

## Information

The Mon Valley Century Bicycle (MARC) Tour follows 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, 70, or 50 mile tour. The 100 & 70 mile tours are composed of equal portions of hilly, rolling and flat terrain. The most challenging climb occurs just out of Brownsville and is nearly one mile long. The 50 mile tours is flat to gently rolling and is suited for intermediate and beginner riders. All routes will be marked with arrows on the pavement at frequent intervals. A map of the tours will be provided.

## Food

A lunch stop is included for all riders. The 100 mile riders will receive two snack stops plus the lunch stop. The 70 mile riders will receive a snack stop plus the lunch stop. And the 50 mile riders will receive a lunch stop. There are also many convenience stores along the tour routes.

## Support

Riders will be SAG supported until 4:00 PM. We will pick up those who can't finish due to Major bike problems or fatigue. You and your bike are expected to be in good shape before the tour begins. You are expected to deal with minor bike issues such as flat tires. It is suggested that you always carry a spare tube and a good tire pump.

## Helmets

MARC recommends that all riders wear a helmet that meets the "Latest Snell Bicycle Helmet Specification" for their best protection.

## Free Parking

Parking is available throughout Elizabeth. No parking meter fees are charged on Sundays.

Email: \_\_\_\_\_

(Please Print)

## MARC

MARC, Monessen Amateur Radio Club, 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. For additional information about MARC, Check us out on Facebook. For Mon Valley Century Bicycle Tour Info check our Web Page

<http://www.MonValleyCentury.com>

## Registration

Please print legibly or use return address stickers.

Names: \_\_\_\_\_

\_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

I plan to ride: 100    70    50

Paid by Aug 8th \$20 \_\_\_\_\_

Paid after Aug 8th or day of tour \$24 \_\_\_\_\_

Donation to MARC \_\_\_\_\_

Mail To: MARC, Inc.  
133 Main Street  
New Eagle, PA 15067

Visit <http://www.MonValleyCentury.com> for link to online registration form when paying by PayPal.

## LIABILITY RELEASE SIGNATURE/S

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Signature of Parent/Guardian if under 18

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I voluntarily request permission to participate in the 2016 MARC Mon Valley Century Bicycle Tour, UNDERSTAND THE HAZARDOUS NATURE OF THIS ACTIVITY AND ACCEPT FULL RESPONSIBILITY FOR MY PARTICIPATION AND RISKS INVOLVED. Including by way of example and not limitation, dangers of collision with pedestrians, vehicles, other bicycle riders and fixed or moving objects, dangers arising from hazards, equipment failure, inadequate safety equipment, the released party negligence, weather condition and the possibility of serious physical and/or mental trauma or injury.

I have no physical or mental condition, to my knowledge. Which would endanger myself or others, or would interfere with my participation. I have inspected all my personal equipment to be sure it is in good and safe condition. I agree to abide by all applicable laws and regulations and to act in a safe and courteous manner. I acknowledge that it is suggested that I wear an ANSI or Snell approved helmet at all times while bicycling the MARC Mon Valley Century Bicycle Tour. In consideration of permission to participate in the MARCMVCBT for myself, my heirs, executors, administrators, legal and personal representatives, successors and assigns. I DO HEREBY DISCHARGE, RELEASE, HOLD HARMLESS, PROMISE NOT TO SUE AND INDEMNIFY MARC, its officers, volunteers, and any other organizations including sponsors associations, municipalities, or individuals connected with MARC from any and all claims, demands, rights, actions, or causes of action of whatsoever kind and nature, arising from and by reason of any and all known and unknown, foreseen and unforeseen bodily and personal injuries, damage to property and all consequences thereof which may hereafter be sustained by my participation in the MARCMVCBT. In addition, I hereby consent to emergency treatment in the event of injury or illness.

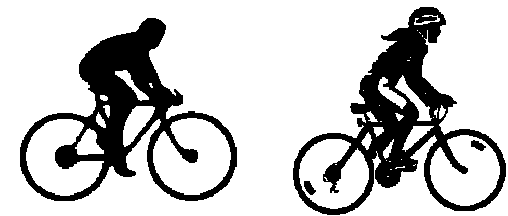
I hereby grant full permission to MARC and/or its agents to use photographs, videos, and other records of this event, including my name, likeness and/or voice for any legitimate purpose.

2016  
MON VALLEY  
CENTURY  
BICYCLE TOUR  
Sunday  
August 14<sup>th</sup>

*Proceeds benefit the*  
**MONESSEN AMATEUR RADIO CLUB, INC.**

**MARC**

**Registration opens at 6:00 AM and  
closes at 10:00 AM**



**Monessen Amateur Radio Club  
133 Main Street  
New Eagle, PA 15067**