



1st Annual SCU Cycling Team Alumni Ride

Who: SCU Alumni, family member or groupie with a love for cycling

When: Sunday October 12th 8:00 am to 2:00 pm

Where: Integrate Performance Fitness, 2624 Fayette Drive Suite D, Mountain View CA 94040, 650-941-9148

Why: Come meet the SCU Cycling team for an afternoon of fun, food and great riding.

Cost: \$50, entry fees include pre and post ride food as well as a fully supported ride out on the road European peloton style. Payment is due **NO LATER THAN OCTOBER 9th**. Payment can be made in either cash or check. All proceeds will go to the **SCU Cycling** team as it prepares for another successful season of racing in 2009. Program donations will also be accepted. **Please make checks payable to SCU Campus Recreation** (write cycling in the memo line). Please mail payment to *SCU Cycling Alumni Ride*, 500 El Camino Real, Malley #715, Santa Clara, CA, 95053.

The Ride: The festival will begin at **Integrate Performance Fitness**. This is the **official** performance improvement center for the SCU Cycling Team. It is owned by team Head Coach, slave driver and 1995 **Santa Clara University Alum**, Al Painter.

Doors will open at 8:00 am for pre-ride coffee, bagels and snacks. At 9:15 am we will be departing for what will be a fun and leisurely ride through the beautiful roads in the Woodside area. The route of the ride can be viewed on Google maps through the following link:

<http://maps.google.com/maps/ms?msa=0&msid=109722181533487713502.0004559d7432aabee5597>

As a rule of thumb this ride will be a **NO DROP RIDE**, so leave the solo break aways for another day. Sag will be provided, and will include maintenance, snacks and transportation back to Integrate should an emergency arise. The ride will return to at approximately 12:30 pm, at which point the post ride feeding frenzy will commence! Al will also lead a post ride stretching routine and there will be photos, stories and information about SCU cycling.

RSVP NO LATER THAN OCTOBER 9th.

Directions:

From 101 - Take the San Antonio exit towards the west. Turn Right onto Fayette Drive. Studio is on the right.

From 280 - Take the El Monte exit towards the east. Turn Left onto Foothill Express followed immediately by a soft right onto San Antonio. Turn left onto Fayette Drive, and turn into the 4th driveway on the right. It is in the back of the complex. Look for the **red doors** and **navy blue awning**.