

Hi everyone!

Spring has finally come to the New River Valley and the local cyclists are out training for the big ride. I am very excited about directing the Cycling Double Header for the third year. We have another outstanding group of lead volunteers that are working hard to ensure that this year is the best yet. With complete SAG and HAM support, a 200 person volunteer army, plus fully stocked rest areas with staff, food and beverages we do everything to make the ride a great experience for the rider. Most important we still have the daunting challenge of the final climb to Mountain Lake for the Mountains of Misery riders. This is the same climb that Lance Armstrong broke the pack in the Tour dePont ride a number of years ago.

We are also excited to announce that we are on pace for a record in participants for this years Cycling Double Header.

Every year we make changes to the event from suggestions from riders. Changes for this year's event will make the ride and experience even better than last year. We have a new host hotel that is simple amazing. The Inn at Virginia Tech will host packet pick –up for Friday and Saturday. This brand new and deluxe hotel is offering an amazing rate of \$85.00 per night (with only 5% tax) and will have early morning breakfast for Wilderness Road Ride and Mountains of Misery. It will also host our Friday night all-you-can-eat pasta dinner. The dinner has sold out the past two years but this year we have a larger reception area and have brought in another fantastic speaker. This year's speaker is BOB ROLL – the famous OLN announcer that is extremely popular. The dinner and evening festivities cost will be \$25.00 and you need to download and print out the form from the CDH website. www.CyclingDoubleHeader.com

This year's finisher shirt for Mountains of Misery will be a long sleeve technical shirt. Since the long sleeve shirt is given only to those that finish we wanted to make it even more special.... Even though we know nothing can compare to conquering the final climb to Mountain Lake. For Wilderness Road Ride we changed the distance of the 38 miler to a 29 miler on a very beginner friendly route. All Wilderness Road Ride participants will also receive a colored short sleeve commemorative t-shirt.

If you register early enough for Mountains of Misery we will also have your name professionally printed on your riding number. Hope to see you in the New River Valley in May!

Keep training!

James DeMarco

Cycling Double Header

www.CyclingDoubleHeader.com

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