

TRI-STATE METRIC CENTURY (The World's Laziest Ride)

Length: 60 miles, 70 miles or 75 miles

Start: Myrick-Hixon Eco Park

Difficulty: Moderate - Flat, a few small rollers 2000 La Crosse St., La Crosse, WI

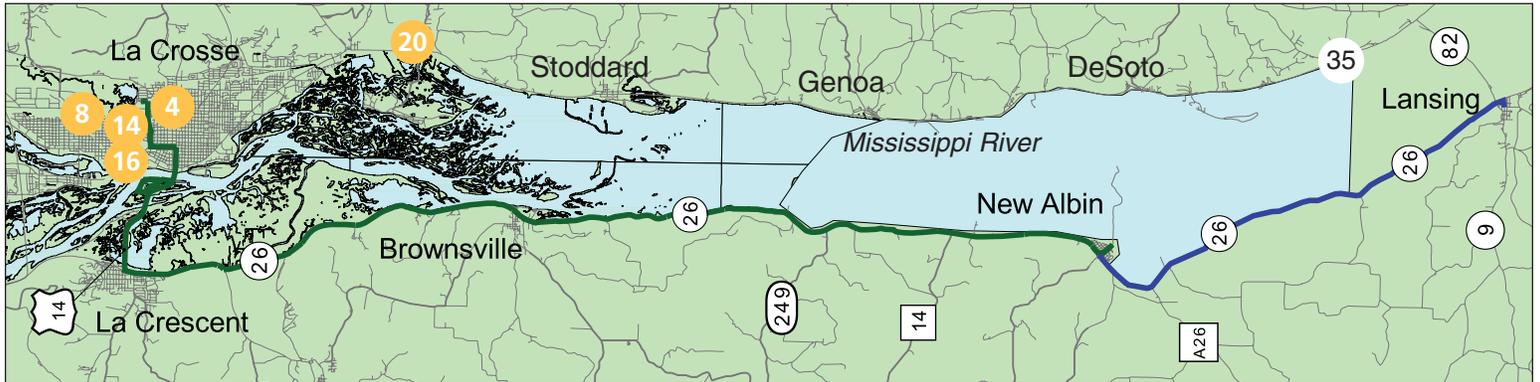


Miles	Turn	Road
		La Crosse (B,BR,BS,CS,R,S,POI)
	South	Myrick Park Dr.
0.1	R	La Crosse St./WI Hwy. 16
1.2	L	7th St. (WI Hwy.16)
1.8	R	Cass St./WI Hwy. 16 becomes US 14/61/MN Hwy. 16
		Cross Miss River Bridge using sidewalk
3.0	R	Pettibone Park Dr. at base of bridge
3.2	L	Go north along river, thru park
4.8	R	US14/61 to La Crescent, MN (CS,BR,R,B,R)

Miles	Turn	Road
7.4	L	MN Hwy.16 (south at stoplight)
9.8	L	MN Hwy. 26
17.2		Brownsville, MN (R,VM,B) No Shoulder
31.5		IA Hwy. 26 New Albin, IA (BR,CS,R,VM)
.5	R	POI-On Rogers to Elm St. - Nat. Wildlife Refuge Overlook
31.5		Reverse route, skip Pettibone Park
		Optional Add-on to Lansing IA-70 mi
31.5	South	IA Hwy. 26 from New Albin
41.5		Lansing, IA (CS,BR,R,S,POI)

Optional Return to La Crosse, WI-78 mi		
Miles	Turn	Road
42.7	L	WI Hwy. 82 Cross Mississippi River
45.5	L	WI Hwy. 35 - More traffic traveling at faster speeds.
47.9		DeSoto (CS,R,B)
58.9		Genoa (POI,B,CS,R)
65.2		Stoddard (BR,R,B,CS)
72.7	R	33rd St.
	L	Ward Ave.
	R	29th St.
75.2		Straight onto Sunset Dr. refer to pg. 3 for return to Myrick Park

This route follows the MRT (www.mississippirivertrail.org) & Great River Road (www.experiencemississippiriver.com)



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BUTTER CHURN BIKE TOUR

This event is for the entire family!

Choose your ride, all beginning and ending at Organic Valley Headquarters.

Sag-wagon support for all rides.

- 20 Mile
- 40 Mile
- 80 Mile

Butter & Bikes Together Again!

Come ride the scenic hills and valleys of the Coulee Region, enjoy the fantastic Kickapoo Country Fair, and benefit Vernon Trails - all at the same time!

Date: 4th Saturday in July
in conjunction with the **Kickapoo Country Fair.**

Place: organic Valley Headquarters

Located on State Highway 131,
just North of La Farge, Wisconsin



This event is a fundraiser for **Vernon Trails.**

Our mission statement:

Vernon Trails is a non-profit organization committed to developing and maintaining sustainable roadways and trails, while continuing to create access for human powered users.



For more information contact Vernon Trails at (608) 637-2072
Check out Bluedog Cycles online at www.bluedogcycles.com