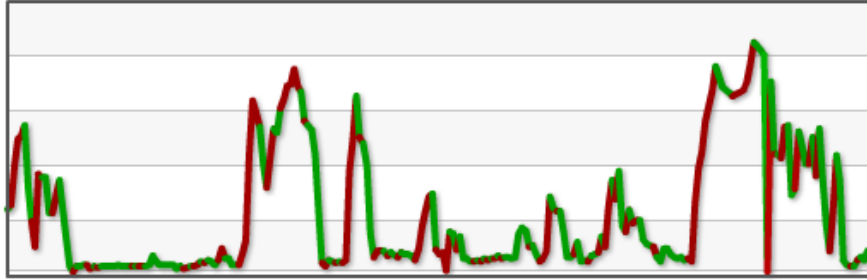


# Got hills?



Get 'em on...



**September 5, 2011 (Labor Day)**

**Full PROS** – registration 8:00 AM, start 8:30 AM

**PROS Lite** – registration 8:30 AM, start 9:00 AM

- 80 miles for Full PROS, 4,200 feet of gain
- 56 miles for PROS Lite, 2,700 feet of gain
- Start at Discovery Park North Parking Lot
- Water views, lofty hills
- Counter-clockwise direction, with several food stops

**\$20 suggested donation per rider** will be accepted for the **Bicycle Alliance of Washington** to help make Washington a safe place to ride. There is **no** pre-registration for this ride.

For more information, visit the COGS website at [cyclistsofgreaterseattle.org](http://cyclistsofgreaterseattle.org) or [PROS@cyclistsofgreaterseattle.org](mailto:PROS@cyclistsofgreaterseattle.org)