

20 miles

**NAMI Racine 20 Mile Bike Ride**

**DIR MI CUM MI**

**Start: Waterford High School**

**CAUTION! Traffic on Hwy 36 is at high speed.  
Use caution when crossing from both  
directions--whether walking or riding your bike  
across. See map for the crossing location**

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
RT on Bike Trail (just east of 5th Street) to Burlington	S	9.2	9.7
RT at end of Trail on Congress St to Bridge	W	0.1	9.8
<b>Rest Stop-Adrian's Frozen Custard, 572 Bridge St. -- Open 10 - 2:00pm today! Don't forget to use our free cone coupon!</b>			
Return on same Bike Trail route	S	9.8	19.6
<b>End: Good ride!</b>			

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 try 262-534-3189ex7553  
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