

The 23rd Tri-County Triangle Trail "Cookie" Bicycle Ride

Sunday, August 20, 2017 - Start 7 a.m. to 9 a.m. - Rain or Shine, Brad Lightle Memorial Park, Frankfort, Ohio

GENERAL: This is a non-competitive, bicycle tour on well maintained, paved county roads, bike trails and a few low traffic state routes in Ross, Fayette and Highland Counties. Take your time and ride at your leisure to enjoy the sights, sounds and scents of a quiet country ride of mileages of 14, 21, 36, 50, 62 (metric century) miles, with free homemade cookies along the way.

START: All routes start at the Brad Lightle Park in Frankfort, Ohio. (GPS Address: 68 S Main Street, Frankfort, Oh) Frankfort is a small rural village in Ross County, 65 mi. east of Dayton, 50 mi. S. of Columbus. Take the Frankfort (Clarksburg Frankfort Road) exit off US 35. Start and day of ride registration times will be between 7 and 9 am. Longer route riders should plan on leaving Frankfort no later than 8:00 a.m. All riders should depart no later than 9:00 a.m. We kindly ask that all riders arrive in Washington CH by noon for snacks.

ROUTES: Our routes feature the beauty of Ross, Fayette and Highland counties with interesting and historic sites along the way. All rides will incorporate sections of the 32 mile Tri-County Triangle recreational trail featuring streams, bridges, natural areas and country vistas. Longer routes do have some moderate hills. The 14, 21 and 35 mile routes are great for beginning tour riders, while the longer routes do have some moderate hills and are more challenging.

FOOD: Free snacks, including homemade cookies, will be available at start/finish in Frankfort and in Washington Court House at Chrisman Memorial Park rest stop at 18 miles (restroom and water available). Lunch, snacks, water and drinks can be purchased at New Pettits in Martinsburg (50 and 62 mile), and multiple restaurants in Greenfield (62 mile only).

SUPPORT: There will be SAG support vehicles, by cell phone (numbers on map), to help with minor repairs. NO SAG SERVICE AFTER 2:00 P.M. All emergencies should be reported to local law enforcement by calling 911 or the local law enforcement jurisdiction.

HELMETS: All ride participants agree to wear a SNELL or ANSI approved bicycle helmet.

FEES: Ride fees are \$15 per person or \$25 per family if registration postmarked or online by 8/13/14, \$20 per person/\$30 per family after 8/13/14 & day of ride. 100% of proceeds from this event will be used solely for development and maintenance of the trail.

MORE INFO: Call 740 775-9322 (Chillicothe), 740-313-4104 (Washington C.H). Online registration and payment, registration forms and FAQ at www.tricountytriangletrail.org. Please feel free to make additional copies of this form.

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23rd Annual Tri-County Triangle Trail "Cookie" Bicycle Ride Registration Form

Make copies as necessary - Each participant (except family registration) must complete form & sign release
One check OK for multiple entries in same envelope payable to Tri-County Triangle Trail, Inc.

Name _____ Phone _____

Address _____

City/State/Zip _____

Email: _____ (for notification of next year's event only!)

Individual registration postmarked by 8/13/16 - \$15.00 after 8/13/16 - \$20.00.....\$ _____

Family registration postmarked by 8/13/16 - \$25.00 after 8/13/16 - \$30.00.....\$ _____

Tax deductible contribution (we are a 501(3) charity)..... \$ _____

Total Enclosed \$ _____

Mail & make checks payable to: **Tri-County Triangle Trail, Inc., P.O. Box 887, Chillicothe, Ohio 45601**

WAIVER: I understand that bicycling is a potentially hazardous activity. I should not participate unless I am medically able. I assume the risk of participating in this event. I hereby for myself, my heirs, executors, administrators waive release and discharge all persons, groups and sponsors associated with the event. Further, I agree to wear an ANSI or SNELL approved and properly fitted bicycle helmet when riding and observe all traffic laws. I agree to require any children under my supervision to wear a properly fitted and approved bicycle helmet and obey traffic laws.

Signature of Adult Participant and/or Parent/Guardian _____ Date _____

Family Entry Only - List Family Members riding with you: (write on back of form if not enough room)

All children under age of 18 must be accompanied by parent, guardian or authorized adult. No exceptions!