

# strada sempre duro

## *Judy Harmon Tribute Ride*



*Judy Harmon – watching Stage 2 of the Tour of California roll through Lafayette, February 2006.*

*Dear Duro Members,*

*Last year, on August 5th, while riding the Marin Century, one of our own, Judy Harmon died of heart failure.*

*Judy was a very active participant in the Wednesday and Sunday rides and brought to cycling the same joyful enthusiasm that filled every aspect of her life.*

*This year, as a tribute to Judy's memory, the members of the strada sempre duro cycling club will finish her last ride.*

*Please join us for this ride not only in tribute to the memory a friend,  
but also, as Judy would want it,  
in a celebration of life and the true spirit of cycling.*

*Marin Century - Saturday August 4<sup>th</sup>, 2007*

*(See following page for ride information)*

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All interested riders can register now at:  
<http://www.sextonarts.com/marincentury/>

*The event organizers have asked that we be sure select "strada sempre duro" at the section of the online registration that asks if you are riding with an organization.*

*There is a group coupon code which provides a 10% discount available to official duro club members only. Group coupon code: mard3*

*A general expectation is that most duros will sign up for the classic "Marin Century", 100 miles and 6,250 ft of climbing but all options are open. Additional details such as a meeting place and carpooling will be posted at the duro website in July.*

*Please visit the event website listed above for complete details and full information on the 6 ride options offered this year.*

There are 6 ride options to choose from in 2007. All 6 rides have some hills to climb but as long as you have done some training and are reasonably fit, there should be a challenge here for everyone. All rides start and finish at the same location, however since this is not a timed event, there will be no official "start time." There will be a initial start for the Double Century riders at 5am. All the rides go through the best scenery in Marin. From the rolling hills, to Mt Tam, to the Coast and back.

| 2007 Marin Century Rides |       |         |                |        |                           |
|--------------------------|-------|---------|----------------|--------|---------------------------|
| Ride                     | Miles | # Rests | Total Climbing | Rating | Experience Level          |
| 50K                      | 30 M  | 1       | 1370 Ft        | 3      | Novice/ Recreational      |
| 100K                     | 60 M  | 3       | 3830 Ft        | 4      | Novice/ Recreational      |
| Marin Century            | 100 M | 4       | 6250 Ft        | 4      | Recreational/ Experienced |
| Mt Tam Century           | 100 M | 4       | 7800 (est) Ft  | 5      | Experienced               |
| 200K                     | 130 M | 6       | 9000 Ft        | 5      | Recreational/ Experienced |
| Mt Tam Double Century    | 200 M | 8       | 15000          | 5      | Experienced               |

| Entry Fees         |                        |                    |                  |
|--------------------|------------------------|--------------------|------------------|
| Course             | Early Reg. <7/20/07    | Late Reg. <8/02/07 | Day of - 8/04/07 |
| 50K                | \$35                   | \$45               | \$50             |
| 50K Family up to 4 | \$50                   | \$55               | \$60             |
| 100K               | \$55                   | \$60               | \$65             |
| Marin Century      | \$60                   | \$65               | \$70             |
| Mt. Tam Century    | \$60                   | \$65               | \$70             |
| 200k               | \$65                   | \$70               | \$75             |
| Mt Tam Double      | \$85 July 30th cut off | None               | None             |