



THE ALS CENTRAL COAST CENTURY

J U L Y 2 1 , 2 0 0 7

Welcome, Sue

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Choose From **Four Ride Routes** this Year...

- . **100 mile traditional Century** - with challenging climbing - *check back for route details*
- . **100K Century** - 62 flatter, but formidable, miles - *check back for route details*
- . **25K ride** - 15 and 1/2 fun, flat miles - *check back for route details*
- . **5K Fun Ride** - Just perfect for friends, family and kids who want to help fight ALS, but don't want to train this year.

[Check out the 5K route map.](#)

Our Schedule

- . 100 Mile Ride: 6:30am Check-in -- **7:30am Start**
- . Metric Century Ride: 7:30am Check-in -- **8:30am Start**
- . 25K Ride: 12:30 pm Check-in -- **1:30pm Start**
- . 5K Fun Ride: 12:30 pm Check-in -- **1:30pm Start**
- . TriTip Victory Dinner and Team Awards -- **3:00pm -- 4:30 pm**

*All routes begin and end at the stunning
[Avila Beach Golf Resort](#)*

*6464 Ana Bay Drive Avila Beach, CA 93424
(805) 595-4000
info@avilabeachresort.com*

Families of riders will be able to enjoy the beach, swimming, playgrounds and shopping of the city of Avila, just a short walk from the ride headquarters.



All four of the ride routes will include beautiful scenery and great rest stops, with energizing snacks, staffed by a helpful, friendly crew. The 100 mile and 100K Centuries will include the village of Morro Bay. The 100 Mile Century will include the climb up Old Creek Road. The most northerly point of that ride will be the rest stop at the northern end of Moonstone Drive in Cambria.

The Central Coast of California is one of the best places in the world to cycle. The popularity of the [Solvang Century](#), "[Wildflower](#)" and "[Lighthouse](#)" rides all attest to this fact. Even [Lance Armstrong](#), unprecedented seven time winner of the Tour De' France, comes to the central coast to train.



ride details



three ride routes



lou gehrig's disease



register

