



Pine Mountain | BIKE RIDE Challenge

- WHAT:** 7th Annual Pine Mountain Challenge (Bicycle Ride)
- 11-Mile Family Ride- Psalmond Road
 - 30, 47, 75, and 115 mile courses with prizes for first finisher in each
 - Routes through Muscogee, Harris and Meriwether Counties
 - Rest areas with refreshment and fluids
 - After-ride meal and Challenge tee shirts for pre-registered participants.

PLUS FREE HEALTH FAIR
For spectators and riders provided by
Valley Healthcare System

WHEN: **Saturday, October 26, 2013**

WHERE: Bikes & Beyond, 3690 Manchester Road; Columbus, GA
(Across from Legacy Chevrolet)

TIME: **Onsite Registration 7:00 am**
Ride Begins at 8:00 am

WHY: Assist in providing health care for those who cannot afford to pay.

VISIT US ONLINE AT: www.valleyhealthcolumbus.com
(Pine Mountain Challenge)

For additional information, please contact the Pine Mountain Challenge Team at:

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