

Tri-State Trails Tour VII

Due to construction-related closure of the key link between Iowa and South Dakota, the official route of Tri-State Trails Tour VII will be held entirely in Nebraska. Riders seeking more miles to ride are free to cross the Missouri River bridge on the connecting trail and ride trails or roads in Iowa and South Dakota, but there will be no traffic support. (Our SAG service will respond to riders during the ride hours anyplace in the metro area.)

Tri-State Trails Tour VII has been designated the Al Bengtson Memorial Ride in honor of South Sioux City Councilman Al Bengtson who we lost in 2010. Al was the visionary behind South Sioux City's award winning trail system and South Sioux City being nationally recognized as a Bicycle Friendly Community!

The vast majority of this ride is on trails - riders will be able to ride on the brand new All American Trail on the west side of South Sioux City. An optional pre-ride pancake breakfast is offered. The ride features a rest stop with complimentary snacks and beverages. The ride also passes directly by several businesses where riders can obtain coffee or snacks.

This is a non-competitive, fun, and family-friendly ride. Helmets are required. Your registration money supports the Tri-State Trails Foundation in its efforts to improve and promote local trails.

The ride is always the first Saturday after Mother's Day so please come to the Siouxland area and participate in a day of fun and bicycling.

MAJOR SPONSORS

MARINA INN
Conference Center

KSCJ
Talk Radio 1360

Kool 99.5
Rock's Hottest Hits



P.O. Box 752
Sioux City, IA 51102

Welcome
Cyclists!

Siouxland
Trails
Foundation
Presents



Tri-State Trails Tour VII

**Marina Inn
Conference Center
South Sioux City, NE**
(Across parking lot from the Marina Inn)

*Always the Saturday after
Mother's Day*

**Date: May 14, 2011
Start Time: 10:00 AM**

Check-in Time:
8:30 AM
At
Marina Center
In
South Sioux City, NE

HELMETS ARE REQUIRED.



Tri-State Trails Tour VII One Day Ride

OUR PURPOSE

The proceeds from this ride will benefit our local trails through the Siouxland Trails Foundation.

Route and Approximate Distance

Marina Inn to Crystal Cove Loop ~ 15 miles
 Add Dakota City trail ~ 5 miles
 Add Floyd Underlook Trail ~ 2 miles
 Add Homer, NE (out and back) ~ 17 miles
Total ~ 39 miles

Shorter and longer mileage options are available. Our Sag Drivers will pick up riders needing assistance any place in the metro area during ride hours (until 2 PM).

Day of Ride:

- Pre-Ride Pancake Breakfast - 8 AM - 10 AM Marina Center
- Check-in Time - 8:30 AM at the Marina Center
- Start Time - 10 AM at the Marina Center

Register Now!

Registration:

Early registration ends on April 30, 2011.

Includes:

- Map of the route.
- Maps of the trail system will be available at the registration table.

Special Thanks:

Siouxland Trails Foundation would like to thank all the volunteers who help make this ride a success.

Available:

- A fabulous bicycle raffle.
- Tri-State Trails Tour VII ride t-shirt.
- Post ride showers at Scenic Park.
- Snacks and refreshments at the rest stop free of charge.
- Sag Wagon - driver will have a cell phone.
- Marina Inn (402-494-4000) is offering a limited number of hotel rooms at a special \$89.00 + tax per night rate. Mention promotional code "TTR" to secure this special rate.

Ride the brand new All-American Trail on the west side of South Sioux City.

Family Friendly—All Flat

BE SURE TO INVITE A FRIEND.

Saturday, May 14, 2011

Registration Form (This form may be duplicated.)

Ride:	Quantity	Price	Total
Before April 30 th	_____ x	\$8.00 = \$	_____
After April 30 th	_____ x	\$10.00 = \$	_____
Family Rate (must be related)		\$20.00 \$	_____
T-Shirts:			
Small to XL	_____ x	\$12.00 = \$	_____
XXL	_____ x	\$15.00 = \$	_____
Meal:			
Pancake Breakfast	_____ x	\$4.00 = \$	_____
ADDITIONAL CONTRIBUTION			\$ _____
Total Enclosed:			\$ _____
Make checks payable to: Siouxland Trails Foundation			

_____	_____
Name	T-shirt Size

Address	

Phone	

Email	

Additional Family Members at the same address.	
_____	_____
Name	T-shirt Size
_____	_____
Name	T-shirt Size
_____	_____
Name	T-shirt Size
_____	_____
Name	T-shirt Size

DAY OF RIDE

- All riders will be required to sign and date a release waiver at the registration table.



Mail to: Siouxland Trails Foundation
P.O. Box 752
Sioux City, IA 51102