest stops, snacks, cue sheets and sag support.
- ◆ Moisture-wicking short sleeve t-shirts are sold separately. **Shirts must be pre-ordered by 8/15/19.**
- ◆ This Century is part of the PA Bicycling Trifecta, partnering with the Chocolate Tour on Aug. 3 and the Lancaster Covered Bridge Classic on Aug. 18. Register for all three to earn a commemorative mug!



How to register:

Go to www.threecreekcentury.com. Register and pay on-line by credit card at no extra charge using the Eventbrite link or you can complete mail this registration form with payment.

Sorry, no refunds. This event is held rain or shine.

Registration is from 6:30 a.m. to 11:00 a.m. The ride opens at 7:00 a.m. Riders must enter the course no later than: 8 a.m. for 100 miles; 9:30 a.m. for 75 and 50 miles; 11:00 a.m. for 25 miles. Riders doing the CVRT route will begin at the Newville trailhead between 9:00 a.m. and 11:00 a.m. All riders must be off the courses by 5 p.m.

HELMETS ARE REQUIRED.

Name _____ Address _____

City/State/Zip _____ Phone: _____

Email _____

Emergency Contact Name _____ Emergency Phone: _____

HBC Member? yes no I don't eat meat. Please provide an alternative meal choice for me _____

I am aware of the risks of bicycling and otherwise participating in the event and voluntarily assume such risks. I release the Harrisburg Bicycle Club and its respective directors, officers, volunteers and staff from liability arising out of this event. If the registrant is a minor, I, as parent or guardian, release the Harrisburg Bicycle Club for liability for that minor.

Signature of participant

Signature of parent of guardian

Registration fee: \$30 if postmarked by Aug. 15 (\$35 Aug. 16-Sept 6, \$40 after Sept 6) \$ _____

Riders under age 18: \$5.00 \$ _____

I plan to ride the CV Rail Trail route Yes _____ No _____

Short sleeved t-shirts: Must order by 8/15/18. Shirts must be picked up day of ride. \$ _____

Circle one: Short sleeve \$15

Adult size: S _____ M _____ L _____ XL _____ XXL _____

Child sizes: S _____ M _____ L _____

TOTAL ENCLOSED \$ _____



Make checks payable to Harrisburg Bicycle Club and send to Ann Hammond 112 Pickett Road, Dover PA 17315