



3900 Reavis Barracks Road
St. Louis, Missouri 63125
314-416-9930

Fax 314-416-9928
trailnet@trailnet.org

NEWS RELEASE

FOR IMMEDIATE RELEASE

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Contact: Kathi Weilbacher
(314) 416-9930 ext #111

Prehistoric Pedal Bicycle Ride

Celebrate National Trails Day by attending the Prehistoric Pedal brought to you by THF Realty on Saturday, May 3. This is a new family friendly event with registration 11:00 AM – Noon near the boat ramp parking area at Horseshoe Lake State Park, 3321 Highway 111, Granite City, IL 62040. The route is on the MCT Schoolhouse Trail. After the bike ride plan a visit to Cahokia Mounds State Historic Site hosting a Native storyteller as part of the St. Louis Storytelling Festival at 2:00 PM.

Before beginning the bike ride cyclists will receive a review of bicycle safety tips including: riding techniques, rules of the road, and helmet safety checks by St. John's Mercy Medical Center. Riders can bring their own helmet to be professionally checked for correct size and fit and to ensure it is an approved helmet. New helmets will be available for the reduced rate of \$10.

Complete the route on your own, as you explore the flora and fauna around Horseshoe Lake, trail maps provided. SAG (service and gear) support ends at 1:00 PM. This is a FREE event open to all ages. Please no riders using training wheels. This event is produced in partnership with: Cahokia Mounds State Historic Site, The Confluence, IL Department of Natural Resources and St. John's Mercy Medical Center.

Directions: From I-55/70 in Illinois exit at Hwy 111 and go north about 3 miles. The site entrance will be on your left. Follow the signs to the event, pavilion #5 on the north shore, before the boat ramp parking area.

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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**.*