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# THE JERSEY POCKET

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Bike Virginia Event News

December 2009

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## Shenandoah Expedition

### Knights of the Golden Wheel

Do you have what it takes to become a Knight of the Golden Wheel? Join us in June on our 5-day Shenandoah Expedition to find out! The 2010 Bike Virginia Event will roll through the beautiful area surrounding Staunton, Harrisonburg and Waynesboro from June 26 through 30<sup>th</sup>. Curious about the theme? Go to [www.wikipedia.com](http://www.wikipedia.com) and search for the Knights of the Golden Horseshoe.

## Host Towns

### The Shenandoah Valley welcomes us!

Staunton and Harrisonburg are very excited to host the 2010 Bike Virginia tour. Each host town offers unique history and amenities. The visitor's bureaus work with our staff to select facilities that will accommodate our tour needs. This year we've selected Shelburne Middle School in Staunton and the Eastern Mennonite University Campus in Harrisonburg. Both campuses provide us space for our activities. Eastern Mennonite also offers the opportunity for dorm lodging.

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## Jerseys Galore!

**Adults registered for the full tour by April 1 get a 2010 jersey.**

Yes, you read that correctly. If you register as an adult for the full tour by April 1, 2010 you'll get our custom event jersey. The staff at Bike Virginia worked hard to bring this change to the event and are stoked about this year's theme, The Knights of the Golden Wheel.

This year's jersey was designed by Roger Sattler, a Richmond based designer and cyclist who plans on attending the 2010 tour. You can see the jersey design on our website [www.bikevirginia.org](http://www.bikevirginia.org)

The 2010 event jersey will be produced by Primal Wear of Colorado. Rep Scott Kimball-Cook has worked closely with the BikeWalk Virginia staff to make this great perk possible and to give us a jersey our riders will be crazy about. You're sure to love the features we've selected including men's and women's cuts and the full-zip.

## Ride Long; Eat Well

**Menus being planned for health, hearty meals.**

We know the importance of good fuel when riding. We also love good food so we take our meal planning seriously. A hearty lunch and plentiful rest stops will be included in your registration. You can also choose to purchase a 5-day breakfast plan and a 3-night dinner plan as additional registration options. Menu planning is taking place right now; keep an eye on our website for details on the great meals you'll enjoy if you take part in the meal plans. Vegetarian options are always available, just be sure to let us know at the time of registration.

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## Hotel Lodging

### Free shuttle and fee based- luggage service offered to our official hotels.

Cyclists that want to use the Bike Virginia shuttles and our fee-based luggage service need to make reservations at our official hotels. Please refer to the room block for BikeWalk Virginia when you call. Block rates do not include tax and may vary once the hotel blocks are full.

#### Staunton Hotels (June 25, 26, 27, 2010)

Once the block fills the rates may vary. *Tax and fees extra.*

Stonewall Jackson \$89 540-885-4848

Comfort Inn \$82 540-866-5000

Hampton Inn \$109 540-886-7000

Days Inn Business Place \$70 540-248-0888

Holiday Inn \$89 540-248-6020

Sleep Inn \$83 540-887-6500

Best Western \$83 540-885-1112

#### Harrisonburg Hotels (June 28, 29, 2010)

Campus lodging in dorms and apartments will be available at Eastern Mennonite University Tent City. Check back for reservation information soon. Rate for on campus housing is \$40 per night per person.

Courtyard by Marriott \$79 540-432-3031

Ramada \$69 540-434-9981

Best Western \$59 540-433-6089

Hampton Inn South \$89 540-437-0090

Sleep Inn and Suites \$79 540-433-7100

Candlewood Suites \$79 540-437-1400

Hampton Inn University \$89 540-432-1111

Comfort Inn \$80 540-433-6066

## Training for the event

Want to make sure your ready to have the best Bike Virginia you have ever had? We are working with the personal training group Endorphin Fitness to come up with a training plan custom tailored for this year's event. Stay tuned!!!



ENDORPHIN *FITNESS*

## IMPORTANT DATES

Make sure to keep track of these event related dates. Don't miss out.

### DECEMBER 1, 2009

EVENT REGISTRATION OPENS

### JANUARY 31, 2010

EARLY BIRD REGISTRATION ENDS AT MIDNIGHT

Prices go up after this date.

### APRIL 1, 2010

LAST DAY TO REGISTER AND RECEIVE JERSEY

Available only for full tour registrations by adults.

### APRIL 16, 2010

REFUND CUT OFF

After April 16, no refunds for any reason. All refunds prior to this date are subject to a service charge of \$50.

### MAY 24, 2010

REGISTRATION CLOSES AT MIDNIGHT

### JUNE 25, 2010

EVENT CHECK-IN AT SHELburne MIDDLE SCHOOL IN STAUNTON. CAMPING BEGINS.

### JUNE 26-30, 2010

BIKE VIRGINIA SHENANDOAH EXPEDITION TOUR