



2009 MOST Bestest Tour

Sunday August 23

Stating Point:

**Nellie B. Chisolm Middle School
Montague, Mi.**

75, 50, and 25 mile routes

**Lunch, Food Stops and Water bottle
included in fee Limit 300 riders**

SAG Service provided until 4 p.m.

Showers post ride

**Day of event registration allowed
(8 a.m. to 10 a.m.)**

From the South

**US 31 north to the Colby Street exit. Follow
exit around curve headed in westerly direction.
Travel through Whitehall (3 stop lights). the
road makes a sharp bend to the right.**

Cross over the river to Montague.

**Turn right at the stop light (by the World's
Largest Weather Vane) onto Water Road or
Business 31.**

**Travel about 1/2 miles to just past the Wesco
Station, turn left and go up the hill on Stanton
Blvd. The school is on the right just past the
stop sign.**

From the north

**Head south on 31 to the Fruitvale Road exit.
Turn right at the stop sign at the end of the exit
and go west.**

**At the four way stop turn left and head south
on Business 31.**

**Travel about 2 miles to Stanton Blvd. (by the
Wesco Station). Turn right and go up the hill.**

Place
Stamp
Here

West Michigan
Coast Riders
c/o Bill Schouman
2694 Hittle Creek
Fruitport, MI
49415

MOST TOUR

*(Muskegon Oceana Scenic Tour) bestest
tour ever!*

SUNDAY

August 23, 2009

Limit 300 riders



The MOST

Bestest Tour

SUNDAY AUG 23, 2009

MONTAGUE, MI

Nellie B. Chisolm Middle School
4700 Stanton Blvd.
Montague, MI 49437

Sponsored by:



www.wmcoastriders.org

ACTIVE.com

2009 MOST Tour

(Muskegon Oceana Scenic Tour) bestest tour ever!

8/23/2009 SUNDAY

The West Michigan Coast Riders are pleased to add a new ride to the Summer's cycling calendar on August 23, 2009. The MOST Tour is an enjoyable ride on flat to gently rolling terrain in Muskegon Oceana Counties. The tour goes along Lake Michigan and passes by inland lakes, beaches and fruit farms. Come join us for our ride at one of the best times of the year.

Routes

The MOST Tour offers three different routes 25, 50, and 75 mile routes. These are all supported by maps and road markings.

Lunch, Snacks, and a Water bottle

The registration fee includes lunch, food stops and a water bottle. Lunch will be made available at the registration area from 11:00 a.m. and 4:00 p.m. Food stops will be available by 9:00 a.m. Water bottles will be distributed to riders at registration on the day of the ride.

Support Assistance Groups

SAG vehicles will make continuous circuit of all routes throughout ride hours. They will assist all riders with problems. Priority will be given to those riders with serious medical problems, followed by serious mechanical problems, and lastly to those who simply are tired or need to fix a flat. This service will be available until 3 p.m.

Safety

Cyclists are expected to follow all traffic laws. Ride with traffic, and never more than two abreast. Cyclists should ride single file when motorist or other cyclists approach from the rear. If you need to stop, move yourself and your bike completely off the pavement. **All riders must wear a helmet.**

Preparation: Riders should make sure their bicycle is in good working condition prior to the event. We strongly suggest that you bring a pump, patch kit, extra tube, on the road tools and water bottle on the ride.



Registration Form: Please Print Clearly

Name _____

Phone (____) _____

Address _____

City _____

State _____ Zip _____

Age _____ Male _____ Female _____

Entry forms s/b sent to:

West Michigan Coast Riders, c/o Bill Schouman
2694 Hittle Creek,
Fruitport, Mi. 49415

The under signed assumes all responsibility for and all risk of damage or injury that may occur to the undersigned as a participant in the MOST Tour or any activities associated therewith. I also hereby consent to and permit emergency treatment in the event of injury or illness.

I, the undersigned, recognize the West Michigan Coast Riders is not responsible for the condition of the highways, roads, or biking trails or for the actions of other drivers, traffic, other bicyclists, pedestrians or obstructions along the roads and trails. If an accident occurs, the question of liability shall be between the undersigned and the third party involved, if any, not with the West Michigan Coast Riders or its leaders. I shall abide by traffic laws and regulations and practice courtesy and safety in cycling.

In consideration of being accepted as a participant, I the undersigned, hereby release, discharge and agree to hold harmless the West Michigan Coast Riders, the League of Michigan Bicyclists, and all of their officers, directors, members, and all other agents from all claims, demands, anticipated or unanticipated, and resulting from or arising out of, or accident to, the undersigned's participation in this activity, even from those claims of the West Michigan Coast Riders negligence or that of its leaders. I agree to wear a helmet.

I have read and understood, and I agree to, the foregoing Assumption of Risk Agreement and Liability

Release, this _____ day of _____ 2009

Signature of Entrant

Signature of Parent/Guardian if entrant is under 18

Please check the route you plan to ride:

75 mile 50 mile 25 mile

Entry Fees: Postmarked by August 12, 2009

Individual \$ 15 _____ Family \$30 _____

Postmarked after August 13, 2009 or day of ride

Individual \$ 20 _____ Family \$40 _____

Check or money order s/b payable to:

West Michigan Coast Riders

Questions! Please call Breakaway Bicycles at:

231-799-0008 or Bill Schouman at 231-865-8765
after 6:00 p.m.

Or e-mail shoepop@aol.com