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<!DOCTYPE html>
<html>

  <head>
  <!--
     New Perspectives on HTML and CSS
     Tutorial 4
     Review Assignment

     Cycle Pathology Rose Hill Rally Page
     Author: Dan Atwood
     Date:   3/1/2014

     Filename:     rose.htm
     Supporting files: alisha.png, cp_logo2.png,
                 modernizr-1.5.js, race.css,
                 slide01.png - slide08.png
  -->

  <meta charset="UTF-8" />
  <title>Rose Hill Rally</title>
  <script src="modernizr-1.5.js"></script>
  <link href="race.css" rel="stylesheet" />

  </head>

  <body>

    <header>
       <img src="cp_logo2.png" alt="Cycle Pathology" />

       <nav class="vertical">
         <ul>
         <li><a href="#">Events Page</a></li>

         <li class="newgroup"><a href="#">Rose Hill Rally</a></li>
         <li><a href="#">Tour the Palisades</a></li>
         <li><a href="#">Gunnison Challenge</a></li>
         <li><a href="#">Steamboat Springs Rally</a></li>
         <li><a href="#">Copper Triangle</a></li>
         <li><a href="#">Durango Tour</a></li>
         <li><a href="#">Montrose Meander</a></li>

         <li class="newgroup"><a href="#">Route Sheets &amp; Maps</a></li>
         <li><a href="#">Grand Junction Bike Fest</a></li>
         <li><a href="#">Off-Road Cycling</a></li>
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        <li><a href="#">Newsletter</a></li>
        <li><a href="#">Photo Album</a></li>
        <li><a href="#">Editor</a></li>
        <li><a href="#">Sponsors</a></li>

        <li class="newgroup"><a href="#">Cycling Links</a></li>
        <li><a href="#">Colorado Cycling Groups</a></li>
        <li><a href="#">U.S. Bike Federation</a></li>
        <li><a href="#">Tips &amp; Tricks</a></li>

        <li class="newgroup"><a href="#">About Cycle Pathology</a></li>
      </ul>
    </nav>

</header>


<nav class="horizontal">
  <ul>
    <li><a href="#">Home</a></li>
    <li><a href="#">Members Only</a></li>
    <li><a href="#">Market Place</a></li>
    <li><a href="#">Message Board</a></li>
    <li><a href="#">Contact Info</a></li>
  </ul>
</nav>


<section id="main">

  <aside>
    <p>The Grand Junction Neonatal Intensive Care Unit offers comprehensive neonatal
      diagnostic and treatment facilities for critically ill newborns. We're dedicated
      to providing the highest quality care for all newborns, ranging from healthy
      neonates to sick or premature newborns requiring close observation or intensive care.
    </p>
    <p>All of the neonatologists are board certified. We believe it's critical that our
      clinicians learn about the latest advances in neonatal intensive care to
      better serve the community of Grand Junction.
    </p>
  </aside>

  <h1>Rose Hill Rally</h1>
  <p>
```

The Grand Junction Neonatal ICU is proud to sponsor this
        year's Rose Hill Rally. Please join us and Cycle Pathology for the
        Century Ride, Metric Century (62 miles), or 50K (31 miles). Rest stations
        and aid stations will be spaced throughout the Century and Metric Century
        routes.
    </p>

      Come to Grand Junction a day early. Visit historic downtown Grand Junction,
         explore the Grand Valley, ride the Colorado National Monument, or tour
         local wineries.

      Riders begin the course between 7:00 a.m. and 9:00 a.m. for both the Metric
         Century and the 50K distance. Pick up your ride packet at Canyon View Park
         between 6:00 a.m. and 9:00 a.m.

      Entry fee includes rider breakfast &amp; hot lunch, Rose Hill Rally t-shirt,
         and course map.

      Stay and enjoy your post-ride meal with music provided by the Dam Busters.

      Teams of six or more riders will receive special t-shirts. Team entry forms must
         be received two weeks prior to the rally.

  </section>

  <article>

    <hgroup>
      <h1>Ride the Century</h1>
      <h2>&mdash; Alisha Smith</h2>
    </hgroup>

      <p>While riding 100 miles in a day may sound extreme, most casual cyclists can complete
        a century if they follow a comprehensive training routine. Your bike should be comfortable
        and fit you well. Consider having a tune-up before the ride, and carry a spare tire
        and patch kit, tools, and a pump.
      </p>
      <p>If you're not a regular cyclist, start your training at least 12 weeks before your
        century. Hills are a great way to train for your ride, and don't forget to allow
        for recovery days after your longer rides.

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    </p>
    <p>A few days prior to the ride, you should keep hydrated and cut back on caffeine and
      alcohol. On the day of your century, eat a light breakfast of high-carbohydrate foods
      and drink lots of water. On the ride, drink water or a sports drink <em>before</em>
      you're thirsty.
    </p>
    <p>A century isn't a race, so adopt a relaxed pace that you can follow for several
      hours. Alter your position throughout your ride, getting up off the saddle,
      stretching your back, and moving your hand position. The ride goes easier if
      you share it with a friend or two.
    </p>
    <p>Above all, <em>enjoy the ride</em>! Most centuries are designed to go through
      scenic areas of the state. Peddle on and remember to watch the scenery.
    </p>
  </article>




  <figure>
    <div>
      <img src="slide01.png" alt="" />
      <img src="slide02.png" alt="" />
      <img src="slide03.png" alt="" />
      <img src="slide04.png" alt="" />
      <img src="slide05.png" alt="" />
      <img src="slide06.png" alt="" />
      <img src="slide07.png" alt="" />
      <img src="slide08.png" alt="" />
    </div>
    <figcaption>Pictures from Last Year's Rose Hill Rally!</figcaption>
  <figure>


  </body>

</html>
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