

10 miles

NAMI Racine 10 Mile Bike Ride

	DIR	MI	CUM MI
Start: Waterford High School			
Left on Washington St	E	0.1	0.1
LT on River St.	N	0.1	0.2
RT on Main Street	E	0.3	0.5
LT on Bike Trail (just east of 5th Street)	N	3.5	4
LT on Colonel Heg Rd	NW	0.4	4.4
Rest Stop-Colonel Heg Park--Open 8 - 1:30			
Return on same Bike Trail route	S	4.4	8.8
End: Good ride!			

RT = right turn
 LT = left turn
 Str = straight

Please be sure to check IN at the end of your ride. If you are NOT returning, you MUST notify us before you leave OR call Ann at 262-930-0511

If you plan to join us back at the school for Lunch, you MUST be back before the Kitchen closes at 3:00!

Emergency Procedure:

1. REMAIN CALM. Call 911--- if necessary.
 (If emergency personnel are NOT needed, then just start with #2 below)
2. Call Registration:
 Ann at 262-930-0511 or 262-534-3189 **ex7553**
 Advise what is happening
 She will take care of any necessary calls to:
 - * the "emergency contact" name listed on the registration form and/or
 - * contact a SAG wagon for pick up or assistance.
3. Later, Report any incidents to Mike at NAMI Office 262-637-0582

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