

The What, When and Where:

THE RIDE

A 25K, 50K or 50 mile loop through the Virginia countryside on the Washington and Old Dominion Railroad Regional Park bike trail. All rides start and end at the Reston YMCA, conveniently located right off the Fairfax County Parkway at 12196 Sunset Hills Road in Reston, Virginia. Rain or shine.

REGISTRATION & CHECK-IN

- Registration fee is \$35/participant
- Register by September 15 to receive t-shirt
- Check-in at 8am for 50K and 50 mile rides
- Check-in at 9 am for 25K

REQUIREMENTS

- All riders must sign waiver accompanying registration form.
- Riders must wear bicycle helmets, observe local laws and ride courteously.
- All riders must bring any equipment necessary to participate in the ride.
- Unaccompanied riders must be at least 16 years old.
- Please bring proper identification for age verification and registration.

HACA WILL PROVIDE:

- Limited first aid
- Snacks and drinks at water stops until 1:30 pm
- Picnic lunch for participants between 11:30 am - 1:30 pm.

YOU CAN HELP: BE A RIDER OR A SPONSOR

Funds raised during the 2009 Blood, Sweat and Gears Half-Hundred Bike-a-thon will help HACA provide educational materials, support groups, financial assistance, educational scholarship, summer camp programs for young people and will help support research for a cure.

While there is no minimum fund-raising requirement, a \$150 American Express gift card will be awarded to the top fundraiser. In addition, for every \$50 raised, cyclists receive an entry into a drawing for other exciting prizes.



Hemophilia Association of the Capital Area

10560 Main Street PH4 703.352.7641 (Phone)
Fairfax, VA 22030-7182 703.352.2145 (Fax)

On the web at www.hacacares.org

HACA
10560 Main Street #PH4
Fairfax, VA 22030

HEMOPHILIA ASSOCIATION OF THE CAPITAL AREA



2009 HEMOPHILIA HALF-HUNDRED

**SATURDAY,
October 3, 2009**

**25K, 50K OR 50 MILE ROUTES
ON THE W&OD TRAIL**

**Starts at the Reston YMCA
12196 Sunset Hills Road
Reston, Virginia**

Bulk Rate
US Postage
PAID
Fairfax, VA
Permit No. 715