



Pickens County Meals on Wheels  
P.O. Box 184  
Easley, SC 29641  
[www.pcmow.org](http://www.pcmow.org)

*Mission: Pickens County Meals on Wheels exists to combat the effects of hunger, loneliness and isolation on those living in Pickens County, and to provide a lifeline through the use of caring volunteers.*

## News Release

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### FOR IMMEDIATE RELEASE

**Date:** October 3, 2011

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Executive Director  
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### **Pedal Pickens County- Meals on Wheels Charity Ride**

Pickens County Meals on Wheels invites you and your family to participate in its upcoming bike ride Saturday, October 15<sup>th</sup>. This year's event is sponsored by Heritage Healthcare of Pickens and Dozo Sushi and Hibachi of Easley.

It is signature event designed for cyclists of all levels. All rides are structured for cyclists wanting a challenging ride or for those looking for a fun ride with their family. Pre-Race Mechanics and

support will be provided by Derrick O'Shields of Clemson Cyclery.

#### **Schedule of Events**

**6:30-7:45AM Packet pickup and late Registration:** Pickens Middle School, 467 Sparks Lane, Pickens, SC.

**8:00AM Ride Begins-** Metric Century Ride, 40 Mile Ride, 25 Mile Ride, 10 Mile Ride

All rides begin and end at Pickens Middle School, with courses touring the scenic roadways and countryside of Northern Pickens County. Riders who choose the challenging 63 mile metric century will see portions of beautiful Eastatoe Valley and Caesars Head. Each course will include 1-4 fully stocked rest areas.

**8:30AM Family Fun Ride-**

Families and children will enjoy a 4.5 mile Family Fun Ride starting from the Middle School. Members of the American Legion will provide volunteer support throughout.

**10:00AM Kids Sprint Ride-** Pickens Middle School Track (suggested donation of \$5)

The Kids Sprint will cover ½ mile in distance and will consist of 2 laps at the Pickens Middle School Track. Safe Kids Upstate will provide informational materials. The 1st 25 kids (10 years and under) that register will receive a helmet, helmet fitting and goodie bag compliments of Safe Kids Upstate.

There is a fundraising component to this year's event, and exciting prizes will be given to those that participate: **FUNDRAISING LEVELS:**

- Raise \$30: Receive a Pedal Pickens County water bottle
- Raise \$60: Receive a Pedal Pickens County athletic shirt
- Raise \$180: Receive a Hincapie Pedal Pickens County custom jersey

**Plus, the top fundraiser, in excess of \$500, will receive a 2 night weekend getaway (for two) courtesy of Laurel Mountain Inn [www.laurelmountaininn.com](http://www.laurelmountaininn.com), as well as lunch for two at Victoria Valley Vineyards [www.victoriavalleyvineyards.com](http://www.victoriavalleyvineyards.com).**



Pickens County Meals on Wheels is a 501 (c) (3) non-profit, charitable organization funded completely through grants and donations from individuals, churches, church organizations, businesses, civic groups, and the United Way. They do not seek or receive any state or federal funding and rely entirely on the generosity of the community they serve.

For more information about this event, visit their website at [www.pcmow.org](http://www.pcmow.org). Registration can be completed online, at [www.active.com](http://www.active.com), or by mailing the downloadable registration form to Pickens County Meals on Wheels P.O. Box 184 Easley, SC 29641. Please call, Meta Bowers at 855-3770 ext. 107 with any questions.

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