



AMERICAN CANCER SOCIETY
Presents the 17th Annual
SHOREBIRD METRIC CENTURY, 15, 35 & 65 MILER
7:00 am, Saturday, May 30, 2009

Welcome back to the SHOREBIRDS METRIC CENTURY. The routes take advantage of the lightly traveled roads of the Eastern Shore of Maryland, generally southeast of Salisbury, Maryland. This year's ride, as in past years, is in honor and memory of all who have been touched by cancer.

Starting at the Arthur W. Perdue Stadium, located on Rt. 50 and Hobbs Road, the ride will traverse the roads of the Pocomoke Forest on a figure eight route with two rest stops at the restored historical village of Furnace Town. This former thriving pig iron producing community of about 5,000 people, site of the Nassawango Iron Furnace, is sure to interest many of our riders. Participants who choose to ride the 35-mile route can tour the restored historic site, for a small fee, while others complete the next section of the ride. The metric route continues with a rest stop at Buck's Country Store and again at Furnace Town after 49 miles for the final rest stop. The 35-mile route and the metric route finish together at Perdue Stadium.

Remember! We offer a 15-mile route! So bring the whole family! From first time cyclist to veteran of the peloton!

Upon returning to the stadium, there will be a **complimentary lunch** consisting of hamburgers, veggie burgers, hot dogs with all the fixings and soft drinks offered from 11.00 am until 2 pm.

RIDE INFORMATION

- DISTANCE:** 15, 35, and 65 miles
- LOCATION:** **Arthur W. Perdue Stadium**
located at Rt. 50 and Hobbs Road, just east of Salisbury
- REGISTRATION:** 7:00 – 9:00 am Show & Go
(Rain or Shine) Ride support ends at 3:00 pm
- DIRECTIONS:** Route 50 east through Salisbury, Maryland. Turn right at Hobbs Rd. Parking and the ride start will be on your right.
- FEE:** \$35.00 until May 1st. *\$45 after May 1st or day of event.* Fee includes T-shirt, map/cue sheet, marked route, sag services, rest stops, and an after-the-ride lunch.
- RIDE LIMIT:** 3,000 riders. Due to the popularity of this ride, you are encouraged to register early to avoid missing the cut-off. Walk up registrations will be welcomed on a space available basis only.
- ADDITIONAL INFO :** American Cancer Society,
PO Box 163, Salisbury, Maryland 21803-0163
1-800-937-9696 or 410-749-1624.

Register online at: www.shorebirdmetriccentury.org

**Thank You to Our
2008 Sponsors**

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FINISH LINE DEDICATION

We have dedicated the FINISH LINE to our family members, friends and loved ones who are cancer survivors or former cancer patients.

Please join us in a touching tribute to honor or memorialize those who have suffered with, been touched by, or have lost the fight to cancer. Downloadable version also available on our website www.shorebirdmetriccentury.org

For a \$10 (tax deductible) donation, the name of the person to whom the finish line is dedicated will be prominently displayed the day of the ride and an acknowledgement will be sent to the address below.

DEDICATION:

In honor of: _____

In memory of: _____

Send acknowledgement to:

Name: _____

Address: _____

City/State/Zip: _____

(Copy form if more than one dedication)

In HONOR of:

In MEMORY of:

The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer, through research, education, advocacy, and service.

**For more cancer related information contact our
24 hour/7 days a week/toll free number
1-800-ACS-2345
or our website at
www.cancer.org**

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SHOREBIRD
METRIC CENTURY, 15, 35 & 65-MILER**

Saturday, May 30, 2009

REGISTRATION ONLINE :
www.shorebirdmetriccentury.org

HELMETS ARE REQUIRED FOR ALL RIDERS.

I have participated before. Please print all information. Thank You.

Last Name First Middle

Street Address/Box #

City/State/Zip Age

Phone # Emergency Phone #

e-mail address

Circle: T-Shirt Size: S M L XL XXL

RIDE LENGTH: 15 MILE 35 MILE 65 MILE

REGISTRATION FEE: \$35.00
(LATE registration after May 1st) \$45.00

Additional T-Shirt(s)
S M L XL XXL # ____ x \$15 = ____

I wish to make an additional donation
to the American Cancer Society _____

FINISH LINE DEDICATION _____ x \$10 = _____

TOTAL \$ _____

Make check payable to:
American Cancer Society
PO Box 163, Salisbury MD 21803-0163

WAIVER OF RESPONSIBILITY:
I understand that I may be injured while bicycling or otherwise participating in this event and I agree to be responsible for my own actions. I promise to release and hold harmless the staff and volunteers of the American Cancer Society from any claims, injury, or damage resulting from my participation in this event. I consent to emergency medical treatment in the event of injury. I give my full permission for the use of my name and photograph in the event. I promise to obey traffic laws and to practice courtesy and safety in bicycling.

Signature (Parent or Guardian if under 18)

How did you find out about the event? _____

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American Cancer Society
Shorebird Metric Century
PO Box 163
Salisbury MD 21803-0163

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