



The 2nd Annual Tour de Lions, sponsored by the Food Lion Atlantic Division, will be held on Sat. May 17. This charity ride invites cyclists of all skill levels to tour the scenic back roads of Hanover County to include a trip through the historic train town of Ashland. Registration is open for both a 25 mile and 50 mile ride. Food Lion associates, family and friends are encouraged to join.

A registration fee of \$35 is required per cyclist. Additionally, each cyclist is required to either raise or donate a minimum \$100 for this charity ride benefiting Children's Miracle Network-Richmond. The highest fund raising individual cyclist will be awarded the Tour de Lions Yellow Jersey. The individual Food Lion, Bloom, Bottom Dollar Store, or Corporate Team etc. (minimum of 3 riders) raising the largest amount for Children's Miracle Network-Richmond, will display the Tour de Lions Trophy at their home store or corporate office, until next years event. They will also be awarded Tour De Lions Green Jerseys for their accomplishment.

Along the ride Food Lion will provide creative themed rest stops to include the Pineapple Stop and Kiwi Stop. SAG support (for any riders needing assistance) will also be available along the route with additional support from Pedal Power Bicycle Shop in Mechanicsville and Cobblestone Bicycle Shop in Ashland. Each cyclist will be required to wear an approved helmet, as safety will come first. Lunch will be served upon the race completion.

A mass start will begin at the Atlee Road Food Lion located at 9541 Kings Charter Dr. Ashland Va. at 8:00 a.m. Invite your friends and family to support you in this fun, charity ride. Grab your bike and helmet, and let's ride!

For any cyclist registered to participate in the MS ride on May 31-June 1, a reduced registration fee of \$20 will be offered to participate in the Tour de Lions. For more information please contact Ed Whittaker at 804-559-5826 or Wayne Lowry at 804-752-2190 or wlowry7@hotmail.com.