

14th Annual  
**sebring**  
 in  
 Scenic Central FL  
 Daily Rides  
 Fully supported  
 Metric & Half-Metric  
 Wine & Cheese Welcome Party  
 Saturday Banquet,  
**Tandem Rally**  
 Feb. 20-21, 2010

**Activities & Things to Do**

**ACTIVITIES**

**Massage Therapists** - Available after the rides, ready to knead away those sore muscles. (for a nominal fee)

**Club Jersey Day** - Saturday, show your club colors by wearing your club jersey. Let us know where you're from and with whom you ride.

**OTHER THINGS TO DO NEARBY**

**The Circle:** Downtown, just 6 blocks from the Kenilworth, offers excellent shopping opportunities in a wide variety of unique gifts and antique shops.

**Henscratch Farms Country Store & Winery:** resembles a country homestead offering a variety of wines, jams and jellies made onsite. Feed the chickens, explore the vineyard, sit in the rockers on the front porch [www.henscratchfarms.com](http://www.henscratchfarms.com)

**Highlands Hammock State Park:** One of Florida's original state parks it offers a variety of short walking trails, a boardwalk over the cypress swamp, a park café, and picnic area. There are ranger-led tram tour daily that visits four ecosystems. If you are a history buff, you will want to visit Florida's only *Civilian Conservation Corp Museum* at Highlands Hammock.

**Lake Placid Mural Tour & Scavenger Hunt:** Lake Placid has over 35 murals and each one has a hidden item painted in them. Self-guided booklets are available at the Kenilworth Lodge's front desk. Find the items in 25 of the murals and bring your answers back for a free gift. Lake Placid is approx. 15 min. drive south of Kenilworth Lodge.

**Indian Prairie Safari Ranch Tour:** Operated by Archbold Biological Center, the 3-hour ranch tour is a fun, ride on a large swamp buggy through some of Florida's most unique eco systems. Standard tours begin at 9:00 am. Tours can be scheduled other times for groups of 10 or more. [www.maerc.org](http://www.maerc.org) click on Visitors> Ranch Tour

**More in Highlands County:** Highlands County is a great place to explore & unwind. There are museums (about a dozen small ones), golf courses, bowling, auto racing, & and more.

**Sponsors**

Highlands Pedalers Bike Club  
 Kenilworth Lodge  
 Publix Supermarkets  
 Road ID [Active.com](http://Active.com)

**Welcome!**

The Kenilworth Lodge welcomes you to the 13th Annual Sebring Tandem Rally.

The terrain in Highlands County is perfect for tandems. Flatlands surround the numerous lakes, and the low, rolling hills are covered with orange groves and cattle ranches. You can choose between a 62-mile or a 31-mile ride each day, as well as a 24 and 12 mile ride. Road riders will enjoy the low traffic roads of rural Florida.

The Kenilworth Lodge has been hosting bicycle events for over 25 years and continues to host four major rides each year. It has been featured in numerous bicycling event articles, including Bicycling Magazine's feature as one of "Five Top Bike Friendly Inns in the US."

**Schedule**

**Friday, Feb 19**

**5:00-9:00 pm** - Registration & packet pick-up at Kenilworth Lodge

**TBD** - Wine & cheese welcome party in the Plantation Room at the Kenilworth Lodge (included)

**Saturday, Feb 20**

**6:45-8:00 am** - Registration & packet pick-up

**8:00 am** - Rides start - 62, 31, 20, 12 miles (approx.)

**Afternoon** - Free time. Relax at the lodge, enjoy a massage, swim in the heated pool, shop on the Circle

**Sunset** - (about 6:15 pm) Lake Jackson traditionally has fabulous sunsets. Enjoy it from the vantage point of a rocker on the front verandah

**6:30 pm** - Banquet in the Plantation Room B.Y.O.B.

**Sunday, Feb 21**

**7:30 - 8:00 am** - Registration & packet pick-up

**8:00 am** - Rides Start - 62, 31, 20 and 12 mile (approx.) scenic routes marked by the local Highlands Pedalers Club

**Afternoon** - Relax at the lodge, enjoy a massage, swim in the heated pool, shop at centers around Sebring, tour Highlands Hammock state park or do the scavenger hunt in Lake Placid's murals or get 10 friends together and schedule a private ranch tour at Indian Prairie Safari.

**Monday, Feb 22**

Ride on your own, explore the area, or relax and have a lazy morning before heading home.

## Rider Support & Meals

### SUPPORT

All rides and events are based at the historic Kenilworth Lodge. The Sebring Tandem Rally offers total support on the rides: route maps and road markings, rest stops to replenish your energy, and SAG vehicles, if you need a lift. Routes were developed by the Highlands Pedalers Bicycle Club.

#### All riders should carry tubes, pumps, tire tools and patch kits for on-the-road repairs.

Rest stops will be stocked with ice water, sports drink, and an assortment of sandwiches, fruit, cookies and other snacks. These rest stops are staffed by the Arcadia Apostolic Church members.

### MEALS

The following meals are included in registration. They are served at the Kenilworth Lodge. Meals can be added for non-riding companions

- Friday:** Wine & cheese welcome party\*
- Saturday:** Deluxe Continental Breakfast\*
- Saturday Evening** Full dinner banquet\*
- Sunday:** Deluxe continental breakfast\*

Non-Riding guests dinner banquet available for \$19 each.  
Non-riding guests wine & cheese party available for \$6 each

Cusworth Arms Pub & Wine Bar is now open inside the Kenilworth Lodge.

## Accommodations

**Kenilworth Lodge** is the host hotel. All rides start and end there. The Kenilworth offers a discounted room rate for HBF riders. To make **reservations, call (800) 423-5939** and mention that you are a participating rider in the Sebring Tandem Rally. Listed below are other nearby accommodations with distances from the Kenilworth:

<b>Kenilworth Lodge - Host Hotel</b>	<b>800-423-593</b>
<b>Sunset Beach Motel (1 mi)</b>	<b>863-385-612</b>
<b>Sheraton Chateau Elan (7 mi)</b>	<b>863-655-625</b>
<b>Residence Inn by Marriott (3 mi)</b>	<b>863-314-910</b>
<b>Lakeside Golf Resort (6 mi)</b>	<b>863-385-711</b>
<b>Highlands Hammock St. Park</b>	<b>863-386-609</b>

**Early accommodations reservations are suggested.** Places do sell out. If you are bringing pets, be sure to ask. Pet accommodations are limited at most properties.

**LODGING COSTS ARE NOT INCLUDED IN THE EVENT FEE.**

## Safe Cycling

**Helmets are Mandatory** - No exceptions

**No Headsets May Be Worn** - They're not legal and not safe.

**"On Your Left"** - In the interest of courtesy and safety, be aware of other riders and make them aware of you, especially as you pass.

## Directions

Sebring is located on Hwy 27, in south-central Florida, approximately 1-1/2 hours south of Orlando and 2-1/2 hours north of Miami. If using a GPS for directions, enter the 836 SE Lakeview Dr, Sebring, FL 33870. (This is a pre-EMT system change street number; most GPS systems have not updated yet.) You may also go to

[www.kenilworthlodge.com/contact](http://www.kenilworthlodge.com/contact) for links to maps.

## Deadline & Registration

**Early Registration Deadline - February 1, 2010.**

*Long Sleeve T-Shirt will only be guaranteed for riders registering by February 1.* If you are mailing your registration, Feb 1 postmark will be accepted as early.

**Late Registration Fee** - No late registration fee, and T-shirts guaranteed only to early registrants. We normally purchase extra and will offer those on a first come basis determined by registration dates. T-shirts available while supplies last.

**On-site registration** - You may register at the Kenilworth during the event. Please see the schedule for registration times. We encourage you to register early so that we can coordinate with the caterers and rest stop staff. On-site, we can accept cash, checks and credit cards.  
**Credit Card for Registration** - you can use your credit card directly to the Kenilworth Lodge to pay registration. The Kenilworth does not charge a fee for using your card. You may also fax or e-mail your registration. Info at bottom of registration form.

## Questions?

**Event Questions - Gary Speary & the Highlands Pedalers** will be our hosts for the event. Gary & his wife Carol are local tandem riders and members of the Highlands Pedalers club. Club members designed many of the rides that we use for the Sebring Tandem Rally.  
**Registration Questions** - (800) 423-5939 or [fd@kenilworthlodge.com](mailto:fd@kenilworthlodge.com) for all questions regarding registration. Scanned copies of registrations can be sent to [guestservices@kenilworthlodge.com](mailto:guestservices@kenilworthlodge.com)

**Mailing Address** - STR - Kenilworth Lodge  
1610 Lakeview Dr, Sebring, FL 33870

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City/ State/ Zip \_\_\_\_\_

Contact Phone \_\_\_\_\_

Home Phone E-mail \_\_\_\_\_

**Bike:**

Make \_\_\_\_\_ Model \_\_\_\_\_ Color \_\_\_\_\_

Ok to send Kenilworth Lodge bike event info by email.

We never share your info.

How did you hear about the event? \_\_\_\_\_

**Emergency Contact:** Name: \_\_\_\_\_

Phone # \_\_\_\_\_

**TWO-DAY REGISTRATION** (incl. planned meals) Circle Choice

<b>Team of Two Adults</b>	<b>\$125</b>
<b>One adult &amp; One Child</b>	<b>\$110</b>
<b>Extra Child</b>	<b>\$56</b>

**ONE-DAY REGISTRATION** (No meals) Circle Choice

<b>Saturday Team of 2 People</b>	<b>\$55</b>
<b>Sunday Team of 2 People</b>	<b>\$55</b>

**Long Sleeve T-Shirt** (early registration includes one per rider)

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

**ADDITIONAL SERVICES & LATE FEES** Circle Choice

	1 person	2 people
<b>Long Sleeve T-Shirt</b> (Extras & non-riders)	<b>\$13</b>	<b>\$26</b>
<b>Friday wine &amp; cheese party</b> (non-riders)	<b>\$6</b>	<b>\$12</b>
<b>Saturday dinner</b> (non-riders)	<b>\$19</b>	<b>\$38</b>
<b>Saturday dinner for children 6-12</b> (non-riders)	<b>\$9</b>	<b>\$18</b>

**TOTAL ENCLOSED**

Check payable to **Kenilworth Lodge** \$ \_\_\_\_\_

Please charge my credit card:

CC # \_\_\_\_\_

Expiration Date \_\_\_\_\_

Card holder name: \_\_\_\_\_

Signature: \_\_\_\_\_

**Please Return Registration Forms by mail, fax or e-mail to:**

STR- Kenilworth Lodge, 1610 Lakeview Dr, Sebring, FL 33870 Fax (863)385-4686 / e-mail to [guestservices@kenilworthlodge.com](mailto:guestservices@kenilworthlodge.com)