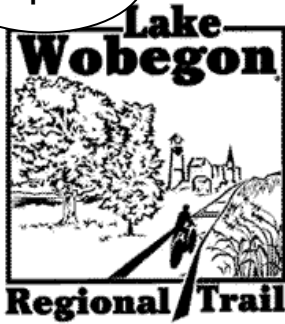


# 2010 Lake Wobegon Trail Caramel Roll Ride

Helmets  
Required

*A sweet roll along a sweet trail!*

11<sup>th</sup>  
Annual



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

**What:** 2010 Lake Wobegon Trail Caramel Roll Ride

**When:** Saturday June 12, 2010  
8–10 AM Check In and Registration  
Official Check In and Registration to receive your wrist band for refreshments and free Caramel Rolls

**Where:** Ride will start in Albany MN at City Hall  
Address: 400 Railroad Ave, Albany, MN

## 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.

**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.

**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.



## **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:**

Checks & Money Orders Payable to LWTA 2010 Caramel Roll Ride

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 12, 2010**

### **Early Registration Deadline Sunday May 30<sup>th</sup>, 2010: After May 30, 2010**

#### **Registration Fee**

\$20 Adults age 16 and above

\$10 Children age 7-15

Free! Children age 6 and under

#### **T-Shirts**

\$15 S, M, L, XL

\$17 XXL

**Ride Contact:** **Cliff Borgerding**  
33504 Shorewood Dr  
Avon MN 56310

More fun!!



Avon Area Arts  
is hosting a  
**Celebration of  
The Arts** on Sat  
12<sup>th</sup> & Sun 13<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 (as available after May 30, 2010)**

\$20 S, M, L, XL

\$22 XXL

Email: [LWTEvents@lakewobegontrails.com](mailto:LWTEvents@lakewobegontrails.com)  
PH: 320-356-7191

### **Ride Date – Saturday June 12, 2010**

Online registration available at LWT website:

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