

T-Bone Trail Bash & BBQ

Celebrate National Trails Day by joining us for a family-oriented bike ride on the T-Bone bike trail.

BBQ

BBQ Lunch served
11:00 am-1:00 pm at
the Brayton park.

Date: June 5, 2010

Time: 9:00 am, 20-40 miles
10:00 am, Shorter distances

Entry Fees:
\$10/ individual or \$25/family
(Includes Lunch)

Door prizes for those
pre-registered

Ride starts at the trail head
located at "The Valley"

You choose your own
distance.
20 mile paved trail allows
riders round-trip distances
of up to 40 miles.

Sponsored by: Nishna Valley Trails Association

Return to:

Bruce Henderson

1101 Locust St

Atlantic, IA 50022

712-243-3526

bghenderson@mchsi.com

Name _____

Address _____

Phone _____

Email _____

Waiver: I certify that I and/or my child is in good health and is physically capable of participating in the Nishna Valley Trails T-Bone Trail Bash & BBQ. I do not hold the Nishna Valley Trails Association or Cass or Audubon Counties responsible for any injuries or damages that may occur.

Signature; Parent must sign if child under 18 years

Date