



Wheeling For Healing

First annual bike ride through beautiful Franklin County
to benefit Baystate Franklin Medical Center

Saturday, September 20, 2008

(rain date, Sunday, September 21)

Start at White Eagle Polish Picnic Grounds

249 Plain Road, Greenfield MA

10, 25, and 50-mile rides for cyclists of all levels

Funds raised will benefit the *Patient Needs Fund*, which provides BFMC patients in financial need with temporary funding for one-time expenses (e.g. prescriptions, transportation, medical supplies).

REGISTRATION/START TIMES

50-mile ride, challenging and hilly – registration at 8 am, ride starts at 9 am

25-mile ride, moderate ride – registration at 9 am; ride starts at 10 am

10-mile ride, suitable for beginners – registration at 10 am, ride starts at 11 am

First 100 pre-registered participants receive commemorative “scrubs” shirt.

FEES: Pre-ride registration (prior to September 15) is \$30; includes cook-out and “scrubs” shirt. Day-of-ride registration is \$40. Additional pledges are welcome; please go to www.firstgiving.com/bfmc to set up your own pledge page.

RIDE ENDS at noon with a cook-out at the home of Howie Natenshon and Rosemary Caine, 746 Colrain Road, Greenfield. Swimming, live music by *Rosie Caine & Friends, Stix and Stones, Seven Mile Line, and Haven’t a Clue.*

COURSE & WORTHY NOTES

- Bicycle helmets are mandatory for participation.
- Roads will be marked with yellow paint. Detailed cue sheets will be provided.*
- Please make sure the volunteers at the end of the ride know you have returned.
- Respect the rules of the road. **Ride single file, please!**
- Please carry sunscreen and 2 filled water bottles.
- Bring your bathing suit.

Thank you for participating in the First Annual BFMC *Wheeling for Healing* Bike Ride.
We hope you have a good time and will come back next year.

Starting from White Eagle Picnic Ground parking lot:

10-mile ride: This is a relatively flat ride that passes under Greenfield's Covered Bridge and meanders over our local bike path. It includes some wonderful scenery and is very new-biker friendly.

25-mile ride: Our middle distance ride also starts out passing under the Covered Bridge in Greenfield; then it heads north into Bernardston and Gill before it connects with the Turners Falls section of the Franklin County Bike Path. You will ride the full length, from Unity Park to East Deerfield. From there, it meanders back through Greenfield to the starting point. Like the other rides, this incorporates some wonderful views of the valley, crossing the Connecticut River twice, passing along the Turners Falls Canal, and crossing the Green River and the Deerfield River along the way. The ride has some moderately steep hills.

50-mile ride: You guessed it. This ride starts by passing through the Covered Bridge as well. Beyond that, we head to Bernardston, Gill and Northfield before we start our first long climb into Warwick. From there, we have a wonderful downhill section passing by a beautiful lake in Warwick before continuing on down the hill. We'll cross Route 2A, the Millers River and will pass under Route 2 at Wendell Depot prior to hitting our next long climb into Wendell. Once in the village of Wendell, we'll head downhill for several miles, passing by Lake Wyola and finally coming into Montague Center and Turners Falls before we head back into Greenfield. This beautiful ride has some serious (but fun) climbs for the experienced cyclist.

* To view route maps and cue sheets, and for weather and route updates, go to **The Body Shoppe** website, <http://tbs-opt.com/BFMC.aspx>.