

**Ride for the**



**ROCK**

**MARCH 6<sup>th</sup> 2010**

Ride Start 9:00 am in Cary at Whole Foods (Waverly Place)

*A Ride for Brain Injury*

*A Ride for Thought*

**Ride for Safety for all Athletes**

**Ride for the Troops**

Join us for a 50k or 100k supported bike ride to benefit the Brain Injury Association of North Carolina. \$15 Preregistration, \$20 Day of, \$10 T-shirts. More details at [www.capcycling.org](http://www.capcycling.org). Preregistration is available at [Bikereg.com](http://Bikereg.com) or mail in the [registration form](#). We are also accepting tax-deductible donations. Route sheets will be available at registration. Call 800-377-1464 for information.