



10th Annual Benge's Revenge



Sunday
September 11, 2011

Benge's Revenge
c/o Kiwanis Club of Norton
PO Box 763
Norton, VA 24273

Benge's Revenge

During Benge's Revenge, you will bike the beautiful hills where the famous red-headed Cherokee warrior "Chief Benge" roamed and conducted his raids on early settlers before being killed in 1792 by Colonel Vincent Hobbs.

All rides begin in the City of Norton at J.I. Burton High School. Riders will proceed to the Town of Appalachia. From here, you will split Stone Mountain through Big Stone Gap. You'll pass through the area where the original "Trail of the Lonesome Pine" ran. (Those participating in the 1/4 Century will head back toward Norton from Big Stone Gap. This shorter ride will end at J.I. Burton High School.)

Those participating in the 3/4 Century will proceed towards Pennington Gap. You'll parallel Stone Mountain to your right down Powell Valley until you "shoot the gap" back through Stone Mountain at Pennington Gap by the "Great Stone Face," so named by the Native Americans. Next, you will shoot

onto Route 606 through coal mining country. Stone Mountain will be to your south and coal-rich Little Black Mountain is to your left. You will travel through several of the original coal camps developed over a hundred years ago as housing for the miners. From Keokee, you'll ride back to Appalachia and again to Big Stone Gap. From here, you will climb up the head of Powell Valley back to Norton.

But, wait folks! The mountain climbing ain't over just yet! You're about to see how the ride got its name. From Norton, you will ride by "Benge's Rock" as you climb up High Knob Mountain. (It's not called High Knob for nothing!) 39 x 25 gear is recommended for the final two-mile climb with an average grade of 11% and spikes up to 20%. The ride will end at Norton's famous Flag Rock where the finish line is located. Riders will have the option of stopping at the base of the final climb.

This is not a closed course. All riders will be responsible for obeying the rules of the road. The course will be monitored. Helmets are required!

2011 Benge's Revenge

Start Time: 9:00 a.m.

Where: J.I. Burton High School
109 11th Street
Norton, Virginia

Features:

- ◆ 3/4, 1/2, or 1/4 Century Rides
- ◆ Three (3) rest stops with plenty of drinks & snacks
- ◆ Meal courtesy of **Tavern on Main Restaurant** provided to riders at end of the ride
- ◆ SAG wagon
- ◆ Showers and bathrooms will be available at J.I. Burton High School and Flag Rock Recreation Area
- ◆ Drawings for prizes
- ◆ Timed results
- ◆ Awards will be presented to the top five (5) men and the top three (3) women with the best time

Entrance Fee:

\$35 (non-refundable, no late fee)

To Register:

Make check payable to Norton Kiwanis Club. Mail check and completed registration form/waiver to:

Kiwanis Club of Norton
PO Box 763
Norton, VA 24273

Must be postmarked by September 6, 2011. Registration will also be held Sunday September 11 from 7:30 - 8:45 a.m. at J.I. Burton High School in Norton.

Sponsors:

Tavern on Main, Wise
Wellmont Health Systems
Pepsi Cola of Norton
Mountain Sports Cycle
Hagy Fawbush Funeral Home
First Bank & Trust

Directions to J.I. Burton High School:

From Kingsport, take US Rt. 23 and take the first Norton exit. From Abingdon, take Rt. 58 to Norton. Continue through downtown Norton on Park Avenue, and take a left at the Holiday Inn. J.I. Burton High School is located at 109 11th Street, Norton.

Need More Info?

Please call the Norton Kiwanis Club, c/o 276-219-9949, or Phillip Prince @ Tavern on Main, 276-328-2208.

Registration

Name _____

Address _____

City, State & Zip _____ Phone _____

Email Address: _____

Emergency Contact Name & Phone # _____

Male _____ Female _____ Age _____ T-Shirt Size: M _____ L _____ XL _____ 2XL _____

I Plan to Ride: 3/4 Century _____ 1/2 Century _____ 1/4 Century _____

Waiver

For and in further consideration of the right to participate in "Benge's Revenge," the undersigned does hereby release, absolve, and hold harmless Norton Kiwanis Club, the City of Norton, and any other sponsors of this event, their heirs, successors, assigns, employees, agents, and personnel from any and all actions, causes of action, or liability as a result of taking part in "Benge's Revenge." I further covenant, warrant, and agree that I am entering into this event of my own free will and am voluntarily executing this release. I understand this is not a race but a ride, and I will obey all traffic laws as issued by the state of Virginia and the Federal Government. I also agree to yield to normal traffic flow while riding the designated route. I understand that wearing a helmet is required for participation in this event. I further understand and agree that the cosponsors of "Benge's Revenge" make no warranties whatsoever and are not insurers of, nor responsible for my safety during "Benge's Revenge" or while I travel to or from the event. When no parent or guardian has signed this form where indicated, the entrant specifically warrants and represents that he/she is over the age of eighteen (18) years and is not suffering under any mental or physical infirmity which might adversely affect his/her judgment and/or participation in "Benge's Revenge."

I have read the foregoing release. I understand the content thereof, and I do willingly execute the same this day of September 11, 2011. I understand all information in this form and where the route of "Benge's Revenge" is located. I further attest that all the information I have provided on this form is true.

Signature of Participant: _____

I am the parent/guardian for the above entrant who is under the age of eighteen (18). By executing this document, I do consent to the entrant's participation in 2011 Benge's Revenge. I do consent to the terms of this release, and I do further agree to be fully bound by the terms of this release, both individually and as parent/guardian of the entrant.

Signature of Parent/Guardian: _____