

4th Annual Tune Up Tour

Saturday July 12, 2014 at 8:00 AM



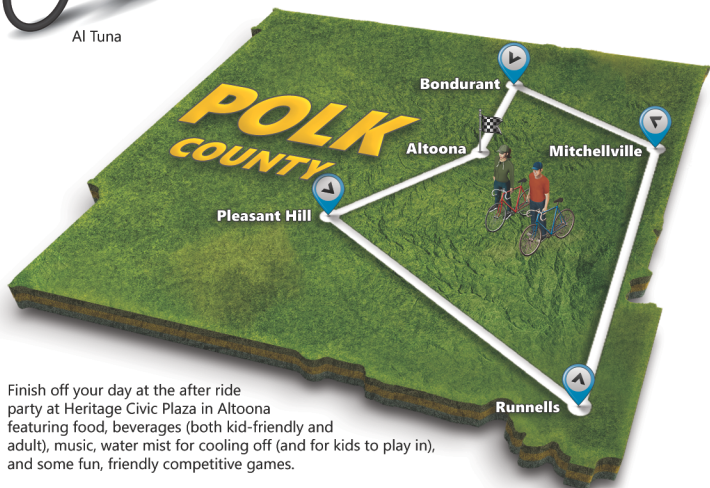
Al Tuna

The Little Big Ride will take you on a scenic tour of the rolling hills of eastern Polk county with fun stops in 5 cycling-friendly cities. Your journey begins and ends at the beautiful Heritage Civic Plaza in active, attractive Altoona (next to Hy-Vee), with festivities all day including a Bikefest for younger riders.

The tour offers 3 routes of varying lengths to accommodate riders of all skill levels:

The first leg of the tour is an easy ride on the trail system to Sleepy Hollow in Pleasant Hill. Riders who prefer a shorter ride can turn back to Altoona here. (12 M)

Riders after a more challenging training ride will continue on the roads to Runnells and then Mitchellville where you can turn towards Altoona (22 M) or continue on to Founders Pub in Bondurant and back to Altoona to enjoy the festivities (30M).



Finish off your day at the after ride party at Heritage Civic Plaza in Altoona featuring food, beverages (both kid-friendly and adult), music, water mist for cooling off (and for kids to play in), and some fun, friendly competitive games.

Come join us for a great ride and fun celebration!

Registration is FREE!

For detailed information, visit <http://tuneuptour.com> and sign up for the newsletter to be kept up to date.

Hosted By:

