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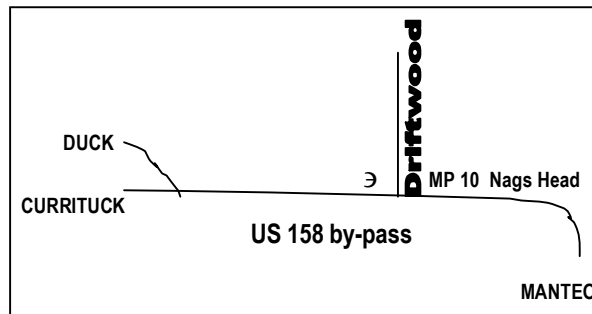
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STILL WATERS

Independent Baptist Church



US 158 & E. Driftwood St.
at MP 10 in Nags Head
PO Box 148 Nags Head, NC 27959
www.stillwatersbaptist.org
(252) 255-1835
Tony Facenda, Pastor



**SPACE IS LIMITED
REGISTER TODAY
AND HELP THE BEACH FOOD PANTRY**

**PLEASE HAVE YOUR REGISTRATION
IN BY SEPTEMBER 7**

10th ANNUAL OUTER BANKS LIGHTHOUSE TO LIGHTHOUSE BIKE RIDE

**To benefit the
Beach Food Pantry**



Currituck



For All Ages

**Three Different Lengths
One Great Day**



Bodie Island

Saturday September 10, 2011

2011 LIGHTHOUSE TO LIGHTHOUSE BIKE RIDE REGISTRATION FORM

Phone # _____

City _____ State _____ Zip _____

miles _____ 50 miles _____ 66 miles T shirt size _____ Child _____ Adult _____ S _____ M _____ L _____ XL

Registration form and deposit to Still Waters Baptist Church P.O. Box 148 Nags Head, NC 27959



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to benefit the Beach Food Pantry

THE ROUTES

Each route will go from the Currituck Lighthouse in Corolla to the Bodie Island Lighthouse south of Nags Head.

25 MILES - A great ride for families

On this route you will ride on various bike paths, being transported from one path to another.



50 MILES - A great way to exercise

On this route you will ride on bike paths and through neighborhoods most of the time. There are brief stretches through Kitty Hawk and near the Currituck lighthouse where you will bike on the shoulder of the road with traffic.

66 MILES - A great workout

This route is the same as the 50 mile with the addition of cycling back to the church from Bodie Island instead of being transported.

We recommend that all participants wear a helmet. Those under 18 must wear helmets!



CHECK IN 7:00 -7:45 AM

Still Waters Baptist Church
US 158 & Driftwood St. at MP 10 in Nags Head, NC

Continental breakfast - 7:00 . 7:45 AM
(cereal, sweet rolls & fruit)

Everyone must be at the church by 7:45.



WHAT TO EXPECT

- All riders and bikes will be transported from the church to the Currituck lighthouse.
- There will be rest stops complete with restrooms, water and an assortment of snacks and fruit.
- Support vehicles will also be on hand to provide assistance if needed.
- Riders and bikes on the 25 and 50 mile routes will be transported back to the church from the Bodie lighthouse.
- The 66 mile route ends at the church.
- A full lunch will be provided at the church.

THANKS FOR YOUR INTEREST
IN THIS YEAR\$



LIGHTHOUSE TO LIGHTHOUSE BIKE RIDE

TO BENEFIT
THE FOOD PANTRY
We will be accepting non-perishable items and donations.



THE COST
\$30 (+ food items) per adult
(\$10 for youth, 16 and under, accompanied by an adult)
DUE AT REGISTRATION (by Sept. 7)

HOW TO REGISTER

- IN PERSON –
Still Waters Baptist Church
US 158 and Driftwood Street at MP 10 in Nags Head
- BY MAIL –
Still Waters Baptist Church
PO Box 148
Nags Head, NC 27959
- ON THE WEB – www.stillwatersbaptist.org
Click on Bike Ride



**PLEASE HAVE YOUR REGISTRATION
IN BY SEPTEMBER 7**