



## Metric Century – Friday, July 11, 2008 – 8am Start

**Event Description:** The Grizzly is endorsed by the Grandfather Mountain Highland Games and is taking place between two running events- The Bear Road Race on Thursday, July 10 & The Grandfather Mountain Marathon, Saturday, July 12, 2008. The Grizzly will begin and end on the track at Grandfather Mountain. There will be a “neutral start” to the bottom of Grandfather Mountain, where the riders will then cycle through Avery County. The Grizzly is a beautiful and challenging route with 7000 feet of climbing in 65 miles, including 2 miles of dirt road up the backside of Beech Mountain. 8:00am Start & 3:00pm Shutdown, you need to be able to finish in 7 hours. Both you and your bike should be in great shape to complete the Grizzly!!

**Packet Pickup:** Thursday, July 10<sup>th</sup> 10am – 6pm at Boone Bike and Touring OR Friday, July 11<sup>th</sup> 6:30am – 7:30am the morning of the ride at the Marathon Tent, just below the track at McRae Meadows.

**Parking & Refreshments:** Riders must park at the Grandfather Mountain Parkway Annex (just off the Blue Ridge Parkway) and ride ½ mile to the start on the track. Light refreshments are provided after the ride at the Grandfather Mountain Marathon tent below the track. Food vendors are also available at the Highland Games.

**Awards:** The first three Male and Female riders will receive awards from the Grandfather Mountain Highland Games. An award will also be presented to the first Male and Female who complete all three events: The Bear, The Grizzly, and The Grandfather Mountain Marathon.

**Registration Forms & Signed Waiver:** You must pre-register. Registration Deadline is 7/7/08. The ride will be capped at 300 riders. We'll ride rain or shine, no refunds. Make checks payable to: Western Youth Network, The Grizzly. Registration Fee: \$35.00. All proceeds go to the Western Youth Network, a non-profit serving children and families in Watauga, Ashe, & Avery counties. Your registration fee is tax deductible.

*Send the bottom portion of this page & signed waiver to Jim Deni, Appalachian State University, Department of Psychology, 222 Joyce Lawrence LN, Boone, NC 28608.*

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First Name:		Last Name:	
Mailing Address:			
City:	State:	Zip Code:	
E-mail Address:			
Daytime Phone:	Cell Phone:		
Emergency Contact /Relationship:	Emergency Contact Phone Number:		
Birthdate:	Age:	Sex:	M F T-Shirt Size: S M L XL