

Tri-State Trails Tour III

This bike ride winds through 3 states (Iowa, Nebraska, and South Dakota), commonly known as Siouxland. It starts at the Long Lines Family Rec Center which is attached to the Tyson Events Center on Gordon Drive just off I-29.

You have a choice of 3 routes. One route takes you to Adam's Nature Preserve in South Dakota, the second route takes you to Crystal Cove in Nebraska, and the third choice is to ride on both. 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 will always be the first Saturday after Mother's Day so please come to the Siouxland area and participate in day of fun and bicycling.

MAJOR SPONSORS



- 28th & Hamilton
- Southern Hills Mall
- Gordon Drive
- South Sioux City

Heidman Law Firm



Klinger Companies, Inc.



Davenport & Associates



Palmer Candy Co.

SIouxLAND TRAILS FOUNDATION

WEBSITES

www.tri-statetrailstour.org
www.siouxlandtrails.org
www.siouxlandtrailsfoundation.org



P.O. Box 752
Sioux City, IA 51102

Welcome Cyclists!

**Siouxland Trails
Foundation
Presents**

Tri-State Trails Tour III



**Always the Saturday
after Mother's Day**

Date: May 20, 2006

Start Time: 9:00 AM

Check-in Time:
8:00 AM to 8:45 AM

At
Long Lines Family
Rec Center
in
Sioux City, Iowa

HELMETS ARE REQUIRED.

Tri-State Trails Tour III — One Day Ride

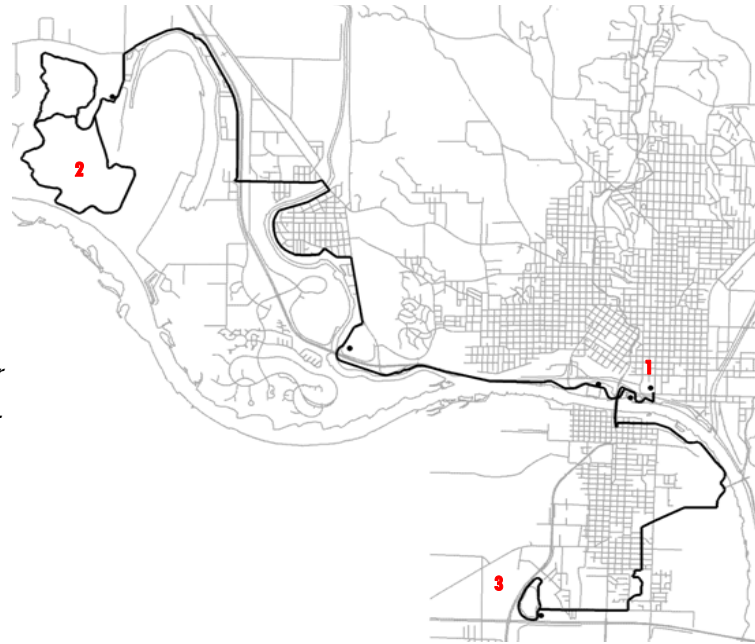


OUR PURPOSE

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

MAP LEGEND

1. Long Lines Family Rec Center
2. Adam's Nature Preserve
3. Crystal Cove



Start and Finish:

Long Lines Family Rec Center, Sioux City, IA (Exit Nebraska St. on I-29) with rest stops at Crystal Cove in South Sioux City, NE and Adam's Nature Preserve in North Sioux City, SD.

Day of Ride:

- **Check-In Time** — 8 AM to 8:45AM at Long Lines Family Rec Center
- **Start Time** — 9 AM at Long Lines Family Rec Center
- **Lunch Time** — 11AM to 2 PM at Long Lines Family Rec Center

Register Now!

Early Registration:

- \$8.00 until April 30, 2006 for the ride only.
- \$27.00 until April 30, 2006 for the ride, meal, and T-shirt.

Late Registration:

- \$10.00 after April 30, 2006 for the ride only.
- \$29.00 after April 30, 2006 for the ride, meal, and T-shirt.

Includes:

- Map of bike route.
- RIDE RIGHT information.
- Newly created map of the trail system.
- Sgt. Floyd Museum & Welcome Center Brochure.
- Lewis & Clark Interpretive Center Brochure.

Route Mileage Breakdown:

- | | | |
|----|---|-----------|
| #1 | Rec Center to Adam's Nature Preserve and back | ~23 miles |
| #2 | Rec Center to Crystal Cove and back | ~16 miles |
| #3 | Both routes | ~39 miles |

Available:

- A fabulous raffle.
- Post-ride chicken dinner.
- Tri-State Trails Tour III ride T-shirt.
- Post ride showers will be available at the Rec Center.
- Your choice of 3 route options. The routes will be well marked with bright pink colored signs.
- Snacks and refreshments will be available at the rest stops free of charge.
- Mechanical support will be available onsite.
- A Sag Wagon will be available; driver will have a cell phone.
- Restaurants, lodging, and shopping are all available in Sioux City, Iowa, South Sioux City, Nebraska, and North Sioux City, South Dakota.

Special Thanks:

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

Saturday May 20, 2006

Registration Form

Please fill out this form for up to 4 riders.

(This form may be duplicated.)

For riders who would like to pay by credit card, please go to www.allsportrunning.com. Search for Tri-State Trails Tour III and fill in your information for all riders.

(A nominal fee is charged for this service.)

Sign up for:	(Available)	Price	Quantity	Total
T-Shirt	S M L XL	\$12.00	X _____	= \$ _____
T-Shirt XXLarge	XXL	\$15.00	X _____	= \$ _____
Meal (Chicken)		\$7.00	X _____	= \$ _____
Ride before April 30th (early)		\$8.00	X _____	= \$ _____
Ride after April 30th (late)		\$10.00	X _____	= \$ _____
Additional Contribution				\$ _____

Total Enclosed: \$ _____

Make checks payable to:
Siouxland Trails Foundation

Name _____	T-Shirt Size _____
Address _____	
Phone _____	
E-Mail _____	

Additional Riders

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.
- Raffle tickets can also be purchased at the registration table.



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

Cut at the dotted line and mail with your check.

HELMETS ARE REQUIRED.