

# Trails & Trills Ride

8 or 16 miles on the paved Raccoon River Valley Trail –  
Live music all along the way!  
Saturday, September 5, 2009  
10 a.m.

Top local and regional instrumentalists and singers will be scattered up and down the eight miles of the beautiful Raccoon River Valley Trail, between Jefferson and Cooper. They will perform as cyclists cruise past, or stop and listen. The "Committee for a Super Cooper" will serve a full lunch in Cooper (pop. 30). A sag vehicle will be available in Cooper for those who want to ride only one way. All proceeds go to the Raccoon River Valley Trail Association for promotion of the trail.

**Pre-Registration Fee (up to August 27, 2009):** \$18 per cyclist (children under 10 are \$14).

**Late Registration Fee** (after August 27, 2009): \$20/\$16

(Checks should be made out to: RRVT Association)

**Includes:** Raccoon River Valley Trail daily pass  
Trails & Trills T-Shirt  
Lunch in Cooper

**Packet Pick-up:** Begins at 8:30 a.m., Jefferson Depot

**Start Time:** 10 a.m., Jefferson Depot

Parking is available in lots north and east of Jefferson Depot. Helmets are strongly encouraged.

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**Registration Form**

**Shirt Size: Adult:**      S M L XL XXL                      **Child's:** S M L

**Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_

**City, State, Zip:** \_\_\_\_\_

**E-mail Address:** \_\_\_\_\_

**Emergency Contact Name & Number:** \_\_\_\_\_

I agree that as I participate in the "Trails & Trills" bicycle ride on September 5, 2009, the sponsoring and organizing groups are not liable for any injuries I suffer, treatment I might require, or expenses of recovery later. In addition, the sponsoring and organizing groups are not responsible for damage to my bicycle, related equipment, or vehicles I park while I participate. I acknowledge that sponsoring and organizing groups include the Committee for a Super Cooper, the Raccoon River Valley Trail Association, and the Greene County Conservation Board.

Signature: \_\_\_\_\_

Rider (if over 18) or parent/guardian (for those under 18)

**Please:** One form per rider. This form can be photocopied.

**Mail Registration to:** RRVT/Trails & Trills Ride, 402 Main Street, Suite 1, Cooper, Iowa 50059