

Rail 'n Trail and Road Route Ramble 2008

in the beautiful

Cuyahoga Valley



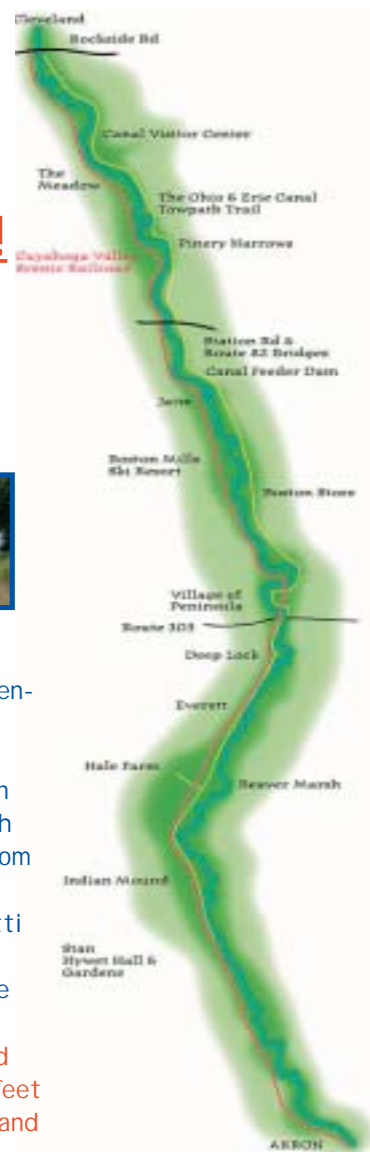
TWO EVENTS IN ONE! Rail 'n Trail Train/Towpath and Road Route Ramble

Come join the fun in Northeast Ohio's beautiful Cuyahoga Valley National Recreation Area. Sunday, August 10th marks the Lake Erie Wheelers Bicycle Club's 5th annual Rail 'n Trail Bicycle Tour. Choose from six rides. Our original "Train/Towpath" ride offers a "family friendly" route and pace, suitable for the occasional cyclist. The "Road Route Ramble" offers five "Pavement Only" routes for more of a challenge to the seasoned rider.



Train/Towpath Route- Boarding the Cuyahoga Valley Express at Rockside Road Station, attendees will load your bike onto one of the three baggage cars. On board the train, riders will view the scenic Cuyahoga Valley National Park from the comfort of the passenger cars. The train will transport you and your bicycle to North Station in Akron, arriving at 10:30am. Upon arrival, a snack and refreshments await before your journey begins. The ride begins at North Station and proceeds down a marked bike lane for a very short distance to Mustill Store. From there, riders begin the bicycle ride on the Towpath back to Rockside Road Station. After 15 miles on the tow-path trail, you will divert a short distance to stop for a home-made spaghetti lunch and enjoy live entertainment at the historic Stanford Hostel in Peninsula. With plenty of carbs to fuel *your* engine, it's back to the trail to ride the final 12 miles to Rockside Station.

Road Routes- 35/50/62/100 These routes offer the more experienced cyclist a longer and more challenging tour. Road riders take note: these routes are *all* pavement except for 50 feet of Stanford Hostel driveway! Your ride starts at Cuyahoga Valley Railroad Rockside Station and depending on the route you choose, you will wind your way in, out, around and through the Beautiful Cuyahoga Valley. Snack stops at Akron's North Station and Stanford Hostel. Rest and recharge at Stanford House Hostel with a sumptuous lunch. You can then choose to ride additional loops or return the 15 miles to Rockside Station. Please use a separate "ROAD ROUTE RAMBLE" form if you are registering for the road ride.



When:

Sunday, August 10th, 2008

Registration opens 7:00am

Train departs 9:00am.

Where:

Cuyahoga Valley Line Rockside Station on Old Rockside Road behind Lockkeeper's Restaurant.

Go to www.rail-n-trail.org for maps of start location, or see reverse of this flyer.

Entry deadline:

Monday, August 4th

Rider Limits:

320 **Train/Towpath**

600 **Road Route Ramble**

Ride:

Train/Towpath: Off the train in Akron at about 10:30, a snack awaits. On your bike for 15 miles up the Tow Path to Stanford House for Lunch. Back on the bike for final 12 miles return to Rockside Station.

Road Routes: Akron snack stop open 10:00am - 1:00pm, Stanford snack stop open 10:30am - 3:00pm. Stanford Lunch open 11:30am - 3:00pm.



Rail 'n Trail Bicycle Tour 2008 Registration Form- PLEASE PRINT *You may make additional copies, one form for each rider!*
A felt-tip pen works best on this form

Name _____ Phone _____ Email _____
 Address _____ City _____ State _____ Zip _____
 Age _____ Sex _____ Emerg. contact Name: _____ Phone _____
 How did you hear about this ride? _____
 What is your favorite tour ride? _____ Why? _____

WAIVER AND RELEASE OF LIABILITY
 I, the undersigned, during my participation in the Rail to Trail Ride, hereby release Lake Erie Wheelers' CVSR, Summit Metro Parks, Stanford Hostel, The National Park Service and all officers, members, agents and sponsors, singly and collectively, from any and all liability, including any and all injuries, harm loss, damage, misadventure or inconvenience, occurring to either myself or the named minor (a person under 18 years of age) during any and all of the event or any associated activity.
 I HAVE READ THE ABOVE RELEASE AND UNDERSTAND ITS INTENT. THUS, I HEREBY VOLUNTARILY EXECUTE THIS RELEASE FOR MYSELF. In the event a participant is under 18 years of age, I hereby execute this agreement on behalf of my child or ward and my signature shall be considered my permission of participation. I acknowledge that participation in this activity, like any other outdoor recreational pursuit, involves some risk of bodily injury. I understand the nature of the possible risks and willingly accept them under the conditions set in this release and waiver of liability.

Participant's Signature X _____ Date _____
 Parent or Guardian (if entrant is under 18) X _____ Date _____

Secure Online Registration available at: www.rail-n-trail.org

Registration Fees-

Train/Towpath: \$ 35.00 per adult. \$ 30.00 per child 10 yrs and younger. Includes: train pass w/loading and unloading of your bike, snacks & refreshments upon arrival in Akron, food ticket for Stanford House lunch stop.
(PLEASE USE A ROAD ROUTE RAMBLE FORM FOR ROAD RIDES)

_____ Adult Train/Tow X \$ 35.00ea TOTAL \$ _____
 _____ 10 yrs or less X \$ 30.00ea TOTAL \$ _____
 RIDER TOTAL \$ _____
 _____ SMALL X \$15.00ea TOTAL \$ _____
 _____ MEDIUM X \$15.00ea TOTAL \$ _____
 _____ LARGE X \$15.00ea TOTAL \$ _____
 _____ X-LARGE X \$15.00ea TOTAL \$ _____

DEADLINE FOR REGISTRATION IS AUG. 4
DEADLINE FOR TEE SHIRT ORDERS IS JULY 31
**ADD RIDER AND SHIRT TOTALS-
 GRAND TOTAL ALL ITEMS:**

TEE SHIRT TOTAL \$ _____ \$ _____

Paid via Ck # _____ PLEASE DO NOT SEND CASH! DATE: _____ MAIL SIGNED FORM WITH PAYMENT TO: The Lake Erie Wheelers Bicycle Club, PO Box 26146, Fairview Park, Ohio 44126 **NOTE: NO REFUNDS FOR ANY REASON. THIS EVENT IS "RAIN OR SHINE". PLEASE MAKE SURE WE CAN READ YOUR EMAIL AND PHONE ABOVE!**
 LEW ONLY- DATE RCVD _____ BY _____ PASSES ISSUED _____ TEE SHIRTS ISSUED _____

Please return this page with your payment. Save the other page.



5th Annual
Rail 'n Trail
 and
Road Route
Ramble 2008
Sunday, August 10th
Train/Towpath Route-
 Ride the Cuyahoga Valley
 Scenic Railroad from
 Rocksides to Akron, ride
 your bicycle back to
 Rocksides!
Road Route Ramble-
 All "pavement" 35, 50, 62,
 100 scenic miles in, out
 and around the Cuyahoga
 Valley.
Join the Adventure!
www.rail-n-trail.org