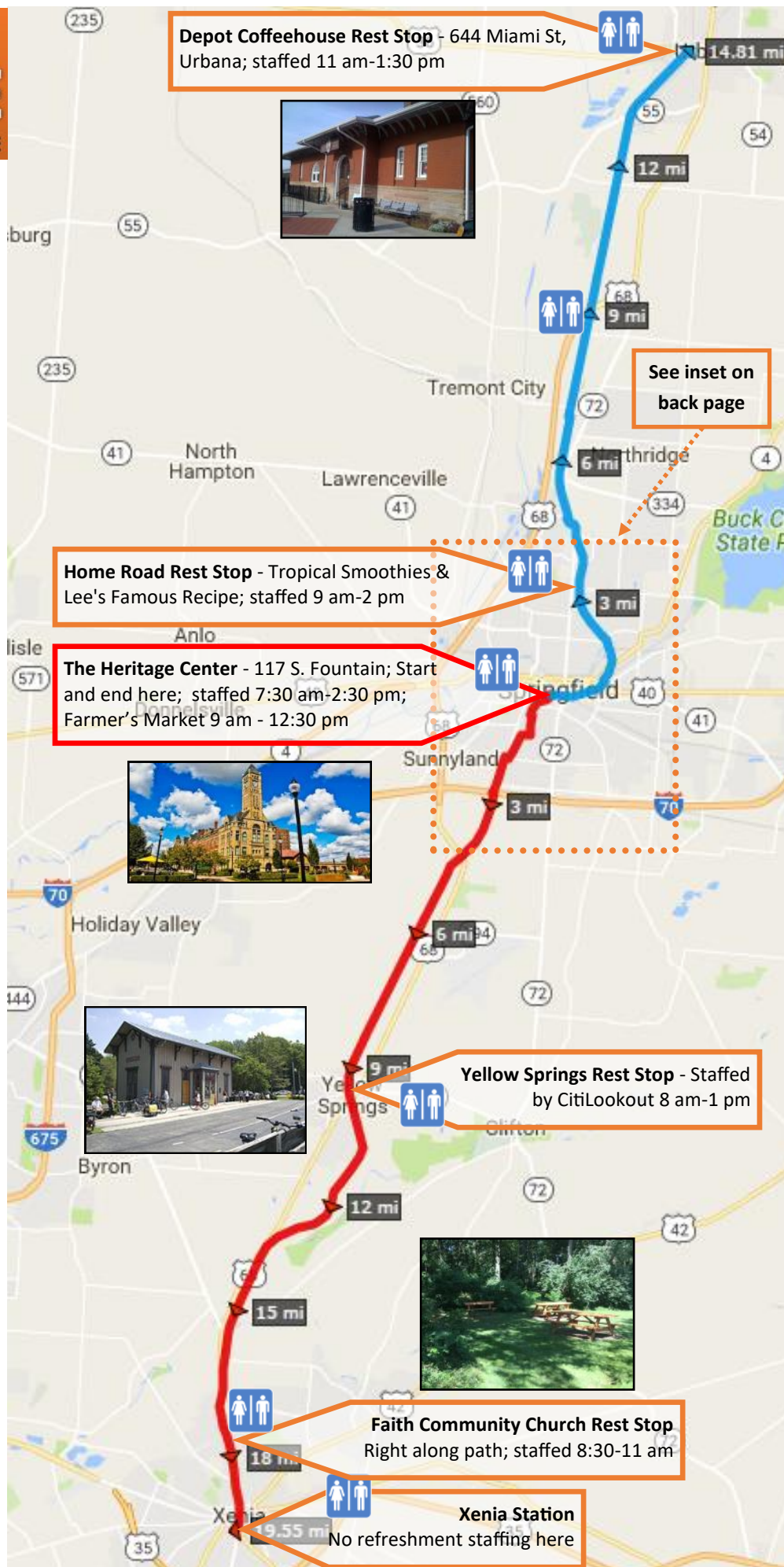


**SF<sup>2</sup>**  
**BIKE RIDE**  
 STRONG FAMILY | STRONG FUTURE

- Plan to arrive at **The Heritage Center** between 7:30 and 9:30 am to start on your bike ride. Return by 2:30 pm.
- Always **wear a helmet** for safety.
- There are **4 route options**, but you can ride as far as you like.
  - Express/family route** - Home Rd. rest stop and back; about **6.5 miles**; suggested checkin: **9-9:30**; **RIDE NORTH**
  - Yellow Springs and back**; about **19.2 miles**; suggested checkin: **8:30-9**; **RIDE SOUTH**
  - Xenia Station and back**; **36 miles**; suggested checkin: **8-8:30**; **RIDE SOUTH**
  - Xenia Station, Urbana and back**; about **65.6 miles**; suggested checkin **7:30-8**; **RIDE SOUTH FIRST**
- All rest stops have **food, water** and are clearly marked with **flags or signs** visible from bike path.
- Restrooms:** All rest stops have facilities (some are port-a-potties). See map for additional locations.
- Be careful at **all** intersections. Double check for traffic before proceeding across streets. **Some crossings will have volunteers assisting.**
- Two phone numbers in case you need **help or support**:
  - Lavern Nissley:** 215-0179
  - Ronda Nissley:** 215-1319
- Bob Suver** will drive a support vehicle in case of major bike breakdown or failure. His cell is 207-9674.
- DESSERT AND ICE CREAM AT THE HERITAGE CENTER AWAITS ALL WHO COMPLETE (REGARDLESS OF DISTANCE RIDDEN).

**THANK YOU FOR YOUR SUPPORT OF STRONG FAMILIES AND STRONG FUTURES!**





Inset from reverse side

**Home Road Rest Stop - Tropical Smoothies & Lee's Famous Recipe; staffed 9 am-2 pm**

**Special children's activities at Lee's property**



**The Heritage Center - 117 S. Fountain; Start and end here; staffed 7:30 am-2:30 pm; Farmer's Market 9 am - 12:30 pm**



**Newly completed bike path - very nice. Not yet showing up on mapping programs.**