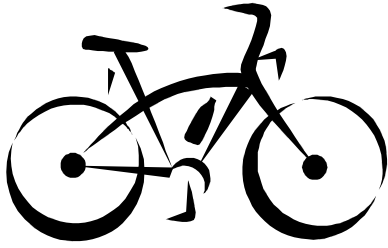
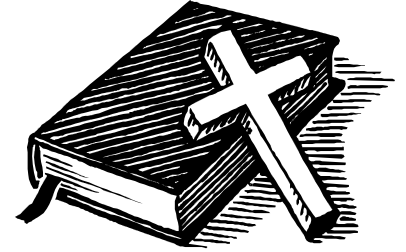


*St. Mark's Lutheran Church and School*



*Cross Trainers  
Bike Ride*



*Who?* Cross Trainers youth group members (students in grades 5-8) and any interested parents and friends

*What?* A 12-mile round trip bike ride with a 45-minute lunch break at Goethe Park

*When?* Saturday, September 25, from 11:00am to 1:30pm

*Where?* American River Parkway (pickup and drop-off at Bridge Street access to Fair Oaks Bridge)

*Why?* Christian fellowship, exercise, and fun!

*Cost?* \$4.00 per rider for lunch (payment to be included with this form)

*Details*

- We'll access the American River Parkway using the Fair Oaks Bridge. Riders can be dropped off where Bridge Street meets the north end of the bridge in Fair Oaks.  
**Directions:** go south on Sunrise Blvd., turn left on Fair Oaks Blvd., keep going straight and Fair Oaks Blvd. turns into Bridge Street, Bridge Street goes down the hill and leads to the bridge access, there is no parking along Bridge Street anymore so you'll have to drop off your child at the bridge and turn around
- We plan to depart at 11:00am, so riders should meet at the bridge at 10:45.
- We'll bike 6 miles west on the trail to Goethe Park where we'll reenergize with a lunch break. Then we'll head back the way we came.
- Riders need to be equipped with a bike in good repair, a helmet, clothing appropriate for the day's weather, and a back pack to carry anything they might need.
- Parents and friends are welcome to come along!

**Please fill out the form below, detach, and return with payment to the office, Mr. Bauer, or Mr. Walker by Friday, September 17. Thank you!**

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*Cross Trainers Bike Ride Permission Form*

Child's name: \_\_\_\_\_

Others attending: \_\_\_\_\_

*The above named child has my permission to go on the St. Mark's Cross Trainers Bike Ride on Saturday, September 25.*

Emergency phone number(s): \_\_\_\_\_

Parent's signature: \_\_\_\_\_ Date: \_\_\_\_\_