

2008 CVPH MAYOR'S CUP MOUNTAIN TO LAKE BIKE RIDE



SUNDAY, JULY 13 at 8:30 AM

Sponsored by CVPH Rehabilitation & Wellness Center at PARC,
The Foundation of CVPH Medical Center, Media Central,
and Pepsi Bottling Group of Keeseville

Funds raised will benefit the *CVPH Travel Fund*, a fund that assists income eligible families with travel expenses related to healthcare not available locally

First 150 pre-registered participants receive a T-shirt – box lunch provided for riders

Mail completed registration forms before June 30 to:

**CVPH Rehabilitation & Wellness at PARC
Attention: Barb MacDonald
295 New York Road
Plattsburgh, New York 12903**

Phone 518-562-7913

FEES: *Pre-Ride registration prior to June 30th is \$30.00*

Day of ride registration is \$35.00

Make checks payable to: The Foundation of CVPH – Mt. to Lake Bike Ride

REGISTRATION: Begins at 7:45 AM at Whiteface Mountain Ski Entrance

SHUTTLE: Shuttle service will be available **TO Whiteface at 6:30 AM**. There will be a shuttle leaving the CVPH Rehabilitation & Wellness at PARC parking lot at 6:30 AM – this will allow cyclists to finish the ride where their car is parked. Arrive by 6:15 AM so you have time to place your bike on the truck that will transport it to Whiteface. Please indicate whether or not you intend to use the shuttle service so that we may plan appropriately. **Seats on the bus will be given first to those who are pre-registered.**

START: Whiteface Mountain Ski Area Entrance, Wilmington, NY

END: CVPH Rehabilitation & Wellness at PARC, 295 New York Road (on the “new” Base) Plattsburgh, New York (from Rte. 9 heading south, turn right onto New York Rd. at the roundabout by Burger King. Go straight through two traffic lights and look for the sign on the left – parking for shuttle will be across the street; look for bus. Showers will be available and the indoor pool will be open for cyclists and family members from 11 AM to 3PM.

NOTE: Children under 18 must have parental consent. **Bike helmets are mandatory** for participation. Please sign the appropriate line on the bottom of the waiver.

CVPH MAYOR'S CUP MOUNTAIN TO LAKE BIKE RIDE

JULY 13, 2008 - 8:30 AM

NAME: _____ Parent/Guardian: _____

ADDRESS: _____ CITY: _____ ZIP: _____

TELEPHONE: _____ SEX: _____ AGE: _____

REGISTRATION \$: _____

BOX LUNCH _____ NON-RIDER LUNCH (\$5.00) _____

T-SHIRT (circle one): small medium large x-large

SHUTTLE SERVICE: YES _____ NUMBER ON SHUTTLE: _____

Seats on the bus will be given first to those who are pre-registered.

AMATEUR ATHLETE WAIVER AND RELEASE OF LIABILITY

I know that bike riding is a potentially hazardous activity and that I should not enter to ride unless I am medically able and properly trained. I agree to abide by any decision of a ride official relative to my ability to safely participate in the ride. I assume all risks associated with riding in this event, including but not limited to: falls, contact with other participants, the effects of the weather including high heat and /or humidity, traffic, and the conditions of the road and course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of being permitted to participate in the CVPH Mayor's Cup Mountain to Lake Bike Ride, I for myself and for anyone entitled to act on my behalf do here by waive and release CVPH, Pepsi-Cola, the employees, volunteers, and other participants associated with this event, from all claims, damages and liabilities of any kind that may arise out of the participating in the event, even though that liability may arise out of my participating in the event, even though that liability may arise out of negligence or carelessness on the part of a person(s) named in this waiver and release.

I/We have read the above waiver and release of liability. I/We understand that I/We give up substantial rights by signing it and do sign it voluntarily.

Athlete's Signature and Date

Parent/Guardian Signature and Date

CVPH Mayor's Cup Mountain to Lake Bike Ride

Sunday July 13, 2008

COURSE & WORTHY NOTES

- Bicycle helmets are mandatory for participation.
- Follow the posted signs at each turn and the map below.
- Please make sure the volunteers at the rest stop know that you have either stopped or that you went by.
- Respect the rules of the road. **Ride single file PLEASE !!!**
- Please carry sunscreen and 2 filled water bottles.
- There will be 2 rest stops most likely in the same spot as previous years.

Thank you for participating in the 6th Annual Mayor's Cup Mountain to Lake Bike Ride; we hope you have a good time and will come back next year.

Starting from Whiteface Mountain parking lot:

L onto Rte 86	ride 1.0 miles
R onto Fox Farm Rd	ride 0.8 miles
R onto Springfield Rd	ride 3.6 miles
R onto 9N South	ride 0.15 miles(NYS POLICE
CONTROL) L onto Trumbulls Corners Rd	ride 0.7 miles
L onto Valley Rd (caution down hill before turn)	ride 2.8 miles
L onto Glen Rd	ride 0.6 miles
BEAR R AROUND THE CORNER.	
PASS THE BRIDGE ON YOUR LEFT	ride 4.9 miles

REST STOP NEAR THE END OF THIS 4.9 MILE SEGMENT

R onto Green Street	ride 5.8 miles
(caution at the end of this 5.8 mile segment there is a substantial downhill with a stop sign at the bottom of the hill)	
R onto Dugway	ride 4.6 miles
L onto Augar Lake Rd	ride 0.7 miles
L onto Rte 9	ride 0.8 miles(NYS POLICE
CONTROL)	

REST STOP ON YOUR RIGHT AT PEPSI COLA WITH BATHROOMS!!

R onto Chesterfield Street	ride 1.7 miles
(this becomes Thompson Rd.)	
L onto Mace Chasm Rd	ride 2.4 miles

Note: Go straight at the intersection of Mace Chasm and Port Douglas Rd

R onto Soper Rd (see also County Rd 17)	ride 0.9 miles
Intersect with Rte 373	ride 2.6 miles

VERY SHARP LEFT HAND TURN 2.6 MILES AFTER INTERSECTION WITH RTE 373 (AS YOU GO DOWN THE HILL YOU WILL SEE THE LAKE); DO NOT CROSS RR TRACKS – YOU WILL END UP AT A DEADEND AT THE FERRY DOCK!!

L ONTO LAKE STREET	ride 2.5 mile
R onto Rte 9	ride approximately 9.3 miles
L onto Connecticut Avenue	ride 0.1 mile
R onto Kansas Avenue	ride 0.3 miles
L onto New York Avenue	ride 0.3 miles

TAKE YOUR FIRST LEFT AFTER THE STOP SIGN INTO THE PARKING LOT OF CVPH REHABILITATION & WELLNESS CENTER AT PARC.