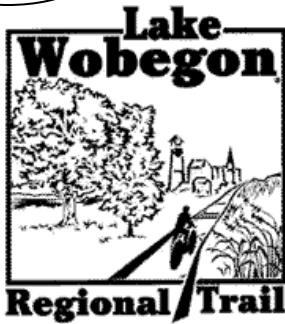


# 2009 Lake Wobegon Trail Caramel Roll Ride

Helmets  
Required!

*A sweet roll along a sweet trail!*

10<sup>th</sup>  
Anniversary  
Ride!



**Who:** Sponsored by the Lake Wobegon Trail Association

**What:** 2009 Lake Wobegon Trail Caramel Roll Ride

**When:** Saturday June 13, 2009 8–10 AM  
Official Check In and Registration to receive your wrist band for refreshments and free Caramel Rolls

**Where:** Ride will start in Albany this year to celebrate the 10<sup>th</sup> Anniversary of the Caramel Roll Ride

**Location:** Albany MN Trail Head mile marker 106 (City Hall)

**Ride options---** choose any option or part of an option or all of them!

**Western ride** – Albany west to Freeport (6 miles) to Melrose (6 miles) for a total ride of 12 miles or 24 miles round trip. Shuttle ride back to Albany from Melrose at Noon.

**Northern ride** – Albany north to Holdingford (10 miles) to Bowlus (7 miles) to Mississippi River (4 miles) and to Highway 10 (2 miles) for a total ride of 23 miles one way or 46 miles roundtrip. Shuttle ride back to Albany from Bowlus at Noon.

**Eastern ride** – Albany east to Avon (5 miles) to Collegeville/SJU link (6 miles) to St Joe (3 miles) for a total ride of 15 miles or 30 miles round trip. Shuttle ride back to Albany from St Joe at Noon.



**Discover the Lake Wobegon Regional Trail and rediscover the joy of bicycling!**

**Why:** To celebrate the coming of summer by enjoying *“A sweet roll along a sweet trail!”* It will be a pleasant ride on the Lake Wobegon Trail and a chance to enjoy a sweet caramel roll! We want to encourage everyone, especially families with their children, to get out and enjoy the outdoors, get some exercise and do something fun together as a family. Start a new tradition in your family and join us for this wonderful annual fun ride on the Lake Wobegon Trail!

**Benefit:** Funds raised will help provide funding for the Lake Wobegon Trail Association to continue to promote the trail. The Lake Wobegon Trail Association will also contribute part of the proceeds of the ride to support the efforts of local communities and groups to plant more trees and shrubs along the trail.

## Fees Schedules, Early Registration Deadline and Contact information:

### **Fee payment methods:**

Check or Money Order with US Mail Registrations

Paypal or mail check or money order with Online Registrations at [www.lakewobegontrails.com](http://www.lakewobegontrails.com)

### **Ride Date – Saturday June 13, 2009**

### **Early Registration Deadline Sunday May 24<sup>th</sup>, 2009:**

### **After May 24, 2009**

#### **Registration Fee**

\$20 Adults age 16 and above  
 \$10 Children age 7-15  
 Free! Children age 6 and under

More fun!!



Avon Area Arts  
 is hosting a  
**Celebration of  
 The Arts** on Sat  
 13<sup>th</sup> & Sun 14<sup>th</sup>  
 south of Avon  
**MN Follow the  
 signs.**  
[www.Avonarts  
 connection.com](http://www.Avonartsconnection.com)

#### **Registration Fee**

\$25 Adults  
 \$15 Children age 7-15  
 Free! Children age 6 and under

#### **T-Shirts**

\$15 S, M, L, XL  
 \$17 XXL

#### **T-Shirts (as available after May 24, 2009)**

\$20 S, M, L, XL  
 \$22 XXL

#### **Ride Contact: Cliff Borgerding**

33504 Shorewood Dr  
 Avon MN 56310

Email: [LWTEvents@lakewobegontrails.com](mailto:LWTEvents@lakewobegontrails.com)

PH: 320-356-7191

### **Ride Date – Saturday June 13, 2009**

Online registration available at LWT website:

[www.Lakewobegontrails.com](http://www.Lakewobegontrails.com)