



## Metric Century – Friday, July 10, 2009 – 8am Start

Event Description: The Grizzly ride is endorsed by the Grandfather Mountain Highland Games and is taking place between two running events- The Bear Road Race on Thursday, July 9, 2009 & The Grandfather Mountain Marathon, Saturday, July 11, 2009. The Grizzly ride will begin in Linville and end on the track at Grandfather Mountain. The Grizzly is a beautiful and challenging route with 7000 feet of climbing in 65 miles, including 2 miles of dirt road up the backside of Beech Mountain. 8:00am Start & 3:00pm Shutdown, you need to be able to finish in 7 hours. Both you and your bike should be in great shape to complete the Grizzly!!

Packet Pickup: Thursday, July 9<sup>th</sup> 10am – 6pm at Boone Bike and Touring OR Friday, July 10<sup>th</sup> 6:30am – 7:30am the morning of the ride at the Marathon Tent, in Linville, NC.

Parking & Refreshments: Riders will park in one of the Highland Games Parking lots in Linville. Light refreshments are provided after the ride at the Grandfather Mountain Marathon tent just below the McRae Meadows track. Riders will ride back down the mountain to their cars after the finish, therefore, you should have a bag with dry clothes that can be put in a van at the start and picked up at the Marathon Tent at the end of the ride.

Awards: The first three Male and Female riders will receive awards from the Grandfather Mountain Highland Games. An award will also be presented to the first Male and Female who complete all three events: The Bear, The Grizzly, and The Grandfather Mountain Marathon.

Registration Forms & Signed Waiver: *Early Registration Deadline is 7/3/09.* The ride will be capped at 200 riders. We'll ride rain or shine, no refunds. Make checks payable to: Western Youth Network, *The Grizzly.* *Early Registration (7/3/09) Fee: \$40.00, without t-shirt, with t-shirt \$47.00, On Site Registration (Day of Ride) Fee: \$55.00, without t-shirt.* All proceeds go to the Western Youth Network, a non-profit serving children and families in Watauga, Ashe, Avery, and Wilkes counties. Your registration fee is tax deductible.

*Send the bottom portion of this page & signed waiver to Jim Deni, Appalachian State University, Department of Psychology, 222 Joyce Lawrence LN, Boone, NC 28608.*

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First Name:		Last Name:			
Mailing Address:					
City:		State:		Zip Code:	
E-mail Address:	Are you registered for the Bear? Y N			Are you registered for the Marathon Y N	
Daytime Phone:			Cell Phone:		
Emergency Contact /Relationship:			Emergency Contact Phone Number:		
Birthdate:		Age:		Sex:	M F
				T-Shirt Size:	S M L XL