

# Wabash Trace Century Ride Campout and Meteor Show AUGUST 7 & 8, 2004

Hosted by:

**Southwest Iowa Nature Trails Inc.  
and Iowa Natural Heritage Foundation**

Southwest Iowa Nature Trails, Inc. (SWINT) is sponsoring a Century Ride on August 7 & 8, 2004. This year marks our third Century Ride and the special celebration of the 25th anniversary of our partner, the Iowa Natural Heritage Foundation. This ride will be a Weekend Century that starts in Council Bluffs at the Iowa West Foundation Trail Head near Lewis Central School (see schedule). The ride will go through Mineola, Imogene, Shenandoah, and finish at the old Izaak Walton League (IKES) grounds, which is located about 5 miles southeast of Shenandoah on the Wabash. It is just North of the town of Bingham. The return trip on Sunday will finish the Weekend Century.

If you would prefer the comfort of a bed, there are three motels in Shenandoah and guest houses in Coin. Transportation from IKES will be provided.

The swimming pool in Shenandoah is a great place to stop for a "cool dip". Pack your swimsuit and a towel and enjoy a free swim! Pool pass included in ride fee.

## Biking the Wabash

The purpose of this ride is to have fun, enjoy the natural beauty of the trail, and explore our small southwest Iowa towns. This is not a race!! Have a leisurely ride. Stop along the way for a drink, lunch, snack, or swim. The Farmer's Market is open in Silver City with crafts, baked goods, and fresh produce.

## **QUESTIONS??**

Call Kathryn (712)527-3114 Day, (712)527-3404 Night or email: [kaistroke@mchsi.com](mailto:kaistroke@mchsi.com)

# REGISTRATION FORM

Mail registration to:

SWINT  
110 Golf View Estates  
Glenwood, IA 51534

Enclose registration form and check.  
Make checks payable to SWINT  
(Please print or type)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Email \_\_\_\_\_

Number of Century Riders \_\_\_ X \$40 \_\_\_\_\_

Dinner and Entertainment Only \_\_\_ X \$10 \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

T-shirt Size and Number of Each Size

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

## RELEASE FORM (Every Rider Must Sign)

In signing this release, I acknowledge that I hereby agree and will absolve and hold harmless: Southwest Iowa Trails, Inc., Iowa Natural Heritage Foundation, the City of Council Bluffs Parks Department, Corporate Sponsors, cooperating organizations and any other parties connected with this event, singly or collectively, from and against any blame and liability for any injury, misadventures, harm, loss, inconvenience or damage hereby suffered or sustained as a result of participation in the Wabash Century Ride, Campout and Meteor Show. I also hereby consent to and permit emergency treatment in the event of injury or illness. I understand entry fees are non-refundable.

\_\_\_\_\_  
Signature (Parent or Guardian must sign for all minors.)

## **Entry Fee Includes:**

- **Camping gear transport from Council Bluffs to IKES and back on Sunday**
- **Dinner, Beverages, Camping and Night Meteor Show**
- **Entertainment at campground**
- **Sunday morning continental breakfast**
- **T-shirt commemorating the event**
- **Prizes and games at the campground**
- **Mechanical support and SAG support**
- **Swimming pass for Shenandoah Pool (located right on the Wabash)**
- **Ride packet with free information, pool pass, raffle ticket**

## **Schedule**

### **Saturday morning**

August 7, 2004

Council Bluffs Trail Head

8 to 10 a.m.

Check in. check camping gear, get ride packet and t-shirt

### **Saturday afternoon - Arrival at IKES**

Set up camp, shower, merchandise on display inside, social time

6 to 8 p.m.

Dinner served. Raffle ticket sales.

8 p.m.

Entertainment, music, raffle

10 p.m.

Meteor show. Ride several miles south of campground to watch meteor display.

Midnight

Lights out.

### **Sunday Morning**

8 to 9 a.m.

Break camp and load gear to be returned to Council Bluffs Trailhead. Continental breakfast served. Second half of Century begins.

## **Directions**

### **Council Bluffs Trail Head**

Take Interstate 29 South to Highway 92. East on Highway 92 to Highway 275. South on 275 past Lewis Central School complex. Trail Head is located on South Omaha Bridge Road. Watch for signs.

### **Izaak Walton League (IKES)**

Highway 59 South to Shenandoah. Go about 1 mile South of Shenandoah to Highway 2. Take Highway 2 East for about 4 1/2 miles. Izaak Walton building on South side of highway.

## **Important Items**

1. All riders must wear an ANSI or SNELL approved bicycle helmet.
2. Mechanical support will be available before and during the day's events.
3. Water and refreshments will be available in most towns along the trail.
4. RIDE RIGHT! Please stay to the right of the trail and watch for traffic on country roads.
5. Bicycle lights required for night riding.