

A little bit about the ERV100

The Highland Rimmers Bicycle Club was organized in 1974 and in September of that year conducted the first edition of the ERV100.

This first ride was club members only and only 9 rode. We were all very much neophytes to cycling and this was the first 100-mile ride for all but one.

The second year we opened the ride to non-members. The route has always been in the vicinity of the Elk River, hence the name. This version had no appreciable climbing. Constructive criticism from a Nashville rider caused us to add considerable climbing challenges in subsequent years. For many years the route has featured the dreaded Alto climb of the Cumberland Plateau. In recent years we have used a double loop layout which brings century riders back home before starting the last leg. This has been a boon to the folks who overestimated their ability and were able to gracefully bail out at the 68-mi. point. This year, an extra food stop has been added on the 68-mi. loop.

Our emphasis remains in sponsoring a well-supported, low-key, and enjoyable event for riders of all abilities.



c/o Bob Crook
907 Country Club Dr
Tullahoma, TN 37388

ELK RIVER VALLEY 100



HIGHLAND RIMMERS BICYCLE CLUB

Elk River Valley 100



Saturday September 6, 2008
Thirty-fifth annual Highland Rimmers Bicycle Club Century Ride
100, 68, 50 and 32-mile routes

STARTS AT:

TOP FITNESS CENTER
120 FLOWERTOWN RD

The Elk River Valley 100

THE ELK RIVER VALLEY 100

September 6, 2008

sponsored by the

HIGHLAND RIMMERS BICYCLE CLUB

PO BOX 1752

TULLAHOMA, TN 37388

Tour Distances:

- **32-mile tour** – several challenging hills
- **50-mile tour** – fairly flat—riders start and finish with the 68 and 100-mile groups
- **68-mile tour** – contains a tough climb to the Cumberland Plateau from Alto to the campus of the University of the South at Sewanee
- **100-mile tour** – combines the 68 and 32-mile tours

Start Times:

- **7:30AM** – 50-mile, 68-mile, & 100-mile tours
- **9:30AM** – 32-mile tours

General Info:

- Sag vehicles
- Maps, cue sheets and road blazes
- Food and drink available en route and at finish
- Showering facilities provided by TOP Fitness
- Bratwurst, Michelob Ultra Beer, along with other refreshments, will be served at the finish.
- Pre-registered riders will receive event t-shirts. Day-of-event registrants will get shirts as available.

Registration Fees:

- Pre-registered [mail or Active.com]:\$20
(Must receive by Sept 1)
- Day of event: \$25
- Write checks to: Highland Rimmers Bicycle Club
- Send to: ERV100
c/o Bob Crook
907 Country Club Dr
Tullahoma, TN 37388

Location and Directions:

TOP Fitness Center
120 Flowertown Rd
Tullahoma, TN 37388



• From Nashville:

Take I-24 east (toward Chattanooga), Exit 111 onto Highway 55 south toward Tullahoma. Follow 55 for approximately 12.5 miles to the intersection with Jackson St (41A). Make a right and follow Jackson 3.4 miles. Make a right on Ledford Mill Rd and then a quick right on to Flowertown Rd (see insert)

• From Chattanooga:

Take 1-24 west (toward Nashville) Exit 117 and turn left on to Wattendorf Memorial Highway (AEDC) and follow for approximately 13.5 miles. At E. Carroll St (Highway 55) turn left. After approx 0.5 mile make right on Jackson St (41A). Follow Jackson 3.4 miles. Make a right on Ledford Mill Rd and then a quick right on to Flowertown Rd (see insert).

I acknowledge that I have received and have read and reviewed with care a map of the ride and have been afforded the opportunity to ask any questions that I might have, following such reading and review.

I understand that the Highland Rimmers Bicycle Club, Inc., and its officers and members are not responsible for, and are not the insurers of, my personal safety during the ride. I thus release the Highland Rimmers Bicycle Club and its officers and members, and I agree to hold them harmless from any and all liability arising from my having sustained any property damage or personal injury by reason of their negligence in participating in or sponsoring or planning or arranging the ride.

SIGNED/DATE:

PLEASE PRINT CLEARLY BELOW

NAME

ADDRESS

CITY/STATE/ZIP

PHONE NUMBER (INCLUDE AREA CODE)

EMAIL ADDRESS

EMERGENCY CONTACT (NAME/PHONE)

I PLAN TO RIDE THE FOLLOWING ROUTE
32-MI 50-MI 68-MI 100-MI

T-SHIRT SIZE (CIRCLE)

S M L XL 2X

FOR HRBC USE

STARTING TIME

STARTING TIME — 32-MI LOOP (100-MI. ONLY)

FINISHING TIME