



Spring Lap of the Bluffs

**Sunday, May 20th
8:00 A.M. start**

Christy Creme will be the starting point for a spring bicycle trek around the city on Sunday, May 20th. Mayor Tom Hanafan has been invited to lead the procession from Christy Creme at 8:00 A.M.

The route will take peddlers to Mynster Springs Rd.; over the hill to Big Lake, where the trails start and continue nearly all the way around the city, past the casinos to the Western Historic Trails Center, under the South Omaha Bridge Road, around Lake Manawa, to the Wabash Trace Trailhead, and across ISD's campus following the Valley View Trail to Iowa Western Community College. Bikers will then proceed down Kanessville, over McKenzie to Simms Ave. and down Spencer Ave. back to Christy Creme. Peddlers should finish around 10:00 assuming the legs and tires hold up. A sag wagon with cell phone communications will be provided.

There are only 2 minor hills, and 95% of the route is on flat, paved trails. Weather permitting, it should be great fun. This ride is open to anyone with a bike who wants to join us, so bring your bike, your helmet, and your water bottle; and enjoy the Springtime in the Bluffs scenery.

The Lap is just under 27 miles in length, and should take about 2 hours. This is not a race. Peddle at your leisure.

Please wear a bike helmet.

Early registration fee \$25. After May 1st, the fee will be \$30.

**Fee includes Tee Shirt and lunch at Christy Creme after the ride.
Proceeds go to "Back to the River, Inc."**

**Registration Forms on line at ChristyCreme.com,
at Christy Creme, 2853 North Broadway,
or at area bike shops.**