

Tri-State Trails Tour VI

This bike ride winds through 3 states (Iowa, Nebraska, and South Dakota), commonly known as Siouxland. It starts at the Marina Center, which is across the parking lot from the Marina Inn in South Sioux City, Nebraska.

You have a choice of 3 routes plus 3 bonus options for extra miles. One route takes you to Adam's Nature Preserve in South Dakota. The second route takes you to Crystal Cove in Nebraska with an optional Dakota City loop. The third choice is to take both routes. The ride uses a combination of trails and city streets with the majority of the ride on the local trails. The route is FLAT except when crossing over the Missouri River on the Veteran's Memorial Bridge.

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



P.O. Box 752
Sioux City, IA 51102

Welcome
Cyclists!

Siouxland
Trails
Foundation
Presents



Tri-State Trails Tour VI

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

Date: May 16, 2009
Start Time: 10:00 AM
Always the Saturday after Mother's Day

Check-in Time:
8:00 AM to 9:45 AM
At the
Marina Center
South Sioux City, NE

New for 2009
Pre-Ride
Pancake Breakfast
Pancakes served 8:00-10:30

HELMETS ARE REQUIRED.

Tri-State Trails Tour VI



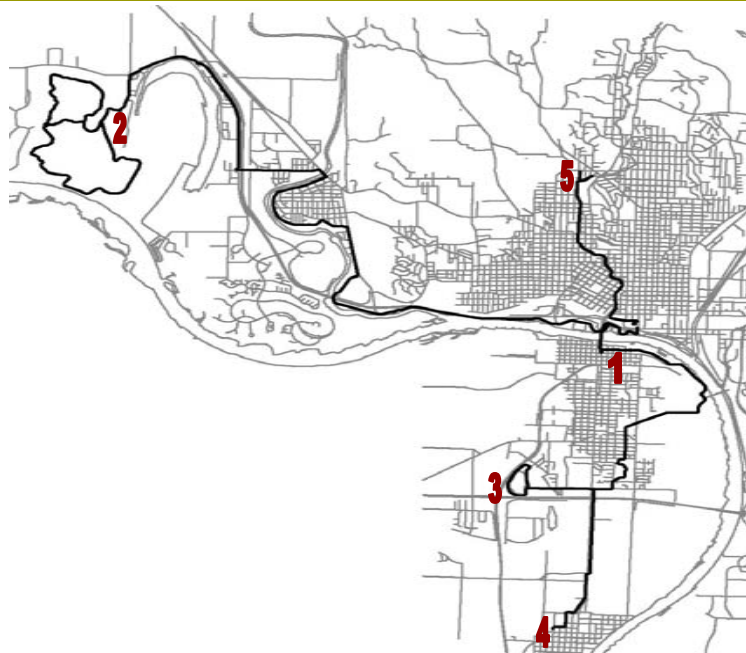
One Day Ride

OUR PURPOSE

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

MAP LEGEND

1. Marina Inn and Conference Center
2. Adams Nature Preserve
3. Crystal Cove
4. To Dakota City
5. New Perry Creek Trail



Start and Finish:

Marina Center at Marina Inn, South Sioux City, NE with rest stops at Crystal Cove in South Sioux City, NE and Adams Nature Preserve in North Sioux City, SD.

Day of Ride:

- Pre-Ride Pancake Breakfast - 8 AM to 10:30 AM - Marina Center
- Check-in Time - 8 AM to 9:45 AM - Marina Center
- Start Time - 10 AM - Marina Center

Register Now!

Registration:

Early registration ends on April 30, 2009.

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.

Route Mileage Breakdown:

- #1 Marina Center to Adams Nature Preserve and back ~24 miles
- #2 Marina Center to Crystal Cove and back ~14 miles
- #3 Both routes ~38 miles

Optional Routes for Extra Miles:

- #1 Adams Nature Preserve Loop ~8 miles
- #2 Dakota City loop ~5 miles
- #3 New Perry Creek Trail loop ~6 miles

Available:

- A fabulous bicycle raffle.
- Tri-State Trails Tour VI ride t-shirt.
- Post ride showers at Scenic Park. YMCA showers.
- Your choice of 3 routes with bonus options for extra miles. The routes will be well marked.
- Snacks and refreshments at the rest stops 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 \$79.00 rate. Ask for the "Trails Tour" rate when calling for reservations.

Saturday, May 16, 2009

Registration Form

(This form may be duplicated.)

Ride:	Quantity	Price	=	Total
Before April 30 th	_____ x	\$9.00	= \$	_____
After April 30 th	_____ x	\$12.00	= \$	_____
Family Rate (must be related)		\$25.00	= \$	_____

T-Shirts:				
Small to XL	_____ x	\$12.00	= \$	_____
XXL	_____ x	\$15.00	= \$	_____

Meals:				
Pre-ride 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

Questions? Call 712-233-3240

BE SURE TO INVITE A FRIEND.