



SEA GULL CENTURY 2020 *GOES*

VIRTUAL RIDER INFORMATION SHEET

- Registration cost is \$35 per cyclist. It includes: SGC 2020 t-shirt, SGC 2020 bib, SGC 2020 sticker & EXCLUSIVE gift package. Registration packages will be mailed out in September.
- Registration is online at www.seagullcentury.org OR a PDF form may be printed out/sent (mailing instructions are on the form.)
- During the registration, cyclists can choose between a 100-mile Century or a 100-kilometer Century (63 miles.)
- Cyclists are (encouraged) to complete their chosen Century ride between October 3rd-10th, 2020.
- The ride may be completed in one day or broken into segments over multiple days.
- The ride may be completed indoors and/or outdoors. Cyclists can choose how they log their rides (apps, programs, fitness trackers, etc.) Post-ride recognition will be mailed to you mid-October.
- Cyclists will determine their own (safe) cycling routes locally. If indoors, cyclists may utilize any program/app they wish (i.e. Zwift, Spinning, Peloton, etc.) Cyclists are encouraged to keep track of their chosen mileage (100 Or 63) via a fitness tracker or other (i.e. Strava, etc.)
- After registering, cyclists can check the Sea Gull Century website/social media for updates on the virtual ride (i.e. upcoming additions to the website to enhance our virtual event.)
- Cyclists are encouraged to post/tag photos and/or videos of their ride on Sea Gull Century's social media platforms (currently, Facebook & Instagram.)

Updated: 07/28/2020