

# FIFTH ANNUAL BIKING BONDU SATURDAY, JUNE 23, 2012

SPONSORED BY



## Benefiting the new Bondurant Regional Trailhead

➤ Pancake Breakfast | 8:00 – 10:00 a.m.  
(sponsored by Bondurant Lions Club)

➤ 5K Fun Run/Walk | 8:30 a.m.  
➤ Bike Ride | 10:00 a.m.

### Fun Run / Walk

#### DESCRIPTION:

5K Fun Run/Walk from Bondurant Fire Station around Lake Petocka and back.

#### DAY OF EVENT:

Registration — Fire Station, 8:00 – 8:30 a.m.

Breakfast — Fire Station, 8:00 – 10:00 a.m.

Fun Run/Walk Begins — Fire Station, 8:30 a.m.

### Bike Ride

#### DESCRIPTION:

50-mile bike ride from Bondurant to Baxter and back along roadways & Chichaqua Valley bike trail (at your own pace & shorter distances). Stops at Cory's (Bondurant), water (Valeria), Ozzy's (Mingo), pie & ice cream (Ira), and Cadillac Jack's (Baxter).

#### DAY OF EVENT:

Registration — Fire Station, 8:00 – 10:00 a.m.

Breakfast — Fire Station, 8:00 – 10:00 a.m.

Bike Ride Begins — Cory's Irish Pub, 10:00 a.m.

Band "Seven" — Cory's Irish Pub, 4:00 p.m. (Grill open)

**If you don't run/walk/bike, join us for breakfast at the fire station and experience the excitement!**



## BIKING BONDU

### REGISTER FOR EITHER (OR BOTH) EVENTS

Registration is \$20 per person

#### ONLINE:

– [bikeiowa.com](http://bikeiowa.com)

– [bikingbondu.wufoo.com/forms/bikingbondu/](http://bikingbondu.wufoo.com/forms/bikingbondu/)



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#### BY PHONE:

Jeff Cook — 515/491-3355

Steve Hall — 515/360-6546

**The registration fee will be donated to the development of the Bondurant Regional Trailhead.**

This trailhead is part of the connection of the Chichaqua Valley Trail with the Gay Lea Wilson Trail and High Trestle Trail.

These Central Iowa trails are part of the network of trails connecting the cities of Bondurant, Ankeny, Altoona, and Des Moines.