

2009 Joseph Howe Century Tour September 20, 2009

Velo Halifax presents the annual Joseph Howe Century Tour on Sunday, September 20.

Registration & Start

Grahams Grove, Dartmouth

Time

7:00 AM for leisure riders & 8:00 AM for faster riders

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.*

Cost

\$15 per rider (plus BNS insurance fee of \$20 for those who are not already BNS members)

A limited number of T-shirts will be available for \$10 each.

Other

Snacks & water will be available at the 40 & 120 km checkpoints. Lunch will be provided at the 80 km checkpoint. Helmets are mandatory. Riders must be equipped to handle flats and other minor roadside repairs.

Information

Call Karen or John at 453-5618 or e-mail karenws1234@gmail.com

