Activity: 55-mile Bike Ride on Old Abe Trail Location: Chip.Falls -> Brunet Island and back

Dates: Sat-Sun, Sept. 6-7, 2008

Meet at: 9:00 a.m. Sat, Arneberg Acres Est. return: 2-5 p.m. Sun, Arneberg Acres

Cost: \$10 (4 meals @ \$2; \$2 camping fee)

Emergency contact: Tom Arneberg's cell: 529-1536

Details: We're heading North for this year's bike trip. Most of the route is on the paved Old Abe Trail. We'll haul camping/cooking gear from the start

point to Brunet Island State Park in the trailer, so the burden will be light. The trail is flat, but it is 25-30 miles each day, so boys should bring a bike in good working order, and should try to do a little conditioning before the trip. Also, helmets are mandatory. (If you've never gone 30 miles in a day, don't worry; it's easier than you think...just keep pedaling!)

Patein the above information and return the form below with any m ıd

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