

The scenic Mankato River Ramble rides again!

Presented by

MANKATO CLINIC



The Orthopaedic & Fracture Clinic



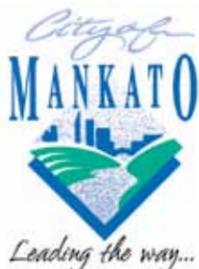
GREATER MANKATO
BIKE & WALK ADVOCATES



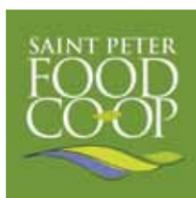
PRESENCE**MAKER**



CITY OF NORTH MANKATO



Leading the way...



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MANKATO TENT AND AWNING



FALL FOR MANKATO!

Escape the Twin Cities to some of the best bicycling Minnesota has to offer. Join us on October 5 for the fourth annual Mankato River Ramble!

SPEND THE WEEKEND

Sure, Mankato makes an easy day trip but why not relax with a weekend away? There's plenty to do! Hike in Minneopa State Park. Mountain bike at Mount Kato. Or, if you're looking for fun on Saturday, October 4th, float down the beautiful Blue Earth River with **Bent River Outfitter**. They specialize in guided kayak, canoe and stand-up paddleboard trips in the river valleys surrounding Mankato. Contact Bent River (reservations@bentriveroutfitter.com) in September and ask about their planned activities on Saturday before the Ramble.

Also, on Saturday, October 4th, join **Mankato Brewery** for a live music event with food and beer. The brewery opens at noon with tours and tastings at 1 p.m., food at 4 p.m. and live music from 5 - 10 p.m. Ride your bike and the brewery crew will valet park it for you! River Ramble riders will receive a beer discount all day long. Or stop in after the ride on Sunday for a cold one. The tap room will be open from noon - 5pm. Find details at mankatobrewery.com.

LODGING

The following hotels have reserved blocks of rooms at discounted rates. It's Mankato State University's homecoming weekend — so book early!

City Center Hotel
507-201-4337

Best Western
507-625-9333

Country Inn & Suites
507-388-8555

Campers will enjoy the convenience of nearby Minneopa State Park or Land of Memories, the River Ramble starting and ending point.

REGISTER by August 19 for \$25, by September 30 for \$32, or day of ride for \$38.

BRING THE FAMILY! Children 17 and under ride FREE!

Students age 18-22 \$15 anytime (must show school ID at check in).

Register online at BikeRiverRamble.org or use the form on the next page.

WE SALUTE OUR SPONSORS

The communities of Mankato and North Mankato have once again come out in force to help make the River Ramble a roaring success!

PRESENTING SPONSORS

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Mankato
Now Playing

We're just 70 miles from the Twin Cities in a picturesque river valley. Enjoy the challenges of our scenic trails, take in one of our exciting events or unwind in our vibrant City Center.

- Miles of paved trails
- Low traffic, bike friendly roads
- Established scenic routes
- Great trails for mountain bikers

visitmankatomn.com

COMMUNITY SPONSORS

B.Stark & Co.
Best Western Plus
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Dino's Pizzeria *
Farrish Johnson Law Office
Flour Power Baker's Cafe
Friends of Minneopa State Park
Friesen's Bakery & Soup Bar
Full Circle Organics
James Connors -
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John Carver -
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Key City Bike
Linda's Cookies
Lindsay Windows
Luther Mankato Honda
Mankato City Center Hotel
Maschka, Riedy & Ries Law Firm
McGowan Water Conditioning
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Number 4 American Bar *
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Sun Moon Yoga
Tandem Bagels *
The Dam Store
The Flying Penguin
The Neighbor's Italian Bistro *
The Tav on the Ave *
Waste Management

* Stop by one of these fine establishments on Saturday, October 4 or Sunday, October 5 and ask for the River Ramble discount!

ENJOY MANKATO'S BEST BANDS — FOUR NEW ACTS!

Land of Memories Music Line-Up

Organic Cowboys – 8:15 to 10:00 a.m.
Start your day with blues, cajun and original tunes.

String Theory – 10:45 a.m. to 12:30 p.m.
This quirky quartet plays an eclectic mix of jazz, blues, rock and folk music creating musical images that surprise and entertain.

The Fabulous Fatheads – 12:45 to 2:45 p.m.
The Fatheads are cagey music vets and all played in the legendary band City Mouse. They play new grass!

Minneopa Park Rest Stop - Mile 3.5
Dan Duffy Orchestra – 8:15 to 10:30 a.m. This favorite foursome will keep you hopping with classic swing music by Ella Fitzgerald, Duke Ellington and more.

Rapidan Dam Rest Stop - Mile 13

Bulypulpit Bluegrass Band - 9:00 to 11:30 a.m.
Enjoy traditional bluegrass tunes plus originals like *Hornpipes Revenge*. The best dam pie you'll find on a bike tour is reason enough to stop. The Rapidan Dam Cafe has baked up a tasty variety of award-winning pies for Ramble riders. REST STOP CLOSSES AT NOON.

Lake Crystal Rest Stop - Mile 20 or 28

Raven Moon Rising – 10:15 a.m. to 12:45 p.m.
Chuck and April play acoustic versions of classic rock, country and blues favorites. REST STOP CLOSSES AT 1:30 P.M.

Minnemishinona Falls Rest Stop - Mile 34 or 42

Good Night, Gold Dust – 11:30 a.m. to 2:00 p.m.
Come Down, the band's latest CD, showcases this quartet's atmospheric folk rock. REST STOP CLOSSES AT 2:45 P.M.



Ride the Mankato River Ramble on October 5, 2014

NEW IN 2014 - Garden City Hilly Half-Century!

Start your day early, before 9 a.m., to enjoy this 50-mile tour of Greater Mankato. Hill climbers will love this route as it crosses over a dozen river valleys with steep climbs rewarded by thrilling descents.

ATTENTION PIE LOVERS! If you want pie you must bike down to the Rapidan Dam Rest Stop and then **bike back up that same hill**. Riders who don't want pie but want to complete the Garden City Hilly Half-Century can turn left before descending to the Rapidan Dam. The Lake Crystal Rest Stop is 16 miles from here.



Your Guide to Riding the Ramble

ONE

REGISTER — The earlier, the cheaper!

TWO

Ride Starts at Land of Memories

This riverside park is located just off Highway 169, one mile past (west of) the Riverfront Drive exit in Mankato. Stay in the right lane and you'll be directed into the park.

THREE

Check-in begins at 8:00 a.m.

Pick up your rider ID and a route map.

FOUR

Riders must be on the route by 10:15 a.m.

FIVE

Riders must finish by 3:30 p.m.

See map for Rest Stop closing times. Ride support is scheduled accordingly.



The ride benefits the Greater Mankato Bike-Walk Advocates and the Bicycle Alliance of Minnesota.



Register by October 1. Discount by August 19. Ride is October 5.



Friendly volunteers, live music and great food at every rest stop!



River Ramble T-Shirt

Full color design on a charcoal grey T-shirt. T-shirts are lightweight, ringspun cotton.

NEW IN 2014!

Women's short sleeve t-shirts are offered for the first time!

FREE RIDES!

This family-friendly event now offers free rides to children age 17 and under.

All children must be registered as individuals with waivers signed by a parent or guardian and there must be one adult (minimum) for every three free children.

VOLUNTEER!

The River Ramble wouldn't be possible without the help of over 150 volunteers. Many positions allow you to help for a couple of hours and then ride too.

Go to BikeRiverRamble.org to sign up!

ALL PARTICIPANTS MUST READ AND SIGN THIS WAIVER

This is a contract with legal consequences. I, the undersigned, know that bicycling is a sport carrying significant risk of personal injury. I know that there are natural and man-made obstacles, hazards, surface and environmental conditions and risks which, in combination with my actions, can cause me severe or fatal injury. I agree that as a participant, I must take an active role in understanding and accepting these risks, conditions and hazards. I also agree that I, and not the Bicycle Alliance of Minnesota, the Mankato River Ramble and/or any members, staff, volunteers, contractors or sponsors, am responsible for my safety while I participate or train for the Mankato River Ramble. On behalf of myself, my family members, heirs and devisees, I hereby release the Bicycle Alliance of Minnesota, Mankato River Ramble sponsors, organizers, associated entities and all of their employees, directors, officers and any or all persons connected with the Mankato River Ramble from all liability for injury or damage. I give my permission to the Mankato River Ramble to use my name and any photographs, videos, film, recordings, evaluations or any other record of my participation in the tour for any promotional purposes without obligation or liability to me. **I AGREE TO WEAR A HELMET DURING THIS EVENT.** This statement of risk and waiver shall be valid for and apply to all activities and events connected with the Mankato River Ramble during the year in which my signature is dated below.

Participant Signature _____ Date _____ Parent/guardian if under age 18. I will ride with my child. _____ Date _____

PARTICIPANT, PARENT OR GUARDIAN MUST SIGN THE WAIVER. FORMS WITHOUT SIGNATURE(S) WILL BE RETURNED

Register online at BikeRiverRamble.org!



One rider per form. This form may be photocopied. Confirmations will not be sent.

Your cancelled check is your confirmation. Fees are non-refundable. T-shirt, if ordered, must be picked up at event.

First Name (please print clearly) _____ Last Name _____
 male female (circle one) _____ Date of Birth _____
 Email address _____
 Daytime Phone _____ Evening Phone _____
 Address _____ Apt. # _____
 City _____ State _____ Zip _____

Mankato River Ramble Ride Price \$ _____
Join BikeMN and save \$5 on ride fee (see bikemn.org)
 Adult membership \$30 - Household membership \$40 \$ _____
Short Sleeve T-Shirt - \$14 each (XXL - \$16 each) member fee
 T-shirt size S M L XL XXL \$ _____
Women's T-Shirt - \$14 each (XXL - \$16 each)
 T-shirt size S M L XL XXL \$ _____
Long Sleeve T-Shirt - \$17 each (XXL - \$19 each)
 T-shirt size S M L XL XXL \$ _____
Youth Short Sleeve T-Shirt - \$12 each
 T-shirt size S (6-8) M (10-12) L (14-16) \$ _____
 Subtract \$2 if registering with three additional paying riders \$ _____
 (Participants age 0-17 riding for free do not qualify for \$2 group discount) **TOTAL**
TOTAL ENCLOSED \$ _____



Four or more paying riders may register as a group or company and save money.

RIDE PRICES

(T-shirt NOT included)	By Aug. 19	(BikeMN Member)	By Sep. 30	(BikeMN Member)
Adults	\$25	(\$20)	\$32	(\$27)
Students 18-22 with ID*	\$15		\$15	
Children 17 and under**	FREE		FREE	

* Must show school ID at check-in.

**There must be one adult (minimum) rider for every three free children.

HELMETS ARE REQUIRED!

Check or money order payable to BikeMN
 Mail to: Bicycle Alliance of Minnesota
 PO Box 5078
 Saint Paul, MN 55101
 Hotline: 952-882-3180

So Close. So Scenic.



Mankato is an easy 77-mile drive from the Twin Cities on scenic Highway 169. The River Rambles has been embraced by the local communities. They welcome riders to a harvest-time tour

that showcases the colorful wooded trails, quiet country roads and dramatic bridge crossings of the Deep Valley made famous by Maude Hart Lovelace in her Betsy-Tacy book series. Come once and you'll surely return.



One Great Ride — Four Scenic Routes

- The **Minneopa Falls Loop** is a 12-mile traffic-free trail ride to Minneopa State Park that returns on the colorful Red Jacket Trail.
- The **Pie Run!** is a 26-mile tour (18 miles are on trails) to the Rapidan Rest Stop and a slice of homemade pie.
- The 42-mile **Lake Crystal Loop** includes the Red Jacket Trail, an exhilarating downhill, and rustic Judson Road.
- **NEW!** The **Garden City Hilly Half-Century**

Start early and take the trip to tiny Garden City for a challenging 50-mile tour.

Four Fun Rest Stops

This rolling festival of fun features many of Mankato's best bands plus tasty treats, Peace Coffee and fruit from the Saint Peter Food Co-op.

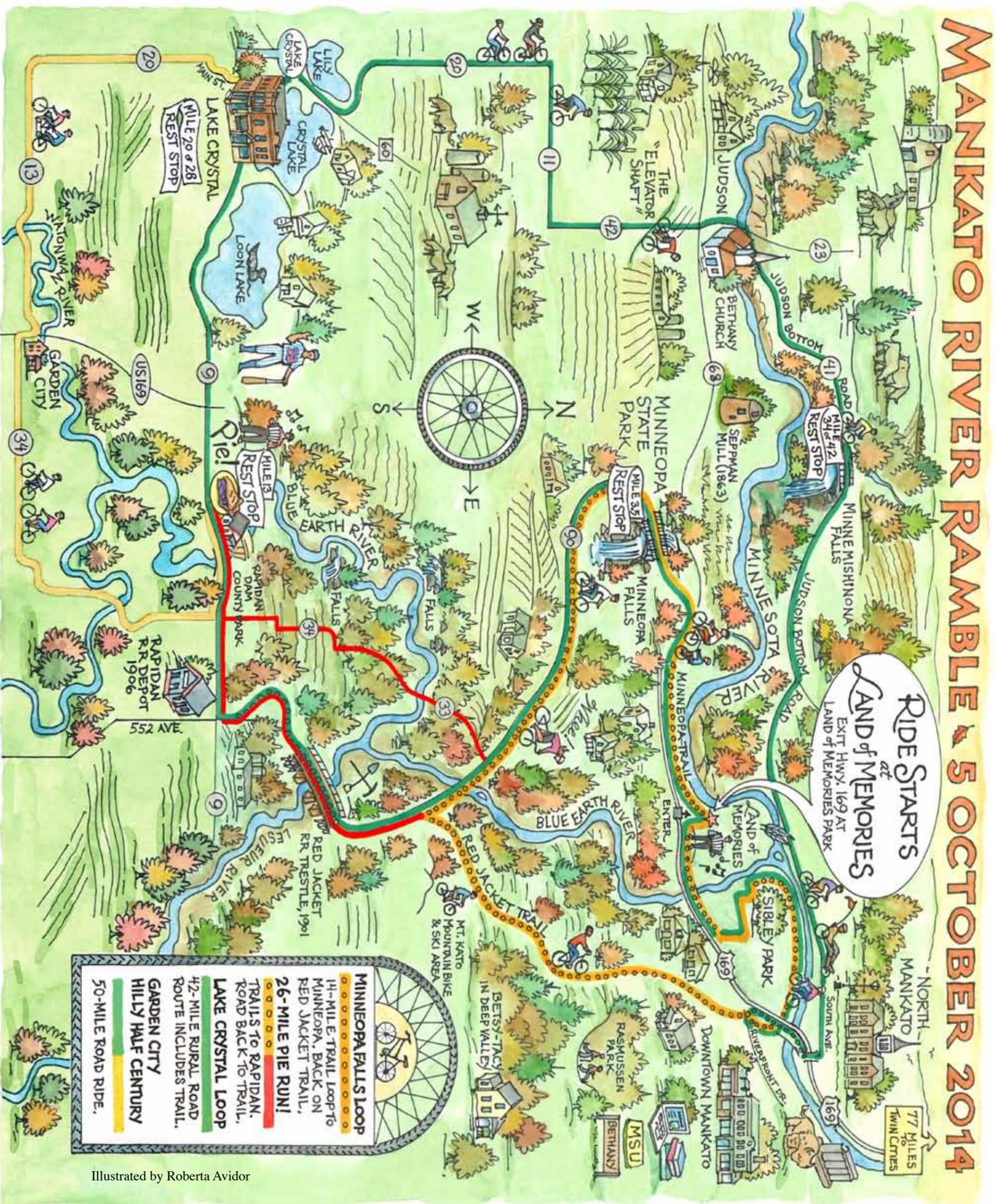
Minneopa State Park - Mile 3.5 - Enjoy Linda's Cookies and the 40-foot two-tiered waterfall.

Rapidan Dam - Mile 13 - Savor award-winning pie with a panoramic view of the Blue Earth River Valley.

Lake Crystal - Mile 20 or 28 - Refresh yourself at this handsome downtown city square.

Minnemishinona Falls - Mile 34 or 42 - Check out the footbridge over the rock-walled gorge.

NEW! Children 17 and under ride FREE!



Illustrated by Roberta Avidor