

DOUBLE DIVIDE RIDE June 12 & 13 2010

Presented by: Helena Bicycle Club



Cross the Continental Divide Twice in one weekend!

June 12 & 13, 2010 is the Helena Bicycle Club's annual Double Divide Ride (DDR) and your opportunity to join other cyclists on a bicycle ride that crosses the Continental Divide twice. Enjoy two days of cycling 139 miles (88 miles the first day, 51 miles the second) through rolling hills, tranquil valleys and challenging mountain passes. Plus, the DDR is famous for its outstanding food fare – you won't go hungry!

On day one, cyclists take on their first challenge as they ascend MacDonald Pass – a beautiful stretch offering outstanding vistas. Upon reaching the top, a rest stop with hearty refreshments awaits. The ride to Avon is a fast downhill spin with a break for a luncheon at Nevada Lake. The final leg heads towards Lincoln on the highway through the Blackfoot River Valley. In Lincoln, spend the night sleeping inside the Lincoln School or camping on the school grounds. Both Saturday dinner and Sunday breakfast are served at the school.

Day two, head over Flesher Pass – the second crossing of the Continental Divide. The rest stop at the top is well deserved. After a quick and curvy descent, riders head towards Helena. A few rollers in the Birdseye area offer another challenge, and then riders can meander to the BBQ, swim and water slide at the Broadwater Athletic Club.

Come join the ride to the top of the Continental Divide - **Twice**

Proceeds of the ride benefit:

- Helmville 4-H Club
- Lincoln School Boosters
- Marking bike routes around Helena
- Youth safety and helmets
- For matching grants to make Helena bicycle and pedestrian friendly community

Save \$\$\$ - register by May 22, 2010

Contact Bob Worthington for more information
(406) 439-7544 or rworthington1@bresnan.net

Visit our website @ helenabicycleclub.org for more information

SAVE TIME – REGISTER ONLINE AT

BikeReg.com