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NEWS RELEASE

FOR IMMEDIATE RELEASE

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Spring Chicken Bicycle Ride

You don't have to get up with the chickens to participate in this ride on Sunday, April 27. Registration for Trailnet's Bicycle Fun Club Ride is 8:30 – 10:00 AM at St. Libory City Park, Sparta and Park Street, St. Libory, IL 62282.

Choose routes of 23, 35 or 44 miles on flat to gently rolling terrain with no big hills. It's an easy pedal on country roads past the spring planted corn and soybean fields of southwestern Illinois to the quaint communities of Lively Grove and Venedy. The longer route visits Addieville and Okawville. After the ride, cyclists can buy a hearty meal at Chicken's Restaurant offering an all-you-can-eat buffet or get barbeque at the American Legion for an additional charge.

The ride fee is \$8 for Trailnet members, non-member tickets are \$12, and children under 13 with an adult are \$3. A limited supply of discount ride tickets is available at Sunset Cyclery, www.sunsetcyclery.com, or call 314/966-5505. Services provided include a SAG (service and gear) wagon until 3 PM, mechanic, route markings and map.

Directions to the start: From I-64 and IL-4 (exit #23) go south 12 miles to IL-15, turn left and go 5 miles to St. Libory. Turn left on Lincoln (across from Chicken's) and right onto Park St.

For a FREE 2008 Calendar of Bicycle rides check your local bike shop or visit the Trailnet website at www.trailnet.org

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*Trailnet **Promotes Active Living** in St. Louis through bicycle and pedestrian activities to improve the health of individuals, communities and the environment. We improve St. Louis regional quality of life by offering **Bicycle Rides and Recreational Events**, promoting **Transportation Alternatives**, providing **Community Bicycle and Pedestrian Planning**, collaborating on **Trails, Greenways and Bicycle/Pedestrian Compatible Roadways** and assisting with **Public Outreach and Advocacy**.*