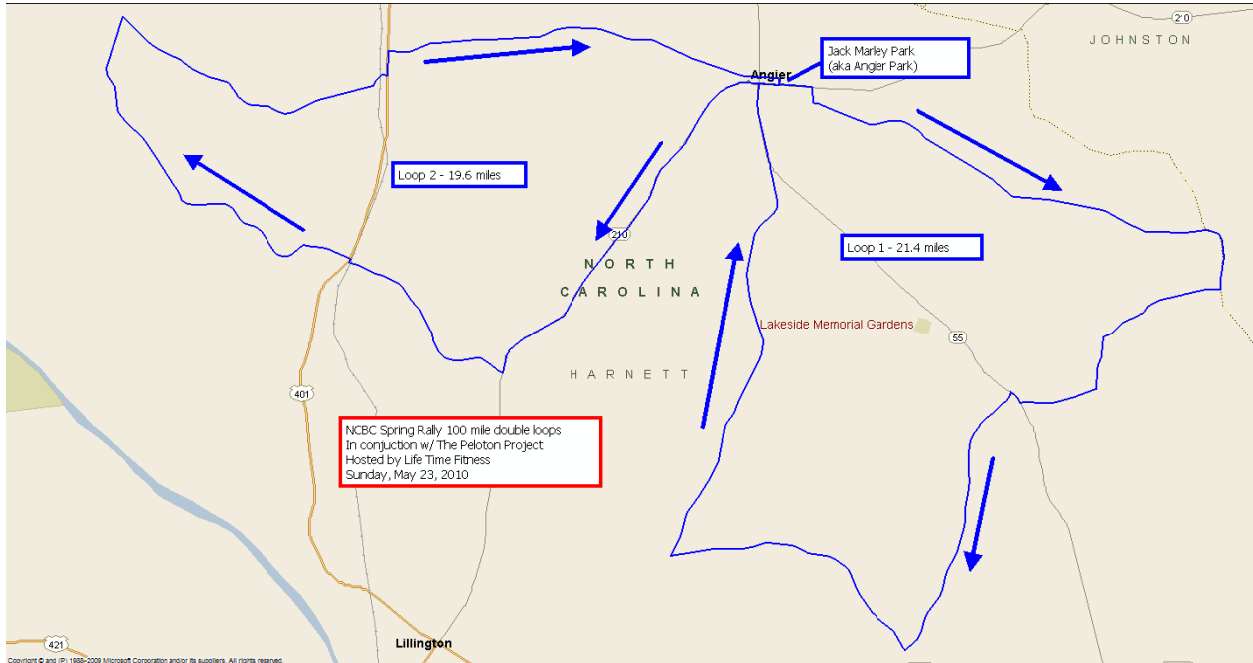


# NCBC 2010 Spring Rally

In conjunction with The Peloton Project  
Hosted by Life Time Fitness

## 100 mile double loop route



Start/Finish: Life Time Fitness

SAG stops: Jack Marley Park in Angier  
Citgo Station at Sunset Lake & Bass Lake

Route direction indicators: Red 

Cut-off at Jack Marley at 11:00 for start of 1<sup>st</sup> loop and 12:30 for 2<sup>nd</sup> loop  
Course closes at 4:30 pm

Showers facilities and lunch at Life Time Fitness after ride

This ride supports **The Peloton Project** group ride protocol

**Stop at red** (Obey traffic lights and stop signs)

**Share the road** (Ride two abreast and let cars pass quickly)

**Signal your moves** (Behave predictably and responsibly)

**Show the way** (Be responsible in leading the pack)

**Speak up** (Communicate hazards in group)

**Slide left** (Anticipate Left turns)