



AALF Vision & Mission

Our Vision is to enhance and support a progressive environment that passionately values and embraces diversity. Our Mission is to embrace the spirit of positive change undertaken by Sodexo through the Diversity Leadership Council (DLC).

We are committed to making significant contributions to the many challenges that face our organization and to increase value for our employees, customers and shareholders.

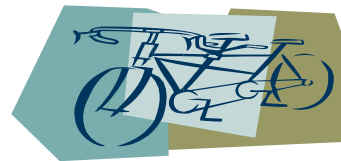
Sodexo, Inc., world leader in Quality of Daily Life solutions, was ranked first on the 2010 DiversityInc Top 50 Companies for Diversity®



All proceeds will be donated to the African American Leadership forum scholarship fund.

- The Noralyn Mills Memorial Scholarship - This scholarship is awarded to a student majoring in Nutrition/Dietetics.
- The Ollie Lawrence Founders Scholarship – This scholarship is awarded to a student who demonstrates exceptional leadership skills, initiative and strong work ethic.
- The Dick Macedonia Diversity Leadership Scholarship – This scholarship is awarded to a student who possesses strong diversity and inclusion awareness and exceptional leadership skills.
- The Chairman's Leadership Scholarship – This scholarship is awarded to a student who demonstrates exceptional leadership skills, initiative and the ability to lead an organization of his/her peers.

A special thanks to Cold Spring Elementary School, The Frenchtown Inn, and Central Bucks Bicycling Club for their support .



Go to our Web Site for more information about this event

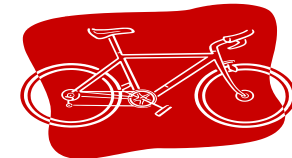
<http://www.sodexosurveys.com/survey/70783/2fca/>

AALF
Metric Century
Saturday
August 7, 2010

Cold Spring
Elementary
School
Doylestown, PA



Join us for a beautiful summer ride
through the New Hope & French-
town areas of Pennsylvania and
New Jersey.



African American Leadership Forum Pennsylvania Chapter invites you to the 1st annual AALF Metric Century on Saturday, August 7, 2010. The event will begin and end on the campus of Cold Springs Elementary School, and tour the picturesque Delaware River area on both the Pennsylvania and New Jersey sides. The bike tour offer rides for every level of rider. All proceeds will be donated to the African American Leadership Scholarship fund.

- **Metric Century (62 Miles)** – Featuring stops in Frenchtown NJ, & at Bull's Island State Park.
- **40 Mile Tour** – Featuring stops in Frenchtown NJ, and at Bull's Island State Park.
- **20 mile Tour** – A stop at Bull's Island Park.

Each rider will receive a commemorative AALF Century tee shirt (please make sure to indicate the size you require when completing the registration form)



Ride Details

Information Table: An information table will be located on right side of the property of Cold Spring Elementary School.

Start and Finish Information: There will be a start and finish line located on the right side of the parking lot of the school. It is a "show and go" start. You may start as early as 7:30 AM, but please do not start later than 9:00 AM. You are free to ride at your own pace, but we request that all riders finish no later than 3:00 PM.

Safety Rules and Guidelines: Obey all traffic laws, including Pennsylvania and New Jersey bicycle laws and AALF Metric Century ride rules. All riders are reminded that helmets are required.

First Aid/Emergency Needs: First Aid is available in mobile units along the route & at rest stops. These units have access to local emergency services. All riders are required to carry a cell phone to contact our mobile units if the need should arise.

Ride Jersey's are available— Please go to our Web Site for information

Registration Information

Three Ways to Register:

1. Online Registration: Web site on center cover
<http://www.sodexosurveys.com/survey/70746/1a06/>
2. Mail in Registration: Please fill out the form below completely
3. Go to BikeReg.com



Name

Address

City

State

Phone (Daytime)

Phone (Evening)

Email Address

Age

T-Shirt Information

◇ Male

◇ Female

Circle: T-Shirt Size S M L XL XXL

Registration Fee:

◇ \$36 If purchased before August 7, 2010

◇ \$40 If purchased the day of the event

Registration Fees Includes:

- Map of route
- Cue Sheets (detailed turn by turn directions)
- T-Shirt
- Complementary Beverages and Snacks at Rest Stops
- Complementary Lunch Provided By Sodexo Healthcare Services



Important Information

- Each Rider will receive a ride number on the day of the event
- All Riders will need to sign a Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement before being permitted to participate in the Bike Tour
- No Refunds will be granted after July 15, 2010
- Cold Spring Elementary School
4150 Durham Road
Doylestown, PA 18902
- Make Checks Payable to:
- Sodexo Operations LLC
- Mail Checks to:
AALF Bike Tour
C/O Paul Fite
476 Longleaf Drive
Perkasie, PA 18944
- Question about the event email us at:
Fite03@verizon.net

Sponsorships/Donations

Don't ride, but would like to help? We accept any gift of good will that supports our bike tour or funds that can be donated towards the scholarship fund

◇ \$250 – Ride Sponsor – Premier recognition at the event

◇ \$100 – Rest Stop Sponsor – Sign at each rest stop recognizing and individual or organization

◇ \$75 – Lunch Sponsor – Sign at lunch recognizing an individual or organization

◇ \$50 – AALF Supporter – You or your organization will be listed on a sign at the event