Clean Air Ride on the Withlacoochee Trail (Paved)

- When: Saturday, March 25, 2017 with 7AM-9AM kickoff.
- Where: The ride begins at the Inverness Trail Head of the paved Withlacoochee State Trail and winds through Citrus, Hernando, and Pasco Counties in West Central Florida. The Inverness Trail Head is located 2/10 Mile North of the Old Historic Courthouse, Downtown Inverness, FL
- Start Time: 7:00AM- 9:00AM, Rain or Shine, No Mass Start, Continental Breakfast for All Entrants.
- Course: Choose from 4 distances on this spring time nature ride!
 - **14 miles** heading South from the Trail head take our shortest loop and enjoy a scenic ride to Historic Floral City.
 - **28 miles** with a fully supported SAG stop at the small town of Nobleton, including a park, music, & restrooms!
 - **48 miles** is our most popular distance and the SAG stop is located at the Ridge Manor Trailhead.(24 miles South) With large food & beverage support.
 - **100 miles** for the more serious rider. Ride the trail from end to end and complete this 50 mile stretch out & back with limited road crossings and plenty of wide open space to spin your wheels!
- Century Challenge: Riders who complete the 100 mile route will receive a commemorative Century Finisher Medallion to wear proudly!

- ♦ Entry Fee: Pre-Reg: \$30 (by Jan. 31)
 Registration: \$35 (Feb. 1 Mar 22)
 (Day of Ride Registration \$40 for All)
 Includes T-Shirt (adult sizes only), Continental Breakfast, Light Lunch at Inverness
 Trail Head from 11AM-2PM, Map, Sports
 Drink & Food at SAG Stops. Children must
 be accompanied by an adult. Event t-shirts
 guaranteed to riders registering by March
 14th. Walk-up registration is accepted.
 (\$40) (Event t-shirt if available)
- SAG Stops: 4 SAG Stops (rest areas with plenty of food & drink) along the route. Restrooms are also available. Support ends at 3:00PM.
- Lunch: Complimentary light lunch served at the Inverness Trail Head from 11AM-2PM for all registered riders.
- Registration: Online (online registrations will end at midnight on March 23rd). Go to www.cleanairride.com and follow the link to register online.

By mail: Fill out the attached application and mail to:

Citrus Road Runners P.O. Box 94 Inverness, FL 34451

- Ride Day: Day of ride registration, checkin, and packet pick-up: 6:30AM- 9:00AM at the Inverness Trail Head
- ◆ Donate: Proceeds to benefit the Key Training Center for the mentally challenged. You can make online donations via the website at www.cleanairride.com

Proud Sponsors



All Registered Riders will be entered in a drawing for FREE Prizes !!!











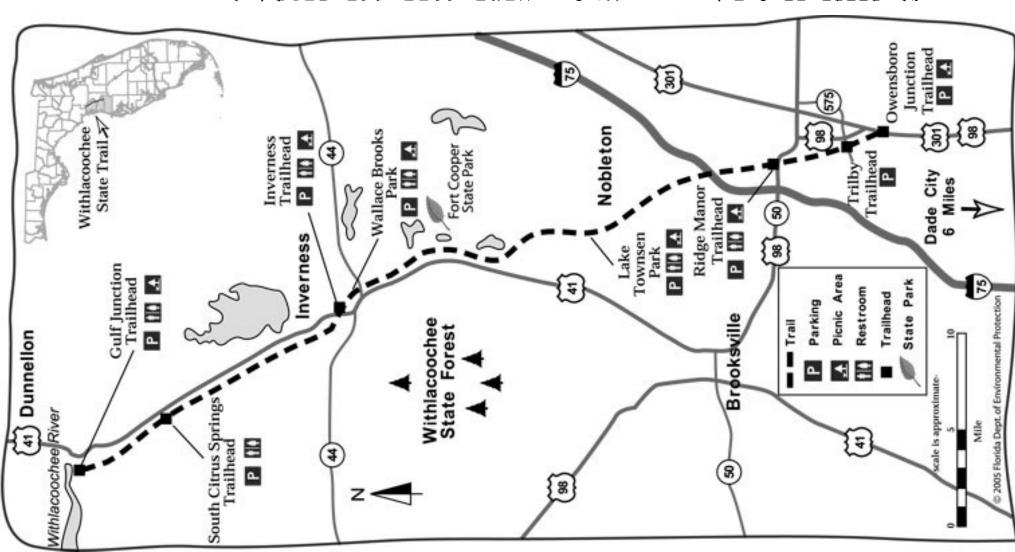














Access/Directions:

The Start / Finish is located at the INVERNESS Trailhead (2/10 mile North of the Old Historic Courthouse) on Hwy 44 & US 41 (Main St)

From Tampa: Take I-75 North to Wildwood Exit 329 Follow Hwy 44 West, 15 miles to Inverness.

From Orlando: Take the Turnpike North to I-75 and exit at Wildwood Exit 329 Follow Hwy 44 West, 15 miles to Inverness.

From Gainesville: Take I-75 South to Wildwood Exit 329 Follow Hwy 44 West, 15 miles to Inverness. Google/MapQuest the address: 270 N Apopka Ave Inverness, FL

Trail Length/Surface: 46 miles, paved (asphalt, 12' wide)

County: Citrus, Hernando, Pasco

Nearby Towns: Inverness, Brooksville, Dunnellon

Notes: Like most rail-trails in Florida, the Withlacoochee State Trail is generally flat, offering an easy ride for all skill levels. Mile markers are included on the trail.

An unpaved equestrian trail follows along portions of the paved trail



Key Training Center Mission



The mission of the Key Training Center is to assist people with developmental disabilities achieve their God given potential through an array of individualized services that promote growth, choice, and independence with kindness, love, dignity, and respect.

All people with mental retardation should be afforded all human rights and enjoy legitimate opportunities to share equally in every aspect of community life with discrimination.

When we accept and love mentally retarded people for who they are, we discover they are more like us than we ever knew.

With your hands of compassion and God's many blessing, the Key Training Center continues to be "A Place Where Miracles Happen Every Day."

Learn more at:

www.keytrainingcenter.org

Non-Profit Org U.S. Postage PAID Inverness, FL Permit # 360

Citrus Road Runners Club P.O. Box 94 Inverness, FL 34451





cycling on the

Withlacoochee Trail

Saturday

March 25, 2017

To benefit the



Key Training Center

Enjoy the sights and sounds of the nature in the spring along the Withlacoochee State Trail— the longest paved trail in Florida and named one of "The Top 10 Coolest Places You've Never Seen" in North America by the World Wildlife Fund

For more information: 352-637-2475 www.cleanairride.com

Clean Air Ride on the Withlacoochee Trail

Saturday—March 25, 2017 To benefit the Key Training Center

NAME:						
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PLAN TO RIDE: () 1	14 MILES () 28 MILES () 48 MILES	6 () 100 MIL	.ES

ENTRY FEE: Pre-Reg: \$30 (by 01/31) Registration: \$35 (by 03/22)

Includes T-Shirt (adult sizes only), Continental Breakfast, Light Lunch at Inverness Trail Head from 11AM-2PM, Map, Sports Drink & Food at SAG Stops. Children must be accompanied by an adult. Event t-shirts guaranteed to riders registering by March 9th.

\$40 Walk-up registration is accepted.

How Did You Hear About The Clean Air Ride?						
(Please Check All That Apply)						
Returning Participant ()	Website ()					
Newspaper Advertisement ()	e-Mail ()					
Newspaper Article ()	Internet Search ()					
Friend ()	Sport Store ()					
Bike Club ()	Bike Shop ()					
Mailing / Brochure ()	Other					



All participants must sign 2017 USA Cycling event release!

Clean Air Ride RELEASE WAIVER:

I know that cycling is a potentially hazardous activity. I should not enter

and ride unless I am medically able and properly trained. I agree to abide by any decision of a ride official relative to my ability to safely complete the ride. I assume all risks associated with riding in this event including but not limited to: falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, mortal or serious injury, all such risks being known and appreciated by me. I understand that safety equipment, including but not limited to helmets are required and radio headsets are not allowed in the ride and I will abide by these guidelines. Having read this waver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Citrus Road Runners, USA Cycling, City of Inverness, Chris Moling, DRC Sports, Florida Dept. of Environmental Protection and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. I also agree that I may be examined and treated if necessary during the course of the ride by qualified personnel in the event medical problems of any cause arise The ride officials or qualified personnel have the right to remove me from the event if, in their opinion, I may be suffering from a life threaten-

SIGNATURE		
DATE:		

To Register: Please make check payable to, mail entry fee and completed form to: Citrus Road Runners, PO Box 94, Inverness, FL 34451 or on-line at www.cleanairride.com