

Mon Valley Century Bicycle Tour Sunday, August 19, 2001

Presented by

Hostelling International Pittsburgh
and
Monesson Amateur Radio Club

Start The MVC will start in Elizabeth, PA. See the map at the right to get to Elizabeth and watch for the signs. Pick up registration packets containing map, rider number and related items before starting your ride. There will not be a mass start – please feel free to start as soon as you register. Registration opens at 6:30 am. The following starting times are recommended so you will not be too early (or late!) for any of the rest stops.

100 and 70 miles: 6:30 am - 8:00 am

50 and 30 miles: 8:00 am - 10:00 am

Route Large sections of each ride follow the Monongahela River. The scenery varies from industrial towns to spectacular views of the river and wooded hillsides. You will have a choice of 100 miles, 70 miles, 50 miles or 30 miles. The 100 and 70-mile routes are composed of equal portions of hilly, rolling, and flat terrain. The most challenging climb occurs just out of Brownsville and is nearly two miles long. (The other hills are gentler). The 50 and 30-mile rides are flat to gently rolling with the exception of one medium hill just south of Elizabeth and are well suited for intermediate and beginner riders. All routes will also be marked with arrows on the pavement where practical. A map of the route will be provided.

Food A lunch stop is included for all riders. 70 milers will receive one additional snack stop, and Century riders will receive 2 snacks in addition to lunch. There are also many convenience stores along the route.

Support A sag will pick up those who can't finish due to bike problems or fatigue. (You and your bike are expected to be in good shape before the ride starts. And please ... carry a spare tube.)

Cost \$12 postmarked by August 12th, 2001; \$15 thereafter and on the day of the ride. (Please note that T-shirts are not included in the basic price.)

T-shirt \$8: Only riders who prepay for a T-shirt with their registration by August 12th will be guaranteed to receive an MVC shirt. There will be a limited number of shirts for sale on the ride day (mostly L and XL).

Contact: AYH Office: 412-431-4910

AYH Fax: 412-431-2625

Helmets AYH requires all cyclists in this event to wear an approved bicycle helmet. Look for helmets meeting ANSI Z.90 or Snell B90 standards.

Proceeds Proceeds from the MVC will be used to support the new Pittsburgh International Hostel. Call 412-431-1267 for more information.

A portion of the proceeds will be used to help the Monesson Amateur Radio Club maintain their equipment. MARC is a community service organization that can provide vital communication links during weather emergencies and other natural or man-made disasters. In addition, they actively participate in community events such as air shows, marathons and parades. MARC has also been a vital part of the Mon Valley Century for the last ten years.

World Wide Web Interested in more information about AYH and Hostelling International? Check out our web pages at <http://trfn.clpgh.org/ayh/>.

2001 Mon Valley Century Registration Form

One rider per form, please. Copies accepted (be sure to include release form on back). Please write legibly.

ID number from label, if any: _ _ _ _ _

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Emergency Phone for Ride Day: _____

I plan to ride (check one): ☐ 100 ☐ 70 ☐ 50 ☐ 30

Age: _____

T-shirt (if ordered): ☐ S ☐ M ☐ L ☐ XL

Registration

(\$12 by Aug 12, \$15 Aug 13 or later)\$ _____

T-shirt (\$8): \$ _____

Donation for Hostel: \$ _____

Total: \$ _____

Check/Money Order to "Pittsburgh AYH"

Visa Mastercard Discover/Novus

Card # _____

Expiration Date _____

Signature _____

Mail to: AYH - MVC
830 E WARRINGTON AVE
PITTSBURGH PA 15210-1595

**You must sign the liability release
on the back to participate.**

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For AYH Use Only

2001 Mon Valley Century Waiver

In consideration of your acceptance of my application for entry in the Mon Valley Century Bicycle Tour, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property I may have, or which may accrue to me as a result of my participation in the Mon Valley Century Bicycle Tour.

I, the undersigned, discharge, and release the promoters, the sponsors, Hostelling International, Pittsburgh Council, American Youth Hostels, Inc. and their respective agents, boards, commissions and any other involved municipalities, and employees and representatives of the foregoing from all liability, arising out of or connected in any way with my participation in this event, whether or not caused by the negligence of any of the above parties.

I acknowledge that the Mon Valley Century Bicycle Tour involves riding on public roads which are not closed to other traffic and which may have other hazards including hills, potholes, loose gravel, and sewer grates. My participation is voluntary and is done at my own risk. I voluntarily assume all risks of loss, damage or injury that may be sustained while participating in this event. I attest that I am physically fit and sufficiently trained for the completion of this event. I hereby consent to and permit emergency treatment in the event of injury or illness while participating in the event. I understand and agree that medical or other services rendered to me by, or the insistence of any of the above parties is not an admission of liability to provide or to continue to provide any such services, and is not a waiver by any of said parties of any right hereunder.

I understand that serious accidents occasionally occur during bike rides and that participants in bike rides occasionally sustain mortal or serious injury as a consequence thereof. Nevertheless, I agree to assume these risks and to release and indemnify and hold harmless all the persons mentioned above who might otherwise be liable to me (or my heirs or assigns) for damages of whatever kind or nature. I attest that the bicycle and equipment I will use in the Mon Valley Century Bicycle Tour are in good mechanical condition.

I agree to wear a helmet meeting either the ANSI Z90.4 standard or Snell Memorial Foundation 1984 standard while riding in this event. I agree to abide by the rules of the event as established by the promoting organization and to obey the directions of the officials.

I hereby grant full permission to Pittsburgh Council, American Youth Hostels and/or its agents to use photographs, videotapes, motion pictures, or any other record of this event, including my name, likeness and/or voice for any legitimate purpose.

I have read and understand everything written above and voluntarily sign this agreement.

Signature of Participant

Date

Signature of Parent/Guardian
(if registrant is under 18)

Date

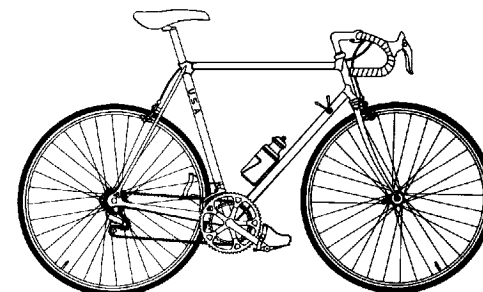
**Please be sure to sign this form.
This entry will not be accepted without a valid signature.**

Hostelling International
American Youth Hostels
Pittsburgh Council
830 E Warrington Ave
Pittsburgh PA 15210-1595

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2001 MON VALLEY CENTURY BICYCLE TOUR

Sunday
August 19th



*Proceeds benefit the new
Pittsburgh International Hostel*