

The 3rd Annual **Tour de Farms** Bicycle Ride



Tour de Farms highlights what is unique, healthy and homegrown about our agricultural community.

Featuring:

- Two routes in 2009: An in-town, 5-mile ‘family friendly’ route & a 25-mile leisurely ride in Ignacio to visit two rural farms.
- Talks from growers on school, community, and backyard gardens, and local farms and ranches.
- A local foods lunch, stainless steel water bottle, live music by Carute Roma!

Tour de Farms Registration

c/o Jeanine Justice
828 E. 5th Ave.
Durango, CO 81301

Tour de Farms Registration



Part of the **Healthy Lifestyle La Plata's Healthy Local Foods Project**,
 Tour de Farms highlights what is **unique, healthy and homegrown** in the La Plata County food system.

This year's Tour de Farms has 2 exciting bicycle routes to choose from:

1. **An easy 5-mile, in-town, family-friendly route**, which features garden sites in and around the Historic Downtown area.

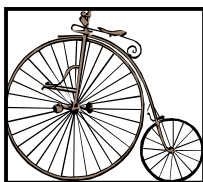
- *Meets at the Smiley Building at 9:30 a.m.*

2) **A 25-mile, leisurely Ignacio route**, which will tour La Boca Center for Sustainability & Fox Fire Farms. Riders will meet at the SunUte Community Center Parking Lot.

- *Must be a proficient rider and at least 12 years of age to participate!*

- *Meets at the SunUte Community Center at 8:30 a.m.*

Both rides are supported with experienced ride leaders, bicycle mechanics, and water stops.



All riders will visit several cutting edge agricultural projects and learn about our growing local food movement.

Both tours will meet back at the Smiley Building lawn for a delicious locally-prepared, local ingredient lunch featuring a Sunnyside Meats BBQ, plenty of locally brewed beer and root beer, & live music by Carute Roma!

Riders will sample delicious, locally grown farm products, and will learn about urban and rural farming and gardening, seasonal foods, preserving for the winter and how they can actively support these efforts.

The 3rd Annual Tour de Farms Bicycle Ride August 30, 2009

Thanks to our sponsors:



Chicken Tractor at Fox Fire Farms

For more information, please email: juliehudak@gmail.com

For more info about the Tour visit:

<http://www.healthylifestylelaplata.org/>

- **Durango In-Town Ride Starts & Finishes at the Smiley Building:** 1300 E. 3rd Ave.
- **Ignacio Tour Starts & Finishes at the SunUte Community Center.** Riders from Ignacio will drive back to the Smiley Building (1300 E. 3rd Ave.) for the local foods BBQ lunch!

RSVP by August 24, 2009

YOU MUST BE PRE-REGISTERED TO RIDE!

Cost is \$20 includes: the tour, lunch, stainless steel water bottle, live music by Carute Roma and Carvers beer & root beer!

Please check the route you will attend:

Route 1: 5-MILE, easy IN-TOWN/ FAMILY-FRIENDLY RIDE

*Meets at the Smiley Building at 9 a.m.
 1300 E. 3rd Ave.*

Route 2: 25-MILE LEISURELY AND INFORMATIVE IGNACIO TOUR*

**Must be a proficient rider and at least 12 years old!*

**Meets at the SunUte Community Center at 8:30 a.m.*

Family Rate: \$50 for 2 adults and up to 2 children

**No Charge for children under 10 riding in Burleys!*

Family members/guests LUNCH ONLY \$12/person

___ riding at \$20/person = \$ _____

___ lunch-only at \$12/person = \$ _____

Donation (optional) = \$ _____

Total amount enclosed \$ _____

Name: _____

Address: _____

City: _____ State _____

Phone: _____

E-mail: _____

Please register by clipping this form and mailing it and your check made out to Healthy Lifestyle La Plata to:

Tour de Farms
 c/o Jeanine Justice
 828 E. 5th Ave.
 Durango, CO 81301

You can also register at the CSU booth at the Durango Farmers' Market