



A Farm Fresh Day Tour! New route!

Tour Mitchell County from the seat of your bike, travel through the towns of Mitchell, Stacyville, McIntire Riceville. Enjoy the scenery along the Cedar River, Iowa countryside, and the Wapsi Great Western Trail, while savoring farm fresh prepared food.

Registration will begin at 7:00AM at the Chamber of Commerce office in City Hall, 808 Main Street. Ride begins at 7:45 AM RAIN or SHINE. Sag vehicle available all day. Please bring or ride with someone with a cell phone. **Helmets are required for this ride.** Riders should be prepared to ride 65 miles with 5 miles of gravel. Food stops every 10 - 15 miles.

RIDE RIGHT, RIDE SAFE!

OSAGE CHAMBER OF COMMERCE
808 MAIN STREET
OSAGE, IOWA 50461

BRAM
BIKE RIDE AROUND MITCHELL
COUNTY
SPOKES-N-SPOKES
A FARM FRESH DAY TOUR
Saturday, June 28, 2014



808 Main Street
Osage, Iowa 50461
641-732-3163
chamber@osage.net

Registration Form
One per rider – Copies Ok

Name _____
Address _____
City _____
State _____ Zip _____
Email _____

Select Shirt Size

___ Sm ___ Med ___ Lrg ___ Xl ___ XXI

Entry Fee:

_____ \$45 per person

Make checks payable to:
Osage Chamber of Commerce
808 Main Street
Osage, Iowa 50461

Registrations received after June 15 will not be guaranteed an event shirt the day of the ride.

Liability Release

I am entering this event at my own risk. In signing this release for myself (or named entrant when entrant is younger than 18 years), I understand this release and agree to absolve all sponsors, organizers and associated entities of all blame for any injury, harm or loss or inconvenience suffered as a result of taking part in BRAM-Bike Ride Around Mitchell (County). I agree to wear a helmet at all times and obey all Iowa Traffic Laws. I also give permission for the free use of my name and or picture in any telecast, broadcast or any other account of the event.

Signature

Signature of legal guardian if under 18

Osage Chamber of Commerce
BRAM - BIKE RIDE AROUND MITCHELL Co.
Spokes-n-Sporks
A Farm Fresh Day Tour

Sponsored by: Fox River Mills, Home Trust & Saving Bank, The Front Porch, Kountry Kupboard, S & S Locker, Stillwater Greenhouse, Mitchell Country Regional Health Center, National Poultry, Randall Construction, K&N Mini Mart, Stacyville Monitor Review, Red Man Grill & Bar, County Line Locker, Andy's Mini Mart, Riceville Recorder.

SATURDAY, JUNE 28, 2014

Registration begins at 7:00 AM., Osage Chamber of Commerce located at City Hall, 808 Main Street.

Bike ride begins at 7:45 AM.

Stops will feature locally grown produce and meat. Registration is \$45 per person. Riders will receive a special eating utensil-which is their ticket to eat at each stop, farm fresh nourishment at each stop. BRAM 2014 t-shirt, goody bag from sponsors. This is a moderate speed ride, not a race. Helmets are required. Bikers can expect and should be prepared to ride on at least 5 miles of gravel. There will be six stops approximately 10 - 15 miles apart.

Serving times:

- 8 - 9 AM: Breakfast at Sugar Creek Farm
- 10 - 11 AM: Mid-morning brunch, Stacyville City Park. Proceeds from this stop will go towards a veterans memorial and new public restrooms in the city park.
- Noon - 1 PM: Lunch in McIntire. Proceeds from this stop will be used for better trail signage thru the town of McIntire.
- 2:00 - 2:45 PM Desert in Riceville at the trail head. Proceeds from this stop will be used to beautify the trail head. If you arrive before noon, be sure to visit the Farmers Market at 203 Main Street - 1 block east of the Wapsipinicon Trailhead.
- 3:30 - 4:30 PM: Mid after noon snack at Log Cabin Produce
- 5:30 - 6:30 PM Wine tasting and snack at Sunny Brae Golf Course and Country Club, Osage

Dam Pure Honey - locally produced honey will be available for purchase at each stop. Great natural energy boost!