



Wear your flair to the Valley Girls Ride and wear a sunflower for Marsha

The Courses

Short Course (10 or 20 miles) starts at 11:00
Choose either easy course of approximately 10 or 20 miles designed for beginners. The 10 mile route will be a mostly scenic residential road with one rest stop at the halfway mark. The 20 mile route follows the start of the longer courses into the countryside to the East. There will be plenty of bike patrol to help with directions, questions and minor repairs. These courses were specifically designed to attract beginners or coax former cyclists back on their bikes.

Medium Course (35 miles)-starts at 9:30 AM
A truly mid-distance ride: this course combines the relaxed social atmosphere of the short course with some of the scenery of the long course to make it the perfect challenge for the recreational rider. Rest stops and support included.

Long Course (64 miles)-starts at 8:30 AM
Designed as a metric century (100k or 64 miles) through the countryside east of Clovis. The route is mainly rural roads with rolling hills and flat stretches. It will include rest stops. The level of difficulty is easy to moderate with "sight seeing" and socializing as the main goal.

Event day check in begins at 7:30 AM at Wild Water Adventure Park 11413 E. Shaw Ave, Clovis CA. Check the website for updates.
<http://valleygirlsride.com/>

2009
VALLEY GIRLS RIDE

IN HONOR OF



❁ MARSHA SORENSEN ❁

The Valley Girls Ride is dedicated to our friend, Marsha Sorensen

Marsha was born in Illinois and moved to California in the early 1970's. She taught school in Clovis and Kerman for many years. She loved teaching and inspiring kids to achieve their full potential.

After she retired she volunteered for many non-profit organizations in Fresno including: CASA for abused and neglected kids, the Fresno Zoological Gardens, the Metropolitan Museum of Art and Make-A Wish.

We had the pleasure of getting to know Marsha when she joined Team in Training (TNT). Her first event was the 2003 America's Most Beautiful Bike Ride around Lake Tahoe.

Marsha (continued)

Marsha was new to the sport of cycling. She started on an old bike with no experience and threw herself into the sport and the cause wholeheartedly and became an excellent rider. She made personal connections to the cancer patient honorees and they became her inspiration while pedaling up those long hills and over many miles.

Right away Marsha made fast friends on the team. She helped organize fundraisers, volunteered in the office and worked to improve all the support programs connected to the TNT cycling team. She exemplified TEAM in every way. After participating in the Cinderella Classic in March 2005 with her close friends, she decided to do the same kind of event in the Central Valley with the goal of sharing the love of cycling, and promoting comradeship among women. Sadly, shortly after forming the event committee, she died as a result of a tragic accident. She will always be in our heart and on our team.

Thanks for a great Ride.....
Forever Marsha

The Organizers

The Valley Girls Ride is part of the Central Valley Cycling Charitable Association aka "Parker's Team." The members of CVCCA combine their love of cycling with their passion for helping others. By recruiting new members, organizing and promoting bicycle related community events, and increasing awareness for various causes CVCCA raises funds for local and national charities. 100% of the funds raised by new members go directly to charity. In return for fund raising the new members are trained by experienced coaching staff for a 100-mile bicycle ride. The CVCCA website is <http://www.cvcca.org/>



Women on Wheels

Want help getting ready for the VGR?
Contact Patty Thompson
Clovis Hills Community Church
Women on Wheels
559-999-9627 or 559-297-7565
pepmint7@hotmail.com
Contact by July 2009

Participant information:

Name _____

Address _____

City, State, Zip _____

Cell Phone _____

Other Phone _____

Email _____

- Event Registration includes after ride luncheon.
- The first 200 registrants receive a very cool premium.
- A limited selection of our beautiful jerseys will be available for purchase at event check-in.
- Mail entries to **Valley Girls Ride PO Box 3611 Pinedale, CA, 93650-3611.**
- Make checks payable to **"Valley Girls Ride"**
- Early registration must be **received** by Oct. 12, 2009. Add \$10 for registration received after Oct. 12, 2009.
- Circle Appropriate Size when ordering apparel

SHORT COURSES	\$35	
MEDIUM COURSE	\$45	
LONG COURSE	\$55	
ARM WARMER PURCHASE	\$25	
SM MD L		
SOCK PURCHASE	\$10	
SHORT CUFF		
ANKLET		
TOTAL		
LATE REGISTRATION	\$10	
TOTAL		

You may also register at active.com



The Valley Girls "kit" includes our beautiful jersey, arm warmers and socks.



Helmets Mandatory!!!

Ride goes rain or shine: No Refunds. All riders must sign a release of liability waiver at check-in. Participants under 18 must be accompanied by an adult female. California Vehicle Code must be observed. Section 27400 prohibits earphones while operating a motor vehicle or BICYCLE, so no iPods/MP3's and please stop away from traffic if you use your cell phone. Please keep your pets at home. Cheerleaders, and family are welcome along the course to give you encouragement.

Saturday

October 17, 2009

Wild Water Adventure Park

11413 E Shaw Ave

Clovis CA 93619

<http://valleygirlsride.com/>



Valley Girls Ride

in honor of

Marsha Sorensen

PO Box 3611

Pinedale, CA 93650-3611

2009 Beneficiaries

Spirit of Woman

Central California Blood Center