

Hike n' Bike Metric Century

August 29, 2009 — NEW for 2009: Join us for a beautiful ride from the Terpenning Recreation Complex to Stub Stewart State Park in Buxton and back. This scenic, moderately challenging 63 mile loop explores beautiful farmlands as you wind through country roads and work your way toward the paved Banks-Vernonia State Trail, which is rider-friendly to both road and mountain bikes. A 31-mile option is included as you arrive at the first rest stop (15 miles), where you will receive snacks and refreshments at the St. Francis Assisi School nestled against vast fields of farmland in Roy, Oregon.



As you leave the town of Roy and continue west, enjoy the captivating beauty of the countryside as the sun cuts through the clouds, with bikers decked out in bright jerseys and helmets after being fortified with their morning snacks and refreshments.



While cruising the rural roads of Washington County, enjoy the serenity of the countryside, glimpses of wildlife, and the company of others. After leaving the road, you'll enter bike-friendly paved trails of Stub Stewart State Park, with tree-lined canopies and ever-changing scenery peering through the vast landscapes of trees, ferns, and seasonal foliage. Discover the



hidden treasure waiting for you as you work your way toward the vista for the mid-point rest area. Enjoy the view!

The Hill Top Day-Use Area, with its views of the Coastal Range, is the 32 mile turnaround point for the metric century.

Rest and enjoy our well-planned snacks and refreshments.

On your return to the Terpenning Recreation Complex, you will be rewarded with some sweeping smooth descents through forested corridors as you pass through



Banks, Oregon toward the City of Beaverton. The areas you are traveling have been



known to harbor hawks, owls, and even an occasional fox; witness an entirely new world in Washington County. You will experience the Mountindale Roy area once again as you stop to enjoy more snacks and refreshments at St. Francis Assisi School. Anticipate more spectacular countryside as you take a different route back to the

starting point where lunch, more refreshments, and entertainment await you at the Terpenning Recreation Complex, featuring live music, rock climbing, and more.

<http://www.thprd.org/slideshow/index.cfm?slideshowID=36>



Qdoba will provide a freshly prepared lunch at the end of the ride (served between 11:30 a.m. and 1:30 p.m.). Plan your ride accordingly. Riders will come to know this party at the end as something special.

Multiple sag vehicles will be on the routes, and mechanical support will be available at the rest stops.

Rules of the Road:

Color route maps will be provided at the start location. Route will be marked with “Dan Henry’s”

- Course and registration open at 6:30 a.m.
- Metric Century starts at 7:00 a.m.
- **Helmets Required! Follow road rules; be safe and courteous!**
- Thank you for joining us.

Rest Stop Closure Times

- Stub Stewart Hill Top Day Use (63 miler rest stop) closes at 11 a.m.
- Roy–St. Francis Assisi (32/63 mile) closes at 12:30 p.m.
- Terpenning Recreation Complex/Course closes at 2:00 p.m.

Fees:

[\\$35 Day of Registration](#)

[\\$25 Pre-Registered Online](#)

The proceeds from this event will fund the Foundations' newest project, the "Champions Too" universally accessible sports field at Cedar Hills Park. Specially designed for children and adults with disabilities, this will be the first of its kind in Oregon. Give or raise pledges and win a \$10 gift card for every \$50 you raise. Together we are making a difference in so many lives.