



2009

Ten Years and Climbing! Welcome to the 10th anniversary Highlander Cycle Tour!

What's New?

- All new road courses on Saturday as the Highlander visits new cols and vistas
- The inaugural Mountain Prologue Team Time Trial will be held Friday afternoon and will finish at the same time and place as the Individual Time Trial. Significant prizes to the winning teams in 3 categories (MM, FF, MF).
- New, custom Highlander cycling jersey. Other previous kit items for sale in limited quantities and sizes as well at the post-ride Expo.
- Custom Highlander tech-shirts in all rider goodie bags. Check this out:

Front



REV D

Back



Ride info

- Please pin your rider number to the back of your jersey.
- Suggested Start Times for Saturday event:
 - 7:00 am for Highlander Century
 - 7:30 am for Lowlander Century
 - 8:00 am for Midlander and Mountaineer
 - 9:00 am for the Wanderer.Please remember the rules of the road!
- Route Maps
 - Route maps are available on the website and some copies may be available in the registration area (We suggest you print your own in case!).
 - All road courses will have markings consisting of chevrons on the roads before and at all turns, yellow for Highlander (H) and Midlander (M) and white for Lowlander (L) and Wanderer (W). There will be orange blazes on the trees or ground for the Mountaineer.
- Refueling Stops
 - There will be many refueling stops on course. As a precaution, all riders should plan to bring their own extra supplies including at least one bike bottle for refilling.
- Medical
 - Be cautious on turns and watch for loose gravel/stones. It's always a good idea to carry some sort of small aid kit in case.
 - **In the case of a serious incident, CALL 911.** Neither HCT nor Bristol Mountain has a first aid station and will not provide any emergency or medical treatment.

After the Rides

- Friday -At the conclusion of the Time Trials on Friday evening, the annual post-TT wine and cheese party will be held at the South Bristol Grange Hall, 6461 Route 64, South Bristol, at the foot of Gannett Hill. The party will start at approximately 7:00 pm. Awards will be at approximately 8:00 pm.
- Saturday - Post-ride dinner will be served between 1:00 pm and 5:00 pm. Please plan your ride time accordingly. At the conclusion of your tour on Saturday, please bring your rider number into the main lodge at Bristol Mountain Ski Resort to garner your post-ride dinner and rider goodie bag.
- Post-ride music will be provided for your entertainment.

Goodie Bag

- Your rider goodie bag will include a commemorative bottle of wine or juice from Arbor Hill Winery, a custom Highlander tech shirt, Highlander sticker and a full post-ride dinner, complete with grape pie.

Extra Dinner Tickets

- If you purchased extra dinner tickets, they will be in your rider number packet. If you want extra dinner tickets for friends and family and didn't purchase them when you registered, there will be a limited number available for purchase for \$10 each at the registration area.

EXPO

- Make sure you stop by and check out what's going on at the EXPO, including opportunity to buy pre-season passes to Bristol Mountain, get a much needed massage or visit the Highlander store to get yourself a copy of the 10th anniversary HCT CD!

Raffles/Donations

- For every extra \$25 tax-deductible donation you make, you will receive one chance to win one of many great prizes, including local bike store merchandise. If you haven't already, you can make a donation at the event near the registration area. If you made a donation when you registered, you will find a charitable donation receipt in your rider number packet.
- We may also host a trial silent auction for LAF. Stay tuned.

Finally, we are again proud to donate proceeds from the event to Mercy Flight Central, the Lance Armstrong Foundation, South Bristol Historical Society, Bloomfield Rotary Club, and other health/fitness/Green space initiatives. So come, help us climb another 10 years together!