

# GET YOUR eighties on!

Registration opens March 1, 2009

**Fly Gurlz Relay**  
**Saturday, July 18, 2009**  
**10:00 am - 6 pm**  
**Albion Hills Conservation Area**



**Motrin**



Events  
sanctioned  
by



# 8 Hour women-only mountain bike relay

July 18, 2009 – Albion Hills Conservation Area, Bolton, Ontario, Canada  
Lakeview Sites 1 & 2  
10:00 am - 6:00 pm

**get your  
eighties on!**

Join us for our third annual relay. This event is becoming a must attend for women across the Province. New this year will be a vendor area with massage therapy and neat stuff to buy! We are also working on some new medals for all podium winners. Trek & Gary Fisher are also supplying goodie bags to all participants but register early - there are a limited quantity of them to give out!

## Age Categories & Pricing

Many women have had experience at racing and relay events, and many have not. How is it done, do you ask? It's exactly as it sounds – you ride a lap and then hand off a baton to your teammate and then they do a lap. You cycle through this until the end of the event. We welcome all skill and experience levels, so we have several participation categories to choose from. With fewer people on your team, you'll ride more laps; more team members equals less laps and more time to socialize.

**Solo:** Yes, it's official--you're crazy! (but we're crazy about you, and promise you can expect tons of cheers and encouragement from all the spectators on the sidelines!)  
\$ 80.00 late \$ 85.00

**Tag Team:** Just you and your partner, a special bond to face an exciting day.  
\$ 140.00 late \$ 150.00

**3-4 Women:** More time in the saddle so more effort is required. Let's see what you can do!  
\$ 200.00 late \$ 220.00

**5-6 Women:** A comfortable day and a great way to experience your first relay event.  
\$ 270.00 late \$ 290.00

2009 club members and camp attendants receive 10% off the above prices!

There are 4 sub-categories for this group allowing for age and experience.

- \* Sport - average under 40
- \* Sport - average age 40+
- \* Expert - average age under 40
- \* Expert - average age 40+

## How do we categorize our team?

**Sport** - You have some experience mountain biking but may not have tried riding in an event like this before.

**Expert** - You have been mountain biking for some time and in the past you have participated in organized cycling events like this one.

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## Course Inspection - Lakeview Sites 1 & 2

The actual race course will be open for inspection on Friday July 17, 2009 after 4 pm.

## The 8 hour relay course

Level 2 mountain bike coach Tanya Flemming will once again be designing the 2009 course! The course for this event will be a flowing mix of double and single track riding. You can expect that the length of the course will be between 7 km – 9 km per loop. Weather conditions before the event and throughout July will dictate the final course trail.

## What's included in your entry fee:

- Full day of friendship, music, and riding
- Trek/Gary Fisher goody bag
- Fly Gurlz limited edition.....it's going to be a surprise!
- Trial offers and information from our sponsors
- Race plate - limited edition

## No guys – well, except in the feedzone!

One of the huge benefits of this event is that there are only women on the course. Other races are often packed with guys racing up a storm and although we love our men – it's time for us to own the trails and enjoy the ride!

## Miss Manner's Guide to Mountain Bike Events

We will be providing a very informative “all you need to know” booklet for women who have never been at an event before. It will help teams navigate their way through concepts like passing, giving right of way, what to bring to the event, great food choices for an endurance ride, and more! The booklet will be e-mailed to each team captain after they register.

## Costumes and pit crew areas

Since the day has a 80's theme we hope that some teams will step up to the plate and have some fun with the theme. Decorate your helmets, wear some polyester and enjoy the silliness that is Fly Gurlz! Prizes will be awarded this year for best 80's inspired pit crew area, so go to town and have fun with it!

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## Important dates and timetable:

Wednesday July 15 – last day to register for the event (no exceptions)

Friday July 17, 2009 – course open for inspection - pre-ride at Albion Hills  
4:00 pm – 8:00 pm

Saturday July 18, 2009 – Registration  
7:00 am – 9:15 am

10:00 am – 6 pm – Event running time  
5:30 pm – last person leaves for final lap

6:30 pm – 7:00 pm  
Awards and celebration

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## Fine print

All riders must be wearing a certified bike helmet and have a bike in good working order. The Ontario Cycling Association requires that each rider holds a valid citizen permit, race license or purchase a \$5.00 one-day event permit. You will be able to buy these on-site during registration on Saturday morning.

## Questions?

Contact us - we promise a quick turnaround on all enquiries - [bananaseatproductions@rogers.com](mailto:bananaseatproductions@rogers.com)

## Accommodation at Albion Hills

You can make a weekend of it and camp overnight on Friday - right at Albion Hills! Many of the team members will be camping so it will be a great chance to meet the Gurlz – ask questions and have some extra fun before the big day. Camping is not included in the registration fee and can be arranged ahead of time through the Albion Hills Campground website.

For information about camping at Albion Hills copy and paste this link into your browser window!

Visit <http://www.trca.on.ca> - follow the links to the Albion Campground

## FLY GURLZ DEALER NETWORK 2009 - VISIT ONE AND GET A TUNE UP!



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**Fax form to: 519 538 0667**

**July 18, 2009**

**Albion Hills Conservation Area, Bolton, Ontario**

**Lakeview Sites 1 & 2**

## Categories:

Solo: \$ 80.00 late \$ 85.00 \*

Tag Team: \$ 140.00 late \$ 150.00 \*

3-4 \$ 200.00 late \$ 220.00 \*

5-6 Women: \$ 270.00 late \$ 290.00 \*

2009 club members and camp participants receive 10% off the above prices!

\* *Register before Saturday July 4, 2009 to avoid paying the late registration fee.*

## Sub-categories:

There are 4 sub-categories for these groups allowing for age and experience.

- Sport - average under 40
- Sport - average age 40+
- Expert - average age under 40
- Expert - average age 40+

**TEAM NAME**

**TEAM CAPTAIN**

Address

City

Province

Postal Code

Telephone (home)

Telephone (work)

E-mail

**TEAM CATEGORY**

**SUB-CATEGORY**

Name/Age 1

Name/Age 2

Name/Age 3

Name/Age 4

Name/Age 5

Name/Age 6

**TOTAL AMOUNT**

(don't forget to subtract your club or camp member discount of 10%)

## Payment Method

**Mail cheque to:** Banana Seat Productions Limited, 347-115 First Street, Collingwood, Ontario L9Y 4W3 Tel: 519 538 0011

**Visa ONLY (please fax to 519 538 0667)**

# on card

Name on card

Expiry date

Cardholder signature Refund Policy

## Refund Policy

Banana Seat will refund the cost of the event minus \$ 30.00 administration fee up to 15 days before the event. After this time there is no refund.