



## Cyclists of Greater Seattle



Riding for Fun, Friends, and Adventure.

# Perimeter Ride of Seattle PROS

**Registration: 8:00 am - 8:30 am**

**Labor Day: Monday, September 2, 2013**

**PROS riders depart at 8:30 am, PROS Lite at 8:45 am**

This is a very challenging and beautiful ride around the border of our city. This is an invitational club ride where you can get to know us and perhaps become a member.

The ride is led by club members in groups of 10 to 20 and generally done as a stay-together ride. There will be two rest stops and a break for lunch.

There are several paces and levels:

**PROS:** 86 miles—very hilly and strenuous and moderate paces.

**PROS Lite:** 56 miles around the south end. Still hilly, at high moderate and low moderate paces.

# Are YOU up to the challenge?

**BENEFIT: Bicycle Alliance of Washington (BAW)**

**Suggested Donation: \$25**

**100% of your donation goes to BAW!**