



# LAWRENCE CENTRAL ROTARY

[www.lawrencecentralrotary.org](http://www.lawrencecentralrotary.org)

presents a **FREE** community bike ride  
promoting cycling as a part of a healthy lifestyle

## SATURDAY

# JULY 20TH 2013

### 8:00 am (10 mile) - 8:30 am (3 mile)

Arrive early to register.\*

Rides and activities available between 8:00 and 11:00.

Preregister at [www.ridelawrence.com](http://www.ridelawrence.com)

BYOH\*\* Bring your own helmet

## The Rotary Arboretum at Clinton Park (by the YSC Soccer fields)



### THREE RIDES to choose from (all using trails)

- ONE MILE EASY LOOP**  
available all morning around the arboretum
- THREE MILE FAMILY RIDE**  
to the Clinton Lake overlook and back
- TEN MILE RIDE**  
to I-70 and back (SAG stop at I-70)

\*\*Helmet required to participate. (there will be some available - so come out even if you do not own one)

### OTHER ACTIVITIES:

- TRAINING WHEEL TAKEOFF**  
experts help kids who are ready to take off their training wheels in a safe and fun environment
- SAFETY ZONE**  
Safe Kids with LMH will help outfit kids with helmets and other safety gear, while supplies last, along with providing cycling safety tips for kids of all ages - and for adults too. Make sure to stop by during the event!

\*Registration required. (T-shirts provided, while supplies last, at registration. You may print off the registration form in advance and bring it to the ride by going to [www.ridelawrence.com](http://www.ridelawrence.com))

Sponsored by:



**ANDERSON RENTALS**



Lawrence Central  
Rotary Club

Partner of:



McDonald's of Lawrence



Friend of:



ORTHOKANSAS.LLC



SAFE  
KIDS  
DOUGLAS  
COUNTY



**LAWRENCE CENTRAL ROTARY**  
*presents*



**10 MILE**

**3 MILE**

**1 MILE**

**10**

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**JULY 20TH 2013**

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BYOH: Bring your own helmet (some available if you need one)



NOT your ordinary bicycle store!

**CLINTON PKWY**

**S LAWRENCE TRAFFICWAY**

**W 27TH**

**ROTARY ARBORETUM**

**SESQUICENTENNIAL PARK**

**AUTO PARKING HERE**

**YOUTH SPORTS COMPLEX**

**CLINTON LAKE**