

be happy, be healthy




SMECO
People. Power. Progress.

“Exercise **TO STIMULATE, NOT TO ANNIHILATE.**
THE WORLD WASN'T FORMED IN A DAY, AND NEITHER WERE WE.
SET SMALL GOALS and build **UPON THEM.**”

—lee haney

SMECO 75
bike ride
June 2

sign up **JUNE 2, 2012**
today for the **7:30 A.M.**
SMECO 75 **HUGHESVILLE**
bike ride 



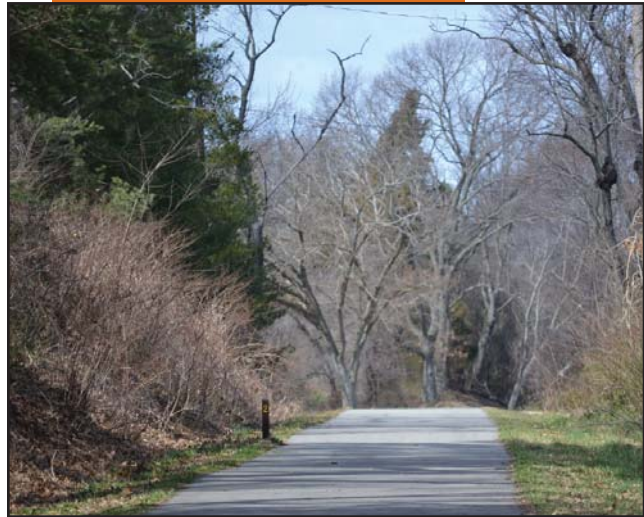
LET'S HIT THE TRAILS

Join us on a scenic 75-mile bike ride on June 2, 2012, to celebrate our 75th anniversary. Travel through the byways of Southern Maryland to Colton's Point on the shores of the Potomac River. June 2 is National Trails Day, a perfect opportunity to join your neighbors for a 29-, 47-, or 75-mile ride through Southern Maryland along portions of the scenic Three Notch Trail.

Packet and shirt pick-up, and same-day registration starts at 7:30 a.m. at the SMECO Headquarters building in Hughesville on June 2.

Registration is just \$35 before May 1, and \$45 after. Register before May 1 to receive a 75th anniversary color-block, moisture-wicking sports shirt. All participants will receive lunch and beverages. Ride is limited to the first 400 registrants. (No rain date.)

Register today at:
smeco.coop/75years/bikeride



June 2, 2012

Registration opens at 7:30 a.m. for packet pick-up/same-day registration

15035 Burnt Store Rd.
Hughesville, Maryland

Preregister* by May 1: \$35
May 2-June 2: \$45

*Preregister by May 1 to receive our SMECO 75 bike ride color-block, moisture-wicking shirt.

DATE

TIME

PLACE

COST