

# Saturday, September 5, 2009

## SWINE TREK

**Riding...People...Great Food...  
All this in one day...the ride says it all...  
you will not go away hungry!**

This annual event is held each year by Hawkeye Bicycle Association in Cedar Rapids, Iowa, and is open to all who want a long or short ride and great food!

**All rides except for trail ride leave at 7:00 a.m.** from the enclosed pavilion at Pleasant Creek State Recreation Area near Palo, IA. The park is located 5 miles north of Palo off County Road W36.  
**Registration begins at 6:30 a.m.**

- **12 mile nature trail ride – registration at Center Point Depot – 9:00 a.m. – ride leaves from Depot**
- 25-50-100 mile routes (Route features Center Point, Troy Mills, Quasqueton)
- Bicycle helmets required
- Rest stops fully stocked with food/beverage
- Chicken dinner with all the trimmings provided from 11 – 4
- SAG service provided

• **Cost:** \$20 (before Aug 29.....  
\$25 (after Aug 29.....) (\$5.00 discount given to HBA Members)

Hawkeye Bicycle Association (HBA) was established in 1971 to promote bicycling and safety in the Cedar Rapids Metro area.

Bicycling enthusiasts join HBA for a variety of reasons – some want to have someone to ride with – others want to learn the basics of cycling safety and help support bicycling legislation – others join for better health and well-being.

### Touring and Leisure Riding

- **Saturday Rides** – Ride leader rides at back of group – shorter miles – slower paced – family oriented – normally includes a breakfast stop
- **Sunday Rides** – Faster paced – longer miles – may include a breakfast stop
- **Wednesday Evening Rides** – Check website for starting points – shorter ride – no ride leader
- **Leisure Rides** – riders stay in a group and ride short distances at a leisurely pace – often involves a trail ride
- **Special attention is given to new riders to make them feel welcome and safe. Consult schedule on website for starting points and times.**

## Swine Trek 2009



### 2009 Swine Trek Entry Form

Last Name: \_\_\_\_\_  
First Name: \_\_\_\_\_  
Birthdate: \_\_\_\_\_  
Address: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
**Emergency Contact**  
Name: \_\_\_\_\_  
Relationship to You: \_\_\_\_\_  
Phone Number: \_\_\_\_\_

#### Circle the distance you plan to ride:

12 mile Trail Ride   25 miles   50 miles   100 miles

#### Entry fee:

Before Aug 29:      \$20      \$ \_\_\_\_\_

After Aug 29:      \$25      \$ \_\_\_\_\_  
(\$5.00 discount to HBA members)

Make check payable to **Hawkeye Bicycle Association**. Mail to: Diane Potter, 3927 Cedar Grove Ct NE, Cedar Rapids, IA 52411

### HELMET USE IS REQUIRED!

**Waiver:** I do hereby for myself, heirs, executors and administrators waive any and all claims for damages, and causes of action of every nature which I may have or which may hereafter accrue to me against the Hawkeye Bicycle Association, it's officers or any of it's sponsoring agencies during participation in this event or during travel to and from this event.

Signature of Rider \_\_\_\_\_ Date \_\_\_\_\_

Signature of Guardian/Parent \_\_\_\_\_

**Questions:** Contact Diane (319-560-3979) or Larry Potter (319-981-3663)

E-mail: dianepotter54@gmail.com

<http://www.hawkeyebike.org>