

Join us for summer's beauty, wildlife spotting & info, women's friendship, and a good workout in the great outdoors!

Flex-pack: 10 trips... 18 dates ... So YOU can create your own package

- Gone 1 week? You can do 2 trips another week.
- Stick with 1 day of the week, or mix it up as you need. (And switch days at the last minute if necessary)
- Bring a friend! 1st bike ride is free for 1st-timers; if she joins, we'll pro-rate her remaining trips.
- Our Erehwon friends offer us **10% off** women's hike-bike clothes/gear, with a card I'll provide.

1. Your name: _____ (If new to our group or if info has changed, also include:)
Address: _____ Home Phone: _____
City/State/Zip: _____ Cell Phone: _____
E-mail: _____

2. What's your flex pack? I'd like to do: ___ 8 trips (\$135) ___ 6 trips (\$125) ___ 4 trips (\$95)

Check your choices below:

<u>Tuesday morning (8:30 – 11 am)</u>	<u>Wednesday evening (6- 8:30 pm)</u>	<u>Saturday morning (8:30 – 11 am)</u>
Moraine Hills Bike, June 7 _____	Moraine Hills Bike, June 8 _____	Moraine Hills Bike, June 11 _____
North Shore Bike, June 14 _____	North Shore Bike, June 15 _____	Volo Bog Hike, June 18 _____
Poplar Creek Bike, June 21 _____	Poplar Creek Bike, June 22 _____	Poplar Creek Bike, June 25 _____
Busse Woods Bike, June 28 _____	Busse Woods Bike, June 29 _____	Off for the holiday
Des Plaines River Bike, July 5 _____	Des Plaines River Bike, July 6 _____	Wright Woods Hike, July 9 _____
Cuba Marsh Bike, July 19 _____	Cuba Marsh Bike, July 20 _____	Cuba Marsh Hike, July 23 _____
No biking or hiking this day	No hiking or biking this day	Fox River Shores Hike, July 30 _____

3. Mail this form, with your check, **by June 8** to Trailbound Trips, 533 Summit Street, Barrington, IL 60010
(Make checks payable to Trailbound Trips)

4. Info for you...

- Before the first trip, we'll email you easy driving directions, the other women's contact info, (so you can carpool), and discussion topics. (If you would like this info in spiral-booklet form, please check here ___ and include an additional \$10 with your payment.)
- Meet at the bike and hike sites 10 minutes early so you're ready to go. (Sorry, we can't wait if you're late.)
- Rain dates are Friday, July 22 and Saturday, Aug. 6.
- Bring a snack, water, sunglasses, sunscreen, tissues, and a camera. Dress in layers and for comfort, no need to dress for fashion. For biking, bring your bike, helmet, and small backpack/bike pack. Your bike needn't be fancy, but check tires, brakes, chains, gears, and locks the day before we ride. That will give you time to get it fixed or borrow a bike, if necessary.
- Leaders: Carol Ruhter on Tuesdays & Wednesdays; Kim Gross on Saturdays

5. Questions? Don't hesitate to contact Carol at 847-381-9374 or Ruhters@ameritech.net

*Glad you're joining us! Happy trails!
Kim and Carol*