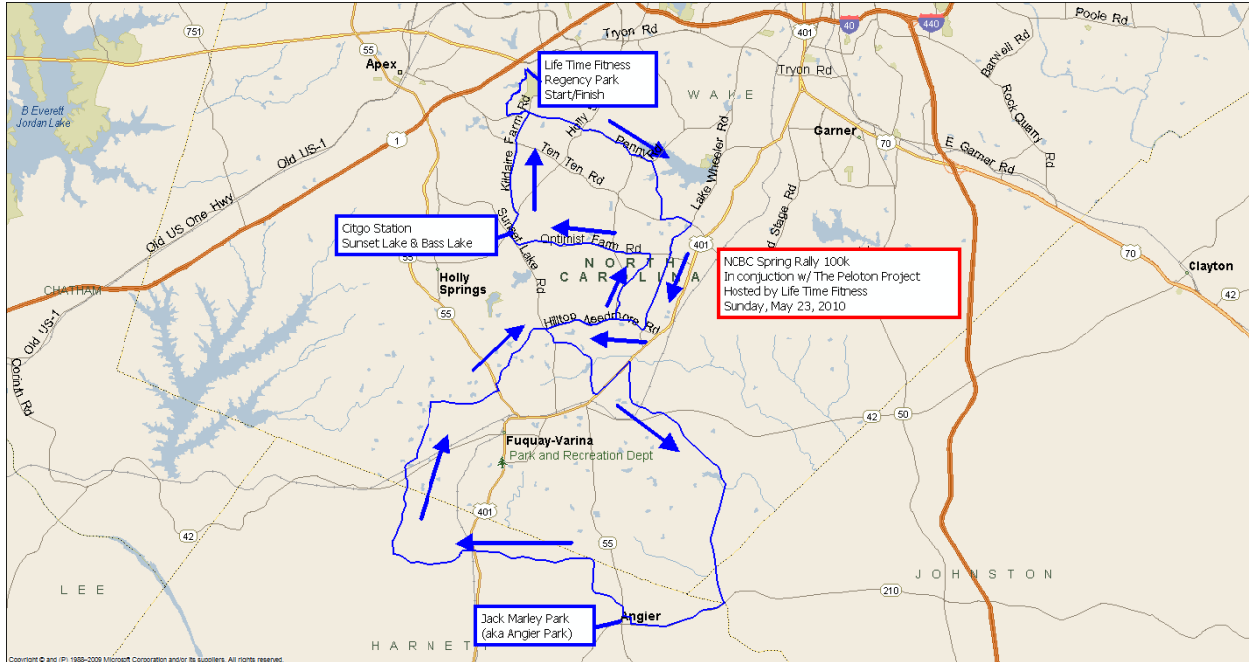


NCBC 2010 Spring Rally

In conjunction with The Peloton Project
Hosted by Life Time Fitness

100k route



Start/Finish: Life Time Fitness

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

Route direction indicators: Yellow 

Course closes for 100k route at 2:30 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)