



13th Annual Leona Valley Bicycle Fun Ride

Sponsored by Antelope Valley Trails, Recreation & Environmental Committee

of the

Antelope Valley Conservancy

Antelope Valley Trails Recreation and Environmental Committee

Saturday, May 16th 2009

www.avconservancy.org

Starting at the Leona Valley Community Center



Riders will proceed along Leona Valley, Lake Elizabeth and through other rural communities. The scenery is lovely country side with rolling green hills.

Short ride 21 miles with 800 ft. vertical gain. Slight incline with some rolling hills and a faster return with normal wind to the riders back. Two other challenging rides - climbs and down hills. Medium ride 42 mile with 2,900 ft. vertical gain, and new metric century- 64 miles with 4,600 ft. vertical gain.

Directions: From Palmdale (off the 14 Freeway Palmdale Blvd.). Go west on Palmdale Blvd. about 8.5 miles (if you come to a four way stop, you have gone too far). The Leona Valley Community Center is on the north side of the road - **8367 Lake Elizabeth Road.**

Preregistration fee \$35.00 (Tandem add \$10) (Late fee add \$10)
Registration starts at 6:30 AM includes water, food stops, route slips, insurance and lunch.
Longer rides start 7:00 AM. The 21 mile ride start at 8:00 AM.

Helmets required. Bring water bottle and pump. Be prepared to handle your own repairs.
Volunteer support vehicle on the road to pick up riders who are unable to complete the course.

------(Ride Rain Wind or Snow)-----

Name _____ Address _____

City _____ Zip _____

Phone _____ Email _____

How many _____ Total \$ _____ Tandem add \$10

Total \$ _____ Add \$10.00 late fee after May 13th.

Make your check to: AV Conservancy P.O. Box 3133, Quartz Hill, CA 93586-3133
For information call (661) 943-9000 or avconservancy@yahoo.com Leona Valley Bike Ride 2009

AV Conservancy is a 501 C 3 non profit corporation.