



Mountain Bike Tour@  
Walden Mountain Bike Club Trails  
Naughton (XC Ski Trails)  
DATE: Sunday August 9, 2009

### Fun for the whole Family

- There are distances for everyone
- 600 m for children 6 and under
- 1km for children 7-9 yrs (double track)
- 4 km for children 10-12 (double track)
- 8 km for a good workout (double track)
- 16 km for those who want to challenge themselves (double track)
- 20 km Advanced Course (mix of single/double track, some steeper climbing)

**\*\*Good technical skills and higher fitness level are required for Advanced Course\*\***

Entry Fees: \$5 for children (14 yrs and under)  
\$20 for Adults (15 yrs and up)  
\$35 for Families (living in the same household)

**HELMETS ARE MANDATORY FOR ALL PARTICIPANTS**

**8:00 a.m. – 11:00 am Registration, Bike Check & Bib Pick Up**  
Start times: 9:00 AM Children' s Events  
10:00 AM 4 km, 8 km, and 16 km race begins  
12:00 PM Advanced course race begins

Participation awards for the kids, age group awards, prizes, BBQ and Refreshments

Drop off your entry form at the Outside Store until 6:00 PM Wednesday Night  
(August 5, 2009)

There will be no late entries

