

THE SPRING CITY CYCLING CLUB  
PRESENTS THE  
**25<sup>th</sup> Annual**  
**All You Can Eat**  
**Century**  
Saturday, September 19, 2009  
Madison County High School  
Gurley, Alabama

Join us as the 116-year-old Spring City Cycling Club celebrates the 25th running of the All You Can Eat Century with new and exciting routes.

Our Silver anniversary event features NEW courses of 35, 50, 65, 74 and 103 miles. The course meanders through the rural Appalachian Foothills region of Madison and Jackson Counties in Alabama and the counties of Lincoln and Franklin in Tennessee. The 103-mile route includes a challenging climb up to spectacular Skyline Mountain. The 74 mile route takes in the Curly Putman Scenic Byway through the Paint Rock Valley. There's not a dull pedal stroke the entire ride.

After the ride, replenish your body with a delicious meal. Post-ride massage service is available; please see our web site for details.

Local law enforcement, EMA personnel, SAG wagons, and other volunteers will assist riders along the course. They are fully equipped with communication devices to aid those in need.

**RIDE DETAILS**

**DATE/TIME:**

Saturday, September 19, 2009  
Ride begins at 8:00 AM.  
35 mile ride starts at 9:00 AM.  
Packet pickup starts at 7:00.

**LOCATION:**

Madison County High School  
174 Brock Road, Gurley, Alabama 35748  
Highway 72, west of Gurley, Alabama

**ELIGIBILITY:**

Ride is open to all cyclists regardless of age, sex, or ability. All cyclists should ensure they are capable of completing the ride selected. **Helmets are required for all riders. Please, no headphones.**

**RIDER SUPPORT:**

Rest stops along the route will be stocked with fruit, light snacks, water, and sports drinks. SAG vehicles will be patrolling the course to assist riders. **SAG and rest stop support will end at 4:00 PM.**

**BENEFITS:**

Souvenir t-shirts are available for purchase to those entrants who meet the pre-registration deadline and a limited number will be available for purchase by day-of registrants.

**REGISTRATION:**

**Pre-registration deadline is September 8th.** Please see entry form for fees. Online registration information available at <http://www.springcity.org/century/>.

**INQUIRIES:**

Please see the century web page at <http://www.springcity.org/century/> or contact Ernie Thomas through e-mail at <mailto:ernie.Thomas@tbe.com> or by phone at (256) 726-6293.

**SCCC All You Can Eat Century**  
**Registration Form**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Contact Phone \_\_\_\_\_

**Planned Ride:**

35  50  65  74  103

**Registration Fees:**

Individual Pre-registration \$25 \_\_\_\_\_

Individual Day-of \$30 \_\_\_\_\_

**Additional Family Members**

Age 13+ (pre) \_\_\_\_\_ @ \$20 each \_\_\_\_\_

(day-of) \_\_\_\_\_ @ \$25 each \_\_\_\_\_

12 and under \_\_\_\_\_ @ FREE \_\_\_\_\_

T-shirts \_\_\_\_\_ @ \$10 each \_\_\_\_\_

\_\_\_S \_\_\_M \_\_\_L \_\_\_XL \_\_\_XXL

**Total** \_\_\_\_\_

Complete the above cost information and fill out rider information and signed release for each rider. Send a check for the total fee payable to the **Spring City Cycling Club** at the address below.

Spring City Cycling Club  
P.O. Box 2231  
Huntsville, AL 35804.

**RELEASE OF RESPONSIBILITY**

The person signing this release certifies that he/she has examined the information on this release form and that all information is complete, true, and correct. For the sole consideration of being allowed to participate in Spring City Cycling Club (SCCC) All You Can Eat Century, the undersigned hereby releases and forever discharges SCCC members, agents, officers, volunteers, personal representatives, their heirs, successors and all other persons, firms, and corporations liable or who might have claimed to be liable (all and each "Released Person") from any and all claims, demands, damages, actions, causes of action or suits of any kind and nature whatsoever, and particularly on account of all future injuries both to the person and property which may have resulted, or may in the future, develop from participation in or traveling to and from the SCCC All You Can Eat Century. I fully realize, acknowledge, and assume the risks of the hazardous nature and dangers of participating in cycling activities, including by way of example and not limitation, the following: collisions with pedestrians, vehicles, other riders, and fixed or moving objects; safety hazards, equipment failure, inadequate safety equipment, and weather conditions; and the possibility of serious physical injury associated with cycling (each and all of which shall be referred to as "Injury"). This release has been completely read by or to the undersigned and the terms hereof are fully understood and voluntarily accepted for the purpose of releasing each Released Person from any and all claims, disputed or otherwise on account of any Injury.

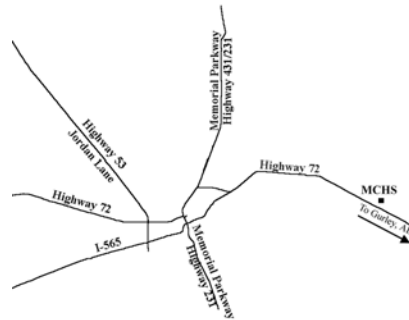
Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian (if under 19)

Spring City Cycling Club  
 P.O. Box 2231  
 Huntsville, AL 35804



## Directions to Madison County High School



**From Chattanooga:** Highway 72 West, school is on the right four miles west of Gurley, AL.

**From Nashville and Birmingham:** I-65 toward Huntsville, I-565 East which turns into Highway 72 East, school is on the left ten miles east of downtown Huntsville.

Many thanks to our sponsors



**Merrill Lynch**



**MADISON CYCLES**



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Best Eats  
in the South



Spring City Cycling Club  
of Huntsville, AL

presents the

**25<sup>th</sup> Annual  
All You Can Eat  
Century**



benefiting

**Madison County High School  
Girls Soccer Team**

**Saturday  
September 19, 2009  
8:00 AM**

**Madison County High School  
174 Brock Road, Gurley, AL**