



50K and 100K

October 3, 2009

Rutherfordton, NC

9:15 a.m.

Sign-in 8-9 a.m.

Entry Fee:

\$20 with advanced and online registration (received by October 2)

\$25 on Event Day.

\$5 discount for ROC members.

To Register:

online: www.rutherfordoutdoor.org

or send check or cash with name, address, phone, e-mail & t-shirt size to:

ROC - Tour de Pumpkin

P.O. Box 1349

Rutherfordton, NC 28139

The Tour de Pumpkin is held in conjunction with the Rutherfordton Fall Festival. The festival includes a 5K run prior to the Tour for anyone interested in an informal duathlon. The festival includes arts and crafts vendors, food & music and other activities so bring the whole family even if they are not riding.



- Free event t-shirt for first 100 entries
- Great gift pack for all riders!
- Best bargain around. Come join us for a challenging, fun event!

Sponsored by: Rutherford Outdoor Coalition & Rutherfordton Fall Festival
Call 828-447-1590 or e-mail info@rutherfordoutdoor.org or check the website at www.rutherfordoutdoor.org for more info.