

Thank You for Registering for the HBC Three Creek Century, sponsored by Donegal Insurance Group. Please review the information below to help you prepare for this event.

Donegal Insurance Sponsorship

We owe a special thanks to the Donegal Insurance Group for their generous sponsorship of the Three Creek Century.



Group Rides

Looking for someone to ride with? HBC has scheduled several small group rides with leaders on multiple days from Sept. 5 and 20. Details can be found at www.threecreekcentury.com under the Route & Ride Details tab.

Ride Start

Start Point Addresses:

- Century routes begin at the Penn Township Firehouse, 1750 Pine Rd., Newville, PA. Free parking, water and restrooms are available at the Firehouse from dawn to dusk.
- CVRT Trail rides begin at the trailhead at 23 McFarland St., Newville, PA. Free parking, water and restrooms are available at the trailhead from dawn to dusk.

Routes

The Three Creek Century is a combination of 3 routes that loop back to the Penn Township Fire department. The total mileage is 104 miles.

- The 50 mile Big Spring Meander (pink road cues), with the option of adding more climbing on the second half of the ride by taking the South Mountain Challenge Route. (white road cues)
- The 29 mile Opossum Lake Route (orange road cues)
- The 25 mile Yellow Breeches Ramble (yellow road cues)
- Please note that the cue sheets for the optional Kings Gap climb are included on the 25 mile Yellow Breeches Ramble cue sheet, but this rewarding and very gradual climb can easily be added to any route as Kings Gap is only about 1.5 miles from the firehouse.

This loop format makes it easy to return to your vehicle for food, beverages, etc. between rides.

Be sure to read over the Routes and Rest stop information sheet, too.

Cumberland Valley Rail Trail (CVRT)

The 22-mile round trip ride on the Cumberland Valley Rail Trail is provided for riders looking for an off-road, no traffic experience. It is a lovely crushed stone trail that goes through scenic farmland and connects the Boroughs of Newville and Shippensburg. The trailhead is about 6 miles from the Penn Township Firehouse. The trailhead is also used a

rest stop on the 50 mile route. Riders can now ride all the way to the trailhead Shippensburg for a total of 22 miles. There are restrooms and water at the trailhead.

Important Special Note:

Because the Virtual Three Creek Century runs for 15 days, we cannot guarantee that there won't be "surprises" along the route, such as detours for construction or paving. Do not rely only on the road cues, which may get obstructed. We recommend taking the cue sheet with you and downloading the GPS directions onto your phone or navigation device.

Rest Stops

See the All Riders information sheet for details on locations of rest rooms and water stops. These are located in public parks that are open from dawn to dusk.

Important Rest Stop Info!

- The rest stop on the Opossum Lake Route has rest rooms only, no water.
- Trine Park, the rest stop on the 25 mile Yellow Breeches Ramble is only open when a pavilion is being rented in the park. A nearby Sheetz convenience store is available as an alternative stop. You'll also pass Stuart Park at about mile 18, which has a port-a-pot.

GPS downloads and cue sheets for routes

You can now go to www.threecreekcentury.com and look under the "Routes and Ride Details" tab at the top of the homepage.

Walk-Ins Are Welcome

Have some friends who want to join you at the last minute? Online registration through Eventbrite will remain open through Sept. 20. Register at www.threecreekcentury.com

Free Gifts

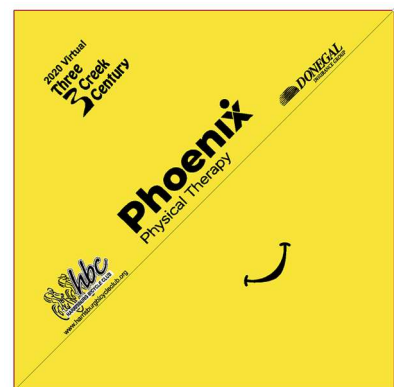
The first 100 riders will receive a Donegal Insurance neck gaiter by mail. These very versatile pieces of clothing can keep you warm in the winter, cool in the summer (when wet) and serve as a face covering, too! All riders will receive a special bandana by mail that will bring a smile their faces, thanks to Phoenix Physical Therapy.

Updates

Updates and additional information can be found on the Three Creek Century Facebook page. Follow us!

Photos

We would love to have you post your event photos on the Three Creek Century Facebook page. It's great to see all of you our enjoying your ride.



Please Mind Your Manners

Follow PA laws. Ride on the right side of the road, single up when cars are coming behind you and show as much courtesy to drivers as you would like them to show to you. Flipping drivers off and hogging up the road encourages road rage and damages our relationship with the people from the communities we live and ride in. Also please warn fellow cyclists when you are turning, passing, slowing and stopping.

Lights and Reflective Clothing

Fog is not uncommon on the routes in the early morning, so we recommend that you use front and rear bike lights and wear reflective, high visibility clothing.

Food and Beverages

Be sure to carry adequate food and water for the length of ride you choose. On some routes, there will be opportunities to refuel at local markets. The loop format of this Century makes it easy to return to your vehicle for food, beverages, etc. between rides.

No food or beverages will be provided by the Three Creek Century organizers due to COVID-19 restrictions.

No alcohol, please.

No alcohol is allowed on the Penn Township Fire Department Property. Please do not jeopardize our permission to use this facility by not following this important rule.

Bring a mask

You must use a face covering when entering an enclosed space such as a restroom, convenience store, etc. Masks are optional when riding as long as you follow social distancing guidelines. Be sure to stay at least 6 feet apart when on and off the bike.