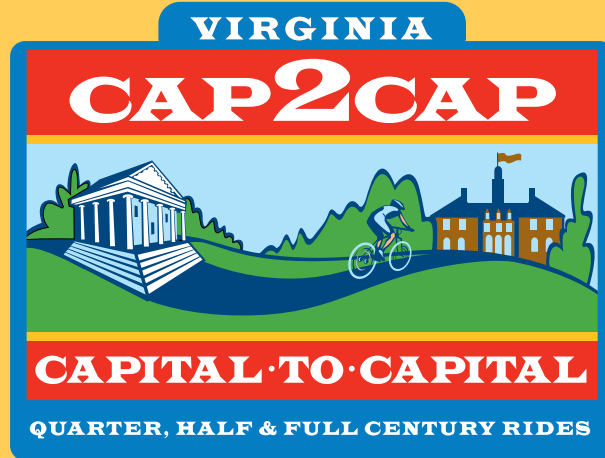


Saturday, May 8, 2010

2010 CAP2CAP



Directions to Rocketts Landing

* There is another big event being hosted downtown on May 8th, which will draw significant traffic to the Downtown Expressway and the downtown exits. Instead of using the Downtown Expressway, go to I-95 and follow the directions below.

From downtown Richmond: From E. Main St. or E. Cary St., turn south on S. 14th St. Turn left at light onto Dock St. Proceed on Dock St. 1.4 miles, turn right on Main St. Take Main St. (which becomes Old Osborne Tnpk.) 0.1 miles until you see event parking signs.

From the Powhite Pkwy. heading east: Instead of using the Downtown Expressway, go to I-95 and follow the directions below.

From the North: Take I-95 south to exit 74B, Franklin St. Continue on S. 15th St. until it ends. Turn left on Dock St. Proceed on Dock St. 1.4 miles and turn right on Main St. Take Main St. (which becomes Old Osborne Tnpk.) 0.1 miles until you see event parking signs.

From the East: Take I-64 to I-95 South and follow the directions from the north.

From the South: Take I-95 North to exit 74C, Broad St. At the first traffic light, turn left on Broad St. Proceed four blocks and turn right on 21st St. Go seven blocks to the end and turn left onto Dock St. Follow directions from downtown Richmond.

Directions to Chickahominy Riverfront Park

1350 John Tyler Highway, Williamsburg, VA 23185

From Newport News: Follow I-64 West to exit 242A, Route 199 towards Jamestown. Follow 199 to the Monticello Ave. exit. Turn left onto Monticello Ave. and continue for eight miles. Monticello Ave. will turn into John Tyler Highway or Route 5. The Park is the last driveway on the right.

From Richmond: Follow I-64 East to exit 234, Route 199 towards Williamsburg. Follow 199 to the Monticello Ave. exit. Turn right onto Monticello Ave. and continue for eight miles. Monticello Ave. will turn into John Tyler Highway or Route 5. The Park is the last driveway on the right.

For route maps, please visit www.virginiacapitaltrail.org.

Richmond Start/Finish | Rocketts Landing
Williamsburg Start/Finish | Chickahominy Riverfront Park

Ride Details

Check Web site for updates:

www.virginiacapitaltrail.org

Start Times

Century: 7:30 a.m.

Half-Century: 8:30 a.m.

25 Miles: 9:00 a.m.

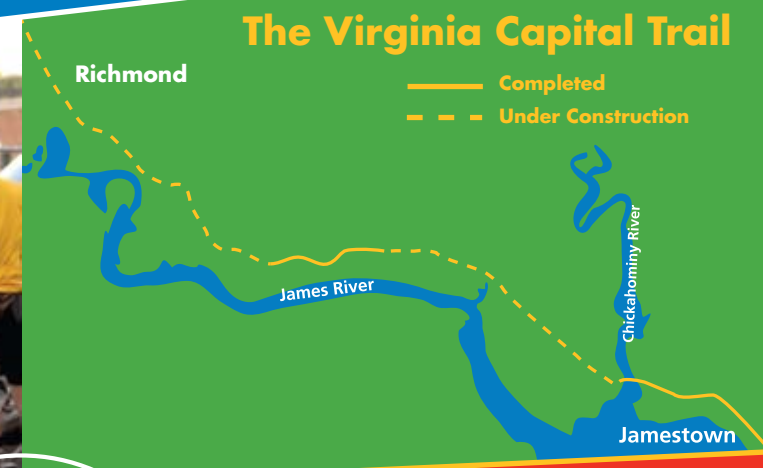
Route support ends at 4:00 p.m.

No rain date.

Sponsors:



Proceeds support:



VIRGINIA CAPITAL TRAIL FOUNDATION

CAP2CAP
P.O. BOX 17966
RICHMOND, VA 23226

A CAPITAL RIDE FOR A CAPITAL TRAIL

The Ride

Join us for another year of cycling fun at the 2010 Cap2Cap ride, one of the fastest growing cycling events in the region! Your participation supports the Virginia Capital Trail Foundation in its mission to make the Virginia Capital Trail a world-class adventure. Once again, you will be treated to Virginia's most stunning scenery while pedaling through 400 years of history. And thanks to extensive support from the Richmond and Williamsburg bike clubs, you will find friendly and knowledgeable volunteers ensuring you have a great day.

Three Distances, Two Starting Locations and One Unforgettable Day

Do you want to spend the day in the saddle pedaling 100 miles? Or do you feel more like a 50-miler? Might you test yourself with 25 miles? Decide on your distance, then choose your starting location: downtown Richmond along the James River in the Rocketts Landing village, or beside the beautiful Chickahominy River at James City County's Chickahominy Riverfront Park. Both offer exciting and beautiful scenery for your mass start, and a whole lot of fanfare. Each route brings you back to where you started, happy and hungry and ready for more Cap2Cap fun. Keep in mind, you must finish where you start. There is no shuttle service if you end up at the wrong finish point. (And for you who are counting on a cold adult beverage after your ride, we can only offer that at the Richmond venue due to regulations at Chickahominy Park.)

The Route

Ride through one of the oldest inland routes of commerce in the New World as you meander through Charles City County. Take in the abundant beauty as your cue sheet sends you through Civil War battlefields, underneath the generous tree canopy along Route 5, and across farmland that remains largely unchanged since our country's colonial days. As you ride, you will see portions of the beautiful Virginia Capital Trail currently under construction between Richmond and Williamsburg.

The Virginia Capital Trail Foundation

The Virginia Capital Trail Foundation (VCTF) is a 501 (c)(3) organization, and is the principal advocate for the completion and enhancement of the Virginia Capital Trail, a 55-mile long, dedicated multi-use trail connecting Richmond and Williamsburg along the historic and beautiful Rt. 5 corridor. To make the Trail the world-class attraction it should be, the Foundation raises money to promote it within the region, the state, and the nation through partnerships and larger trail affiliations. The VCTF is also charged with enhancing the Trail by installing signs, trailheads, benches, and other amenities making the trail experience safe, educational, and most importantly, unforgettable. To pursue this mission, the VCTF depends on contributions from people like you. Consider making a tax-deductible donation when you register.



REGISTRATION

Mail-in registration must be received no later than 5/5. Online registration will close 5/5. Register early.

All Participants Must Sign Waiver.

RELEASE & WAIVER

I am age 18 or above, OR acting as the parent or guardian for the participant below and will accompany him/her at all times while riding. I understand the inherent risks associated with road cycling and agree to abide by all applicable course, highway, or other posted rules, and understand that if I leave the designated route, I am no longer on the Ride. I hereby waive all claims for myself, other family members, heirs, and successors and hold harmless the event organizers, sponsors, jurisdictions, directors, and volunteers, including RABA, WAB, VCTF, the Counties of Henrico, Charles City, and James City from any and all liability associated with this event. I certify that I am in adequate physical condition and in the event I receive medical treatment, I understand that any associated costs are my responsibility and that the event is under no obligation to provide medical care or reimbursement. I also agree that any materials containing my picture may be used in publication or promotion of this event without compensation due. I consent to wear a bicycle helmet at all times while riding.

Signature (parent or guardian if under the age of 18)

Date

NAME _____

STREET ADDRESS _____

CITY _____

STATE _____ ZIP _____

TELEPHONE _____

E-MAIL (please write legibly to receive important pre-ride updates and instructions) _____

AGE _____ GENDER (M/F) _____

BIKE CLUB MEMBER (list club) _____

OPTION: I intend to ride the Century Half-Century 25 Miles
 15-mile family ride (from Chickahominy Riverfront Park only)

START POINTS:
 I will depart from: Rocketts Landing (Richmond)
 Chickahominy Riverfront Park (Williamsburg)

Virginia Cap2Cap Ride Fees (No Refunds)

	Registration received PRIOR TO:		
	April 15	May 5	Walk-up
<input type="checkbox"/> Single	\$40	\$50	\$70
<input type="checkbox"/> Tandem (2) (Second rider must complete duplicate form and mail together.)	\$75	\$90	\$125
<input type="checkbox"/> Team* (*Sign up 4 riders, get 5th free) Each person riding will have to register and sign a waiver.	\$150	\$200	\$250
<input type="checkbox"/> 15-Mile Family Ride (Williamsburg only)	\$10/family member pedaling a bike		
<input type="checkbox"/> Donation	\$_____ All VCTF supporters receive e-newsletters and a car window sticker.		

(The Virginia Capital Trail Foundation is a nonprofit organization eligible for tax-deductible contributions.)

I would like a vegetarian lunch.

Check your t-shirt size: Youth L M L XL XXL

Waive the shirt, make my entire donation tax-deductible.

Employer match. Contact name and phone number: _____

Total Enclosed \$ _____ Check Number _____

Rules of the Ride

The Foundation is sensitive to the ride's impact on the surrounding communities. Any behavior from a Cap2Cap volunteer or registered rider, either on the road or off, which in any way negatively impacts the reputation of the ride or the Foundation, or places other riders, vehicles, or spectators at risk will not be tolerated. This includes:

1. Riding two or more abreast when cars are behind you
2. Not keeping to the far right when cars are behind you
3. Unsafe speeds for the conditions
4. Any inappropriate gestures to anyone who is sharing the road with you

Failure to comply with these rules will result in immediate dismissal from the ride and a one year suspension from returning to the Cap2Cap. _____ (initial)

I am aware that each venue offers slightly different experiences, and have registered to start from my location of choice. _____ (initial)

I am aware of the start times and, based on my abilities, have chosen the distance that I am comfortable completing within the specified hours of the ride. I am aware that, should I still be riding after the published hours of official support, I am responsible for my well-being and may not receive SAG support, rest stop services, or participant lunch. _____ (initial)

Note: Parents be advised that this route includes primary and secondary roads and may not be suitable for children. Minors must be accompanied by a parent or legal guardian at all times while riding. No exceptions.

Don't delay, register early!

Include a check for the total amount and a signed waiver for each participant to:

Virginia Capital Trail Foundation | Cap2Cap | P.O. Box 17966 | Richmond, VA 23226

Or REGISTER ONLINE: www.virginiacapitaltrail.org (will incur online processing fees)