



ENJOY THE FALL COLORS ON THE
MEDICINE LAKE AND RUSH CREEK REGIONAL TRAILS

Saturday, October 4, 2014

34 Mile or 16 Mile Options

Both rides begin and finish at the Ski Chalet in Elm Creek Park Reserve
12400 James Deane Parkway in Maple Grove

34 mile option meets at 8:45am. We bike at 9 am taking the Medicine Lake Regional Trail to Fish Lake Regional Park. Approximately 18 miles round trip with some hills and at an average speed of 12 to 14 mph, returning to the Ski Chalet to join the second ride.

16 mile option meets at 10:45 am. We bike at 11am taking the Rush Creek Regional Trail to Coon Rapids Dam Regional Park. Approximately 16 miles round trip at a casual pace.

Lunch after the ride in Maple Grove TBD

****HELMETS REQUIRED****

RSVP to Bill Brechtel
952-474-5295 (cell) or WJB5295@hotmail.com

Go to www.threeriversparks.org for maps of their Parks and Trails.

In case of bad weather or to verify the ride is not cancelled, call the ride leader

