

GABRAKY 2006 INFORMATION FOR CYCLISTS

Grand Autumn Bicycle Ride Across Kentucky
September 29, 30 and October 1 – Friday through Sunday

Lodging.

Cyclists are responsible for their lodging during **GABRAKY**. Special rates have been arranged at the following places for the specified nights. Rooms are held under **GABRAKY** until September 15.

Thursday, September 28, Carrollton – for cyclists who plan to arrive at the starting point the day before the ride.
Holiday Inn \$59 plus tax 502 732-6661
Days Inn \$44.99 plus tax 502 732-9301

Friday, September 29, Frankfort
Capital Plaza Hotel \$69 plus tax 502 227-5100

Meeting House Bed and Breakfast 502 226-3226
www.themeetinghousebandb.com
\$100/room Double Occupancy
\$15/additional person, up to 4 in one of the rooms.
Prices include Rose's gourmet breakfast plus extra carbs.

Camping available Friday evening with showers and bathrooms at the YMCA. Write esbike@iglou.com

Saturday, September 30, Camp Acton/Campbellsville

Camp Acton, a church camp with 10 comfortable rooms, 4 beds to a room. Shared baths/showers. Camping available. **\$20 includes bunk or campsite plus full dinner and breakfast. Priority for Camp Acton beds will be given to first registered.. Include payment for Camp Acton with GABRAKY registration.**

Holiday Inn \$58.65 plus tax 270 465-2727
Best Western \$52 plus tax 270 465-7001
Super 8 \$49.99 plus tax 270 789-0808

The ride on Saturday ends at Camp Acton. The hotels are in Campbellsville 8 miles away. Shuttles to the hotels will be provided Saturday after dinner and return to Camp Acton Sunday morning. Showers available at Camp Acton following the Saturday ride.

The \$20 Camp Acton bunk/camping and meal package is recommended.

Meals

Saturday dinner and Sunday breakfast is included with the Camp Acton package. Cyclists not staying at Camp Acton will receive dinner at Camp Acton before being shuttled to their hotel. **Include \$15 dinner only payment with GABRAKY registration.**

Sunday Brunch at Lindsey Wilson College is included with the registration fee.

Breakfast is included with all the lodging options listed on this sheet. A list of **restaurants** along the route will be provided.

Shuttles and SAG Support

GABRAKY begins at Point Park on the Ohio River in Carrollton, Kentucky at 8:30 a.m. on Friday and ends at the Dale Hollow Lake Resort Lodge Sunday afternoon.

Cyclists are expected to arrange their own transportation to Carrollton Friday morning and to be picked up in Frankfort Sunday evening at approximately 9:00 pm.

As needed, arrangement will be made for responsible drivers to shuttle private vehicles to Frankfort during the day on Friday. The vehicles will then be in Frankfort when cyclists return Sunday evening. The fee for this service is \$25. Safe parking in Frankfort provided.

Cyclists will be shuttled back to Frankfort after the ride Sunday afternoon. The fee for this service is \$30. In past years, many cyclists made arrangements for their own return transportation from Dale Hollow Lake.

SAG support with mechanic, scheduled food/beverage stops, and luggage transport are provided all 3 days.

T shirts and Jerseys

One T shirt is included with the registration fee. Additional T shirts may be ordered for \$18 each.

A very nice cycling jersey for GABRAKY 2006 is in the final stages of design. The design will be posted on www.savethegrand.org and emailed when it is finished.

American sizes for both T shirts and Jerseys are used according to the following chest-size chart.
SM(35-36) MD(38-40) LG(42-44) XLG(46-48)

For additional information call 502 227-4496, email esbike@iglou.com or go to www.savethegrand.org