



*Bike & hike in the
the cool of the day!*

**Tues & Sat: 8:30-11 am;
Wed: 6-8:30 pm
June 7- July 30, 2011**

**10 trips. 18 dates.
So you can create your
own trip package!**



Tues am, Wed pm, & Sat am, June 7, 8, & 11: Bike Moraine Hills, (near Island Lake). Enjoy open prairies, wildflowers, marshes, the Fox River, and look for spotted fawns. *10 miles of gentle hills on crushed gravel trails.*



Tues am & Wed pm, June 14 & 15: Bike the North Short (Ft. Sheridan to Lake Bluff). Savor historic Fort Sheridan, wildflowers, beautiful North Shore homes, and the big lake's waves. *About 15 miles of paved, level trail.*



Sat am, June 18: Hike Volo Bog, (near Volo). You'll love this trail, rich in natural beauty, bog history, bird songs, and wildlife. (And check out a carnivorous plant.) *About 3 miles.*



Tues am, Wed pm, & Sat am, June 21, 22, & 25: Bike Poplar Creek, (near Hoffman Estates). This great biking spot boasts beauty, wildlife, and a great workout. *About 9 miles of paved trail, with some hills.*



Tues am & Wed pm, June 28 & 29: Bike Busse Woods (near Schaumburg). Enjoy forest shade, sparkling lakes, and a herd of elk. *About 8, 16, or 24 miles on this level paved trail, depending how many loops you opt to do.*



Tues am & Wed pm, July 5 & 6: Bike the Des Plaines River Trail (near Libertyville). Bike under a canopy of trees along the Des Plaines River's cool waters. *Up to 20 miles on this fairly level, crushed-gravel trail.*



Sat am, July 9: Hike Wright Woods, (near Libertyville). Hike along the winding Des Plaines River through the quiet, cool shade of a maple tree forest. *About 3 miles.*



Tues am & Wed pm, July 19 & 20: Bike Cuba Marsh/Citizen's Park (near Barrington). Wildflowers, wildlife, woods, and a treehouse snack. *About 6.5 miles on a crushed gravel trail, with the option of biking further.*



Sat am, July 23 Hike Cuba Marsh (near Barrington). Wildflowers, wildlife, woods, and a treehouse snack. You'll like this one! *About 3.4 miles*



Sat am, July 30: Hike Fox River Shores, (near Port Barrington). Stroll along the Fox River's refreshing waters and near a beaver lodge. *About 3 miles.*

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