

# ***Attention Riders and Runners!***

## **The Tom Goodall/Stan Wilde/John Manwell Ride, Run, Walk for Health**

**When?**-Saturday, September 16<sup>th</sup>. Registration at 9:00 am.

**Where?**-Registration will be at the Owsley Canyon Trailhead. See directions below.

**Schedule?**-The race schedule is as follows:

10:00 am- Mountain Bike Race Time Trial:

100% singletrack, 11 mile and 5.5 mile courses.

10:30 am- Trail Run/Race Time Trial:

11 mile and 5.5 mile courses.

11:00 am- Just for the health of it: bike/run/walk

12:00 pm-Awards

**Cost?**-\$15/person. Proceeds will benefit the Igo Lane, Owsley Canyon trail system (aka Mt. Emily Recreation Consortium) Barbeque or catered food will be available.

### **Directions to the Event Starting Point:**

From Blackhawk Trail Lane drive north on Owsley Canyon Road. After 2.5 miles the road will fork. Stay to the right, go up a short hill, and park.

**Questions?** Contact...

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