

The Oxon Hill Bicycle and Trail Club
presents

THE

**SOUTHERN MARYLAND
MAY METRIC CENTURY**
(63, 40, and 26 mile options)

Saturday, May 3, 2003

LOUISE COSCA REGIONAL PARK
ATHLETIC COMPLEX
Clinton, MD

Registration 7:00 - 9:00 A.M.
Rest stop closes at 2:00 P.M.
Last Course Sweep at 3:00 P.M.

Registration Fee: \$10.00

Children 18 and under FREE
(must be accompanied by an adult)

FEATURES

- Map and Cue Sheet
- Course Markings
- Rest Stops every 20 miles
- Snacks and Drinks
- Sag Wagon Support

COURSE DESCRIPTION

The SOUTHERN MARYLAND MAY METRIC meanders over some of Southern Maryland's nicest rural roads, including the Merkle Wildlife Sanctuary, during Dogwood, Lilac, Azalea, Tulip and Iris blossom season. The course is rolling with a few flat stretches and hills. The 100 kilometer (63 mile) figure-eight loop has rest stops for snacks and drinks at about the 20 and the 40 mile marks.

The FUN 40 and the TERRIFIC 26 Not ready for 100 kilometers? An optional 20 mile return is also available at the first rest stop for a total of 40 miles. Two optional shortcuts can further reduce the total to 26 miles.

DIRECTIONS TO THE START

Take Beltway Exit 7-A (MD Rt. 5 south) for 4 miles. At Clinton, turn right on MD Rt. 223 (Woodyard Road) and go 3/4 mile. Turn left at light on Brandywine Road (Md Rt. 381). Go one mile to the light at Thrift Road and turn right. The Louise Cosca Park Athletic Complex entrance is on the right in about one mile. Follow signs to the registration area.

Website: ohbike.org

E-mail: info@ohbike.org

Phone: 301-567-0089

REGISTRATION FORM

Name _____
Address _____
City/State/Zip _____
E-mail _____
Phone _____

Emergency Contact:

Name _____
Phone _____

I plan to ride:

63 miles 40 miles 26 miles

REGISTRATION FEE

(\$10 per rider over 18) _____

**IMPORTANT: Please read and sign
release form on the back.**

PRE-REGISTRATION:

Mail with check to:

**Oxon Hill Bicycle and Trail Club
P.O. Box 81
Oxon Hill, MD 20750**