

CENTURY RIDE

Southwest Iowa Nature Trails, Inc. (SWINT) is sponsoring a century ride on August 9 & 10, 2008. This is our 7th annual century ride, and it has grown in popularity each year. This ride will be a Weekend Mile Century that starts in Council Bluffs at the trailhead near Lewis Central School (see schedule). The ride will go through Mineola, Silver City, Malvern, Strahan, Imogene, Shenandoah, and finish at the old Izaak Walton League grounds (IKES) which is located about 5 miles southwest of Shenandoah on the Wabash. IKES is just north of the town of Bingham and is exactly 50 miles from the Council Bluffs trailhead. The return trip on Sunday will finish the Weekend Century.

If you would prefer the comfort of a bed, there are three motels in Shenandoah and guest houses in Coin. Transportation from IKES will be available.

The pool in Shenandoah is a great place to stop for a "cool dip". Pack your swimsuit and towel on your bike and enjoy a free swim. Pool pass is in your ride packet.

BIKING THE WABASH

The purpose of this ride is to have fun, enjoy the natural beauty of the trail, and explore our small southwest Iowa towns. This is not a race! Have a leisurely ride. Stop along the way for a drink, lunch, snack, or a swim. The farmers market is open in Silver City with crafts, baked goods, and fresh produce. Mechanical and SAG support will be available along the trail.



Wabash Trace bridge over the Tarkio River. This is where you can view the Perseid Meteor shower on Saturday night.

ENTRY FEE INCLUDES

- Camping gear transport from Council Bluffs to IKES and back to Council Bluffs on Sunday.
- Dinner, beverages, camping site
- Entertainment, prizes, and games
- Sunday morning continental breakfast
- T-shirt commemorating the event
- Mechanical support and SAG support
- Free swimming pass for Shenandoah pool, located in Sportsman's Park right by the Wabash Trace.
- Ride packet with free information, pool pass, and free raffle ticket for prizes.

REMEMBER Non-riders are welcome to join the riders for the dinner, entertainment, meteor ride and campout. See registration form for details.

SCHEDULE

SATURDAY MORNING

August 9, 2008

Council Bluffs Trailhead

8:00 to 10:00 AM – Check in. Check camping gear. Get ride packet and t-shirt.

ENJOY THE RIDE!

SATURDAY AFTERNOON

ARRIVAL AT IKES

Set up camp, shower, merchandise display, and social time.

6:00 to 8:00 PM – Dinner served. Raffle ticket sales.

8:00 PM – Entertainment, music, raffles

10:00 PM – Perseid Meteor show. Ride a few miles south of the campground to watch the meteor display.

12:00 PM – Lights out!

SUNDAY MORNING

August 10, 2007

8:00 TO 9:00 AM – Break camp and load camping gear to be returned to Council Bluffs trailhead.

Continental Breakfast

Begin second half of Century Ride

DIRECTIONS

Council Bluffs Trailhead

Take I-29 to Highway 92. East on Highway 92 to Wabash Avenue. South on Wabash Avenue past Lewis Central School Complex. Trailhead is located on South Omaha Bridge Road. Watch for signs.

Izaak Walton League (IKES)

Highway 59 south to Shenandoah. Go about 1 mile south of Shenandoah to Highway 2. Take Highway 2 east for about 4½ miles. Izaak Walton building on south side of highway.

IMPORTANT ITEMS

1. All riders must wear an ANSI or SNELL approved bicycle helmet.
2. Mechanical support will be available before and during the day's events.
3. Water and refreshments will be available in most of the towns along the trail.
4. RIDE RIGHT! Please stay to the right of the trail and watch for traffic on country roads.
5. Bicycle lights are required for night riding.

REGISTRATION FORM

Make checks payable to: SWINT
Mail to: Larry Barmann
1753 215th Street
Red Oak, IA 51566

Enclose registration form and check.
(Please print or type)

Name _____

Address _____

City _____

State _____ Zip _____

Phone Day _____ Eve _____

Number of Century Riders X \$45 _____

Dinner & entertainment only X \$10 _____

Total Enclosed \$ _____

T-shirt size and number of each size

S _____ M _____ L _____ XL _____ XXL _____

RELEASE FORM (Each rider must sign)

In signing this release, I acknowledge that I hereby agree and will absolve and hold harmless: Southwest Iowa Nature Trails, Inc., Iowa Natural Heritage Foundation, The City of Council Bluffs, Corporate Sponsors, cooperating organizations and any other parties connected with this event, signally or collectively from and against any blame and liability for any injury, misadventures, harm, loss, inconvenience or damage hereby suffered or sustained as a result of participation in the Wabash Century Ride, Campout, and Meteor Show. I also hereby consent to and permit emergency treatment in the event of injury or illness. I understand entry fees are non-refundable.

Signature

Parent or Guardian must sign for all minors.
Please feel free to duplicate this brochure.



SEVENTH ANNUAL

WABASH CENTURY CAMPOUT & METEOR SHOW

AUGUST 9 & 10, 2008

A RIDING EXPERIENCE THROUGH SOUTHWEST IOWA

SPONSORED BY

WABASH TRACE NATURE TRAIL
SOUTHWEST IOWA NATURE TRAILS, INC.
&
IOWA NATURAL HERITAGE FOUNDATION