

~~NO~~besity Gran Fondo

Presented by  **TRIANGLE
VELO**

Come out Oct. 15th and socialize while getting some exercise and raising money for a great cause! Proceeds from the event will be used to support youth sports programs and raise awareness of childhood obesity.

Take your pick of three **FIT** Rides:



Fun: 15 miles

Intermediate: 30 miles

The Advanced: 62 miles

(HELMETS ARE REQUIRED)



Riders will be staged according to race category, starting with Pro racers and concluding with citizen riders.

Registration opens at 7 a.m. and the Ride starts at 8 a.m.

Courses will be well marked, and Lead and SAG vehicles will be provided.

Snacks will be served at the finish, and refreshments will be available along the course.

All Rides should be completed by 2 p.m.

Cost:

Student (K-12): \$20

Adult: \$30

Fees include a one-day USA Cycling membership/insurance fee. Riders with current USA Cycling licenses save \$7.

Pre-register at Pre-Reg.com.

Proceeds from the event will go to support alternative sports clubs at Kestrel Heights, including the cycling, skateboarding and fencing teams.

Triangle Velo is a 501(c)3 organization, meaning participation fees and donations are tax deductible.

Anyone interested in volunteering as a course marshal, SAG driver or rest stop volunteer should contact Jon Speer at jon_middlesex@hotmail.com

Interested sponsors should contact Adrian Carter at auld-eejit@mindspring.com

For more information, go online to www.trianglevelo.org

Where:

Kestrel Heights Charter School
4700 S. Alston Ave.
Durham, NC 27713



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