




(Carpooling recommended)

# MSing Link Metric Century Training Ride

**\* Saturday, August 4, 2007 \***

**Register, ride...and help end the devastating effects of MS!**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ 

Male       Female

Yes, I am riding with a team! Team Name \_\_\_\_\_

**Location:** Lowe's Foods- South of intersection of Hwy 55 & Olive Chapel Rd, Apex

**Arrive Time:** 7:00-7:45 AM      **Start Time:** 8:00 AM      **Rider cut off time:** 8:30AM

Sandwiches provided by **Lowe's Foods**



**This is a fully supported bike ride with three rest stops**

**62 & 33 mile routes**

**Registration fee: \$20.00**

**All money raised and not used to support this ride will be donated to the MSS!**



Return registration form and fee to:

**"MSing Links"**

**C/O John Lehnert**

**2124 Elevation Road  
Four Oaks, NC 27524**



For more registration information forms: [www.msinglinks.org](http://www.msinglinks.org)