



Take the 7th Annual Pine Mountain Challenge! Saturday, October 26, 2013

- 30-, 47-, 75- and 115-mile courses with prizes for first finisher in each
- Family ride up to 14 miles
- Routes through Muscogee, Harris and Meriwether Counties
- Rides start at Bikes and Beyond
(3690 Manchester Expwy, across from Legacy Chevrolet)
- Rest areas with refreshments and fluids
- After-ride meal and Challenge tee shirts for pre-registered participants. T-shirts will be available for on-site registrants for purchase.

Onsite registration: 7:00 AM

Ride begins: 8:00 AM

PLUS FREE HEALTH FAIR

for spectators and riders provided by
Valley Healthcare System

- Blood pressure check
- Dental screening
- Diabetes screening (finger prick test)
- Flu shots (\$10 each)

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