



Trail Tales

July 2017

The Newsletter of
RAILS TO TRAILS OF THE WITHLACOOCHEE, INC.
The Citizen Support Organization for the Withlacoochee State Trail
The Friendliest Trail in the Country

Join Us in Celebrating the 200th Anniversary of the Bicycle!

You're invited to the Rails to Trails of the Withlacoochee, Inc. 23rd Annual Rails to Trails Bike Ride on the Withlacoochee State Trail on Sunday, October 1, 2017. This is our only fundraising event each year and all funds are used to benefit the Withlacoochee State Trail.

The ride begins and ends at the Apopka Trailhead located at 315 N Apopka Ave in Inverness. While the RTW is a 46-mile trail, you can determine your own ride distance. An optional Century Ride is offered with an 8-mile on-trail loop at the south end of the trail. Century medals will be provided to 100 mile and 100-K riders upon completion of the ride.

Registration fee for riders 12 years and older is \$35; the fee for riders 12 and under, who must be accompanied by an adult, is \$15.00.

Online registration can be completed and payment made on our web site at www.rttwst.org, or click [here](#) to download and print the form. Mail it along with your payment to the address on the form. For more information, call 352-527-9535 or email registration@rttwst.org. Everyone registered by September 11th is guaranteed to receive a beautifully designed T-shirt, commemorating the 200th anniversary of the bicycle, in their size.

Walk-up registration and check-in for pre-registered participants is from 7:00 a.m. to 9:00 a.m. Early packet pick-up will be on Saturday, September 30 from 1:00 p.m. to 5:00 p.m. in the pavilion at the Apopka Trailhead in Inverness for **pre-registered riders only**.

What's Included?

The day begins with a continental breakfast from 7:00 a.m. to 9:00 a.m. at the Apopka Trailhead. Along the trail we will have five fully loaded SAG stops with water, sports drinks, and food. Restrooms will be available at all SAG stops. A free catered lunch will be provided between 11:00 a.m. and 3:00 p.m. at the Apopka Trailhead. All pre-registered riders as of 3:45 PM: September 29 will have a chance to win one of our door prizes, selected from a random drawing. At least one of the door prizes is a new bicycle.

Parking is located at the Apopka Trailhead with overflow parking available close by. Volunteers will direct participants to the overflow lots.

ALL RIDERS MUST WEAR A HELMET

Want to Donate, but Use the Trail for Walking, Blading, or Running?

Donations to support our trail may be made online anytime at www.rttwst.org. Rails to Trails of the Withlacoochee: Inc. a charitable organization. Contributions are tax deductible to the full extent of the



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The Citizen Support Organization for the Withlacochee State Trail
A unit of the Florida Park Service, under the Department of Environmental Protection



Emergency Contacts While on the Trail

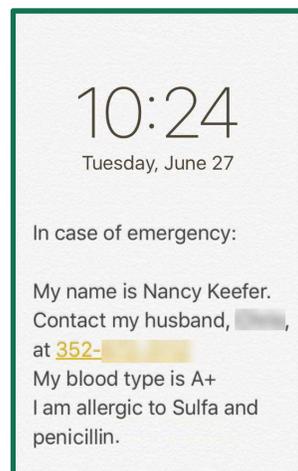
What do you carry with you so that responders know who to call for you in case of emergency?

One of the first items that comes to mind for serious cyclists and runners is a Road ID. Available through their website

(<https://www.roadid.com/?referrer=8929&gclid=CLDty6C039QCFQiRfgod2fINrA>), Road IDs come in a wide variety of styles and colors. Check them out to see if a Road ID is right for you.

Of course, you don't have to spend money to make sure responders know who to call. If you carry your cell phone, you can program it there in one of two ways.

1. First, set your lock screen with it. I went to my note pad, typed what I wanted it to say, and set it as my lock screen.
2. On an iPhone, go to the Health App. Next, tap the Medical ID link on the bottom right of the screen. Fill in the information there.



Can a kind reader tell us how to do that on an Android phone, please?

Upcoming Calendar

JULY

1	Volunteer Hours due
2-15	LifeSouth Community Blood Drive Call 352-596-2002 for locations & times
3	National Trails Day
7	Global Running Day – Trail might be busy!
15	Nature Photography Day – Trail might be busy!
23	Deadline to submit articles, ideas, or questions for the July Trail Tales

A Note from the Editor

If you would like to receive your copy of the Trail Tales Newsletter by email, please go to the Yahoo Groups page, and search for Rails to Trails of the Withlacoochee. Join the group, and you'll be added to the newsletter list.

As always, I welcome you to reach out if there is a topic you'd like me to cover, a question you'd like me to answer, or if you have an idea for an article. While there are currently a few topics the works, I always welcome more; this is your newsletter! You can contact me at njnkeefe@yahoo.com.

RTW Trail Tales www.rttwst.org

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