

**Siouxland Trails Foundation** is hosting its sixth annual Tri-State Trails Tour Bicycle ride on Saturday May 16, 2009, starting at 10 am with registration beginning at 8 am. The ride will once again begin at the Marina Center which is across the parking lot from the Marina Inn in South Sioux City, NE (right on the trail!). There will be a mass start and riders can choose from a variety of route options up to 57 miles. There is no required minimum distance.

Riders have the unique opportunity of riding in 3 states in one short day. Portions of the ride include trails along the banks of the Missouri and Big Sioux Rivers, around a lake, and through several city parks and one state preserve and you get to cross the both rivers.

The Tri-state Trails Tour is a family-friendly ride, and because of our generous sponsors, proceeds from the ride will go toward the development and promotion of the recreational trail system in Siouxland.

Pre-registration is strongly encouraged and is required to assure availability of the T-shirt option. **NEW THIS YEAR IS A PRE-RIDE PANCAKE BREAKFAST!** Pancakes, sausage, and juice will be offered for \$4 beginning at 8 am and continuing until ride time. Other ride amenities include SAG service if needed, free refreshments at rest stops, free Siouxland Trail Maps, and availability of post ride showers.

The Marina Inn is offering a limited number of special \$79 rate rooms for those coming in from outside the area. Ask for the "Trail Tour" rate at 402-494-4000.

Siouxland Trails Foundation has raised more than \$200,000 for area trails. We are a 501(c) 3 non-profit organization and contributions above your registration fee are deductible to the extent allowed by law. There is a line on the registration form that can be used for contributions.

Non-riders may use the registration form to order one of our awesome T-shirts or the pancake breakfast option only. Also, note that we do offer a special 'Family Rate' on the registration form.

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The Tri-State Trails Tour is the Foundation's primary fund-raiser. This year, with the community's support, we anticipate raising a substantial sum for the development and improvement of local trails. The Foundation looks forward to several new projects in the coming months as we work with Sioux City, South Sioux City, North Sioux City, Dakota Dunes, and Adams Nature Preserve in making improvements to the trail system.

Registrations for the Tri-state Trails Tour are available at:

- Long Lines Recreation Center in Sioux City
- Area Bike Shops
- Sioux City, and Sgt Bluff South Sioux City Parks Departments
- Sgt. Floyd Welcome Center
- Adam's Nature Preserve
- On-line [www.siouxlandtrails.org](http://www.siouxlandtrails.org)
- Writing Box 752, Sioux City IA 51102
- Calling 712-233-3240