



1610 Lakeview Dr.
Sebring, FL 33870

2 8 T H A N N U A L
Tour of Sebring

- Three days of Superb Bicycle Touring in Scenic Central FL
- Daily Rides of Varying Lengths including The Bok Tower Century
- Fun, Family Friendly Event

Labor Day Weekend September 4-6, 2010

Welcome

Explore the natural beauty of the rolling hills, tree-lined streets, citrus groves, ranches, small towns and gem-like lakes in scenic Central Florida. Come join other cyclists in enjoying a three-day mini-vacation over Labor Day Weekend.

This event is designed for riders of all levels, whether they prefer to speed along winding roads and finish the rides in record time or cycle through at a leisurely pace, taking in all the wonderful scenery. Riders will especially enjoy the low traffic roads of rural Florida.

The Kenilworth Lodge has been hosting bicycle events for over 25 years and continues to host four major rides each year. It has been featured in numerous bicycling event articles, including Bicycling Magazine's feature as one of "Five Top Bike Friendly Inns in the US." Check out the sunset over Lake Jackson from a front porch rocker, peruse the history located throughout the hotel or enjoy a swim in the heated pool. There are also a variety of activities for non-riders. Thank you for choosing our event. We think you will enjoy it!

Activities and Things to Do

Activities

Club Jersey Day- Sunday, show off your club colors by wearing your club jersey. See where riders are from and who has the most members attending.

Ice Cream Social-Cool treats both Saturday and Sunday
Poker Rides-Put \$5 in the pot and ride about 4 easy miles for playing cards to get a lucky poker hand. The more riders playing, the more money there is to win! Sign up on site.

Door Prizes-All riders may register once prior to the drawing at the registration table. Winners will be drawn around 4:30 both days after the Poker rides; you must be present to win.

Grand Prize Drawing-Be the lucky winner of a Garmin Edge GPS Cyclocomputer, drawing held Monday at 6:45 am. Need not be present to win.

Plantation Potluck-Find out what others look like without their ride gear! Great fun and food along with roasted hot dogs and fixins' supplied. Just bring a dish or something to share. Enjoy a Saturday evening with some new friends. Drinks not provided.

Things to Do

Cusworth Arms Pub- located in the main lobby of the hotel.

Massage Therapists-Available after the rides Saturday and Sunday in the lobby. (For a nominal fee.)

The Circle-Downtown, just six blocks from the Kenilworth offers a variety of unique gifts and antique shops.

Golfing, shopping, museums and nearby Winery

Event Schedule

Friday Sept 3rd - 6:00 - 9:00 pm

Registration and packet pick-up at the Kenilworth Lodge

8:00 - 8:15 pm Welcome orientation in lobby

Deluxe Continental breakfast is served daily in the hotel lobby from 6am until 9:30am. Available to everyone.

Saturday Sept 4th

6:30-8:00 am Registration and packet pick-up in lobby

All riders free to start at 7 am however staggered starts are:

7:00 am 62 mile ride starts

7:30 am 31, 20 and 12 mile rides starts

11:00 am - 2:00 pm Buffet lunch is served

Afternoon-Relax at the lodge, swim in the pool, shop on the circle, play ping pong, register for Poker ride and get your name in for the door prizes

3:00 pm Ice cream social in Cabaret Room

4:00 pm Poker ride starts

4:30 pm Door prizes given out in the Kenilworth lobby.

Poker ride winner announced. Be there!

5:30-8:00 pm Plantation room potluck and hot dog roast

Sunday Sept 5th Team spirit, wear your club jersey!

6:30-8:00 am Registration and packet pick-up in lobby

All riders free to start at 7 am however staggered starts are:

7:00 am Bok Tower century ride starts

7:15 am 62 mile ride starts

7:30 am 31, 20 and 12 mile rides starts

11:00 am - 3:00 pm Buffet lunch is served

Afternoon-Relax at the lodge, swim in the pool, shop on the circle, play ping pong, register for Poker ride and get your name in for the door prizes

3:00 pm Ice cream social (Self serve) in Cabaret room

4:00 pm Poker ride starts

4:30 pm Door prizes given out in the Kenilworth lobby.

Poker ride winner announced. Don't miss it!

Monday Sept 6th

6:30-7:30 am Registration and packet pick-up in lobby

7:00 am Grand prize winner announced

All riders free to start at 7 am however staggered starts are:

7:00 am 62 mile ride starts

7:30 am 31, 20 and 12 mile rides starts

10:00 am - 1:00 pm Breakfast brunch is served

Rides and Support

All rides and events are based at the historic Kenilworth Lodge. The Tour of Sebring event offers total support on the rides: route maps, road markings, rest stops to replenish your energy and SAG vehicles, if you need a lift. The Highlands County Amateur Radio Club will monitor the riders along the route. Thanks goes to our local bike club, the **Highlands Pedalers**, co-Sponsors of this event, who devoted time and energy to develop and mark the routes.

All riders should carry tubes, pumps, tire tools and patch kits for on-the-road repairs.

Rest stops will be stocked with ice water, sports drink and an assortment of sandwiches, fruit, cookies and other snacks. These rest stops are faithfully staffed by the Arcadia Apostolic Church members.

Meals

Fabulous new caterers! Salad bar available each day! Dessert station daily! Also included is an abundant deluxe continental breakfast each morning in the lobby from 6 am to 9:30 am. open to all.

Saturday: Herb crusted Pork tenderloins w/oven roasted potatoes, Grilled Mahi-Mahi w/rice pilaf, Green Beans Almondine, Vegetable medley, salad & dessert bar.

Sunday: Grilled Chicken Teriyaki with sticky rice, sauteed Shrimp Lo Mein, stir fried veggies, salad & dessert bar.

Monday: Ham, cheese & egg croissants, bacon, sausage, Hash browns, Chicken Marsala, baked Tilapia, Beef brisket, mixed veggies & dessert bar.

Non-riding guests meals are available. See registration.

Safe Cycling

Helmets are MANDATORY- No exceptions!

No headsets may be worn-They're not legal and unsafe "**On your left**"- For courtesy and safety, be aware of other riders and make them aware of you, especially as you pass.

Share the road- Be courteous to motorists. We'd like to be well thought of as lawful and safe cyclists. Be a good example, never ride more than two a breast.

Directions

Sebring is located on Hwy. 27, in south-central Florida, approximately 1 1/2 hours south of Orlando and 2 1/2 hours north of Miami. If using GPS for directions, enter 1610 Lakeview Dr. Sebring, FL 33870. Also www.kenilworthlodge.com/contact for links to maps.

Accommodations

Kenilworth Lodge is the host hotel. All rides start and end there. The Kenilworth offers a discounted room rate for TOS riders. To make **reservations, call (800) 423-5939** and mention that you are a participating rider in the event. Listed below are other nearby accommodations with distances from the Kenilworth.

Kenilworth Lodge - Host Hotel	800-423-5939
Sheraton Chateau Elan (7 mile)	863-655-6252
Residence Inn by Marriott (3 mile)	863-314-9100
Lakeside Golf Resort (6 mile)	863-385-7113
Budget Inn (2 mile)	863-385-8901
Economy Inn (2 mile)	863-385-6111
Highlands Hammock State Park	863-386-6099

Early accommodations reservations are suggested. Places do sell out. If you are bringing pets, be sure to ask. Pet accommodations are limited at most properties.

Lodging cost are not included in the event fee.

Deadline and Registration

Early Registration Deadline-August 19. Event T-shirts will be only guaranteed for riders registering by Aug. 19; by mail, a postmark by August 19 will be accepted as early. No refunds after August 20th. This is a rain or shine event.

Late Registration Fee- None, but T-Shirts may only be available on a first-come basis, not guaranteed after August 19th.

On-site registration-You may register at the Kenilworth during the event. Please see the schedule for registration times. We encourage you to register early so that we can coordinate the caterers and rest stop staff. On-site, we accept cash, checks and credit cards.

Credit card for registration-New this year, you can use your card to pay registration directly to the Kenilworth Lodge. The Kenilworth does not charge a usage fee. You may also fax or e-mail your registration. Info at bottom of registration form.

Register on-line at Active.com-As in years past, you can still register on-line at Active.com www.active.com/event_detail.cfm?event_id=1872270

Questions

Event questions:

Contact Bob and Rita Bennett, Event directors at bike@kenilworthlodge.com or 863-382-7184. Send any scanned copies of the registration to this email address. After Sept. 2nd, contact them at the Kenilworth Lodge 800-423-5939.

Hotel Registration questions:

(800) 423-5939 or www.kenilworthlodge.com for any questions regarding hotel registration.

Event Registration mailing address:

Bob and Rita Bennett
3863 Enchanted Oaks Lane, Sebring, FL 33875

Reservation Form

Name _____

Address _____

City/State/Zip _____

Contact Phone _____

Home Phone _____

E-Mail _____

OK to send Kenilworth Lodge bike event info by email.
We never share your info.

How did you hear of event? _____

Emergency Contact Phone #: _____

Name _____

THREE DAY REGISTRATION-(Incl. daily meals) Circle Choice	
Adults	\$100
Juniors (13-17)	\$65
Children (6-12)	\$45
Ages 5 & under (no Tee-shirt)	Free
Late Registration - No T-shirt Guaranteed	

1 OR 2 DAY REGISTRATION-(Incl. daily meals) Circle Choice	
Saturday	\$40
Sunday	\$50
Monday	\$40
Late Registration - No T-shirt Guaranteed	

Non Rider Meals	Circle Choice
Saturday / Sunday / Monday each day	\$14
Meals for children 6-12	\$10
Meals ages 5 and under	Free

Tee-Shirt (If registered by August 19, included with fee)

_____ Adult X-Large	_____ Adult Medium
_____ Adult Large	_____ Youth Large
Extra shirts (Amount & Size) _____ XL _____ AL _____ AM _____ YL	

TOTAL ENCLOSED

Check payable to Kenilworth Lodge \$ _____

Please charge my credit card AMEX M/C VISA

CC# _____

Exp date _____

Cardholder Name _____

Signature _____

Please return registration(s) by mail to:

Bob and Rita Bennett • 3863 Enchanted Oaks Lane, Sebring, FL 33875 or email to: bike@kenilworthlodge.com