



Waynesboro

Parks & Recreation

Dear Cyclist,

On behalf of the City of Waynesboro Parks & Recreation, thank you for signing up for the 28th Annual Tour de Valley Century and Metric Century Bike Ride. We would also like to thank the dozens of volunteers that will be helping keep all of you safe and fed over the course of the day! This packet contains most of the details about the event, from packet pickup to parking on the day of the event. If you have other questions concerning the tour please feel free to email us at RTV@ci.waynesboro.va.us or call 540-942-6735. Proceeds benefit the Woodard Memorial Scholarship Fund at Fishburne Military School - thanks for you support!!!

Thanks again,
Amanda , Ben, & Dwayne - Waynesboro Parks & Recreation



Packet/Bib Pickup

**Friday, September 2 from 5:00pm-7:00pm
at the War Memorial Pool, Ridgeview Park
700 S Magnolia Ave, Waynesboro**

**Saturday September 3 from 6:45am-7:15am
at the War Memorial Pool, Ridgeview Park**
(Please enter the park from S Magnolia Ave turning right at the entrance into
the grassy area for parking)

Event Starts at 7:30 AM

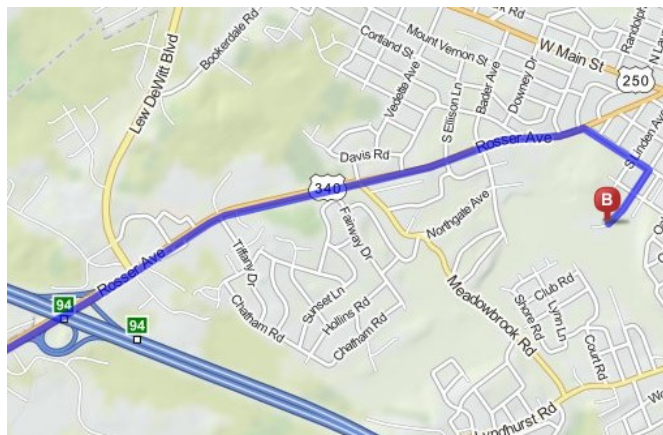
Event Parking



Parking on the day of the event will be in the grassy field to the right of the park entrance. You will take a right hand turn at the park entrance following the signs. There will be a parking attendants to direct you.

Directions to Ridgeview Park and War Memorial Pool

From I-64, take Exit 94. Go East on Route 340 towards Waynesboro. Proceed approx. 2 miles. At the traffic light at Riverview Cemetery, turn right onto 13th St. At the stop sign turn right onto Magnolia Ave. Magnolia ends at the park.



EVENT STARTS AT 7:30 AM

REMINDER: NO HELMET, NO RIDE!

Restrooms

The restrooms and showers at the War Memorial Pool will be available for the duration of the event. There will also be Port-a-Johns at each aid station.

Aid Stations

Century– Mile 24.3 at Smokey Row Baptist Church
Mile 53.3 at Goshen Pass
Mile 79.2 at 139 Indian Ridge Rd

Metric- Mile 24.3 at Smokey Row Baptist Church
Mile 41.5 at 139 Indian Ridge Rd

Each aid station will be stocked with Water, Gatorade, Peanut Butter and Jelly Sandwiches, Bananas, Oranges, and Pretzels. Aid Station #1 will also have Peanut Butter Crackers and #2 and #3 will have snack cakes!

If there is anything else you anticipate needing please come prepared!

Race Bibs & Timing:

You will have 2 bibs, 1 to wear on your self and 1 on your bike! Make sure your bib number is VISABLE so we can clock your time when coming across the finish line.

The Bike Depot

Just outside the pool gate there will be a nice shady, roped off area for you to rest your bike after a long ride! Please utilize this area for storage and save the grassy space inside the fence for people. Thank You!

Post Race Party:

Once you have finished the race...
relax & enjoy swimming, great food, and good brews!

We will be serving pizza, subs, soda and
Seven Arrows Brewing Company to any participants 21 and
older. Your registration fee includes 2 beers.

Please have your Race Bib on hand.

YOU MUST BRING YOUR ID

**Our staff will be checking IDs and giving wristbands to
those eligible for alcohol.**

All alcohol must be consumed within the fenced pool area.

Massage Station

Integrative Health Therapies will provide post sports
massages for \$1 per minute, minimum of 15 minutes.

They will be able to accept cash OR card!



Awards Ceremony

The top male and female overall winners for both the Metric and
Century rides will receive a 15 minute massage from Integrative
Health Therapies, to be redeemed on the day of the event!



In 2008 Mario Woodard started Michael's Ride, a Century and Metric Century Cycling Event to honor the life and legacy of his son Michael Woodard (class of 2007). The goal of Michael's Ride was to not only honor the life of this young man but to raise money for other students wishing to attend Fishburne Military Academy as Michael did.

This year several Fishburne staff and alumni will be riding with us!

We are excited that a portion of the proceed from this year's race will be donated to the Michael Woodard Memorial Scholarship Fund at Fishburne Military Academy in Waynesboro. This is a need based scholarship that is awarded at graduation each year.



2016 Tour de Valley Century Course Cue Sheet

Incr.	Total	Direction and Road Name	Road No.	Comments
0	0	Start at Ridgeview Park/700 S Magnolia Ave		TDV/War Memorial Pool Contact # 540-942-6767
0.2	0.2	Left on 13th St		
0.3	0.5	Left on Rosser Ave		Waynesboro PD @ intersection
0.4	0.9	Left on Lovers Lane		Waynesboro PD @ intersection
0.5	1.4	Left of Meadowbrook Rd		
0.6	2.0	Right on Lyndhurst Rd.		
2.0	4.0	Left on Lyndhurst RD	664	
0.4	4.4	Right on Shalom RD	632	
1.9	6.3	Left on Route 340 Stuarts Draft Highway	340	ObeY traffic/PD Support
2.0	8.3	Right on Augusta Farms RD	649	Traffic light
0.7	9.0	Left on Roundhill RD	649	Beware Approaching traffic
1.3	10.3	Right on Tinkling Spring RD	608	
0.6	10.9	Left on Christian's Creek RD	648	BEWARE of approaching traffic!!! PD Support
3.8	14.7	Left on Christian's Creek RD	647	Crossing I-81
0.3	15.0	Left on RT 11 Lee Jackson Highway	11	at Coca Cola Plant
1.1	16.1	Right on Cochran Mill RD	871	
0.9	17.0	Straight on Old Greenville RD	613	Road name changes
0.4	17.4	Right on Mill Creek Lane	872	
1.1	18.5	Right on Stingy Hollow RD	693	
1.6	20.1	Left on Rt 252 Middlebrook RD	252	
2.1	22.2	Right on Smokey Row Rd	709	
2.1	24.3	Church on right - 1st Rest Stop		On right in church parking lot
0.0	24.3	From rest stop Right on Eidson Creek RD	710	
0.5	24.8	Left on Glebe School RD	708	
0.6	25.4	Bear Right on Glebe School RD	708	Rt 708 will become 876
2.2	27.6	Straight thru on Glebe School RD	876	
3.6	31.2	Straight thru on Summerdean	602	Metric turns left here
2.7	33.9	Bear Right on Summerdean	602	Go past Shemariah Church
2.0	35.9	Go straight thru on Walker Creed Rd.	602	
4.1	40.0	Stop Sign, go right on Walker Creek Rd.	602	Watch for Potholes from hear to Rt. 39
6.0	46.0	Bear Right, staying on Walker Creek Rd.	602	
3.4	49.4	Right on Maury River Rd.	SR39	
3.9	53.3	2nd Rest Stop and turnaround at Goshen Pass Wayside Area	SR39	At Wayside area - turnaround and head back on SR39
6.3	59.6	Turn Left on Brownsburg Turnpike	252	
7.0	66.6	Right on Raphine RD	606	Long hill -2.5 mile
3.6	70.2	Left on 919 or Stoners Hill/Old Providence RD	919	Sign with road name is missing
4.9	75.1	Turn Left on Broadhead School Road	675	
0.6	75.7	Turn Right on McClures Mill Road	604	
1.4	77.1	Turn Right on Stover School Road	662	Join up with METRIC riders on Stover School
1.6	78.7	Cross Lee Jackson Highway	662	in Greenville
0.0	78.7	Straight across on Pen Apple RD		
0.1	78.8	Left onto Main St leaving	1205	Old Rest Stop Area on left
0.4	79.2	Right on Indian Ridge RD	657	3rd Rest at top of hill, 1 house before Tractor sign
0.0	79.2	3rd Rest Stop at 139 Indian Ridge Road		Enjoy the Shade!
5.2	84.4	Right on OffLiter Road	656	
0.7	85.1	Left on Cold Springs Road	608	
2.1	87.2	Left on Howardsville Turnpike	608/610	At Stop light
0.8	88.0	Right on Wayne Ave.	639	1st turn after railroad tracks
2.3	90.3	Right on Patton Farm RD	633	
1.2	91.5	Left on China Clay	634	
0.3	91.8	Left on Lyndhurst RD	624	Beware traffic
0.9	92.7	Left on Lipscomb Road	635	
1.5	94.2	Right on Hall School Road	639	
1.2	95.4	Right on Shalom RD	632	
1.5	96.9	Left on Lyndhurst RD	664	
0.4	97.3	Right on Lyndhurst RD	664	
2.0	99.3	Left on Meadowbrook Rd.		
0.5	99.8	Right on Greenway Cir (turns into Lover's Ln)		
0.4	100.2	Right on Rosser Ave		
0.3	100.5	Right on 13th St		
0.2	100.7	Right on S Magnolia		
	100.7	FINISH!!!		

Incr.	Total Miles	Direction and Road Name	Road Number	Comments	
	0	Start at Ridgeview Park/ 700 S Magnolia Ave			
0.2	0.2	Left on 13th St		2016 Tour de Valley Metric Course Cue Sheet TDV/War Memorial Pool Contact # 540-942-6767	
0.3	0.5	Left on Rosser Ave			
0.4	0.9	Left on Lover's Ln.			
0.5	1.4	Left on Meadowbrook Rd.			
0.6	2.0	Right on Lyndhurst Rd.			
2.0	4.0	Left on Lyndhurst RD	664		
0.4	4.4	Right on Shalom RD	632		
1.9	6.3	Left on Route 340 Stuarts Draft Highway	340		Obey Traffic Lights
2.0	8.3	Right on Augusta Farms RD	649		Beware approaching traffic
0.7	9.0	Left on Roundhill RD	649		
1.3	10.3	Right on Tinkling Spring RD	608		
0.6	10.9	Left on Christian's Creek RD	648	BEWARE approaching traffic	
3.8	14.7	Left on Christian's Creek RD		Crossing I-81	
0.3	15.0	Left on RT 11 Lee Jackson Highway	11	at Coca Cola Plant	
1.1	16.1	Right on Cochran Mill RD	871		
0.9	17.0	Straight on Old Greenville RD	613	Road name changes	
0.4	17.4	Right on Mill Creek Lane	872		
1.1	18.5	Right on Stingy Hollow RD	693		
1.6	20.1	Left on Rt 252 Middlebrook RD	252		
2.1	22.2	Right on Smokey Row Rd	709		
2.1	24.3	Church on right - 1st Rest Stop		On right in church parking lot	
0.0	24.3	after rest stop Right on Eidson Creek RD	710		
0.5	24.8	Left on Glebe School RD	708		
0.6	25.4	Bear Right on Glebe School RD	708	RT 708 will become 876	
2.2	27.6	Straight thru on Glebe School RD	876		
3.6	31.2	Turn Left on Mish Bam Road	876	At big restored house	
3.3	34.5	Turn Right on MiddleBrook Village Road	252	Welcome to downtown Middlebrook	
0.1	34.6	Left on Cherry Grove RD	670	in Middlebrook, beware of gravel	
1.7	36.3	Continue on Cherry Grove Road	693	Follow road markings	
0.4	36.7	Right on Stover School RD	662		
2.7	39.4	Straight on Stover School Road	662		
1.6	41.0	Cross Lee Jackson Highway	662	in Greenville	
0.0	41.0	Straight across on Pen Apple RD		Beware Century Riders Entering from right	
0.1	41.1	Left onto Main St	1205	Going past old stop	
0.4	41.5	Right on Indian Ridge RD	657	2nd Rest at top of hill, 1 house before Tractor sign	
0.0	41.5	2nd Rest Stop at 139 Indian Ridge Road		Enjoy the Shade!	
5.2	46.7	Right on OffLiter Road	656		
0.7	47.4	Left on Cold Springs Road	608		
2.1	49.5	Left on Howardsville Tumpike	608/610	At Stop light	
0.8	50.3	Right on Wayne Ave.	639	1st turn after railroad tracks	
2.3	52.6	Right on Patton Farm RD	634		
1.2	53.8	Left on China Clay	634		
0.3	54.1	Left on Lyndhurst RD	624	Beware traffic	
0.9	55.0	Left on Lipscomb Road	635		
1.5	56.5	Right on Hall School Road	639		
1.2	57.7	Right on Shalom RD	632		
1.5	59.1	Left on Lyndhurst RD	664		
0.4	59.5	Right on Lyndhurst RD	664		
2.0	61.5	Left on Meadowbrook Rd.			
0.5	62.0	Right on Greeway Cir (turns into Lover's Ln)			
0.4	62.4	Right on Rosser Ave			
0.3	62.5	Right on 13th St			
0.2	62.7	Right on S Magnolia Ave			
	62.7	Finish!!			

Thanks to our wonderful sponsors!!!

