

Velo Halifax Bicycle Club  
presents the

# JOSEPH HOWE

## CENTURY & TOUR

**Sunday, September 25, 2011**

### **Registration & Start**

Grahams Grove, Dartmouth  
8:00 AM for leisure riders  
& 9:00 AM for faster riders

### **Cost**

\$10 per rider (plus BNS insurance fee of \$25 for those who are not already BNS members) Preregistration not necessary.

### **Route**

Start Grahams Grove, to Musquodoboit (~40km), turn onto Route 357 to Upper Musquodoboit (~80km), turn onto Route 224 to Elmsdale (~120km) and back along Route 2 to Grahams Grove (162km). The route is fairly flat.  
A map and directions will be provided.

### **Other**

Snacks & water will be available at the 40 & 120 km checkpoints. Lunch will be provided at the 80 km checkpoint.

Riders must be self-sufficient and equipped to handle flats and other minor roadside repairs. There is no sag wagon.

### **Information**

Call Mark or Marion at 455-2878 or email [mark.beaver@ns.sympatico.ca](mailto:mark.beaver@ns.sympatico.ca)

