

Ride for the



ROCK

MARCH 6th 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. Preregistration is available at 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.