

For immediate release

April 11, 2011

For more information  
Please call 632-3491

### **Ride for Unity: An Exciting Day of Biking through Scenic Central Minnesota**

Bicyclists of all ages are invited to participate in the 15<sup>th</sup> annual “Ride for Unity” bicycle tour through central Minnesota on Saturday, May 21, 2011. The scenic ride is sponsored by St. Gabriel’s Hospital Auxiliary with all proceeds supporting the auxiliary’s five-year, \$100,000 pledge to the “Building for Health & Community” capital campaign, which resulted in the construction of a new hospital.

The bicycle tour will begin from the St. Gabriel’s Hospital west parking lot with registration from 7:30 to 8:30 a.m. This year, riders have three route choices -- a 10-mile loop south along the Mississippi River and back; a 30-mile loop heading west across the Mississippi River and then south through Bowlus connecting to the Soo Line Recreational Trail and back on Hillton Road to the hospital; and a 46-mile loop, again heading west and south through Sobieski and Elmdale, down to Holdingford and then connecting to the Lake Wobegon and Soo Line trails back into Bowlus and on to the hospital.

Rest stops, complete with fresh fruit, snacks and drinks to help keep riders energized, are located along the way. All three routes will be patrolled by SAG (Support and Gear) vehicles and bicycles to ensure rider safety. A bicycle mechanic from “Revolution Cycle & Ski” will be on hand to help with any bicycle repairs.

The entry fee is \$20 per rider for early registration (by April 30, 2011) and \$25 thereafter. Bicyclists also can save on their registration fees by registering as a team.

Team registration is only \$15 per rider with a minimum of eight riders. Teams must register and pay together, either in advance or on the day of the event, in order to receive the discount. Another way to save is by registering as a family for entry fee of \$65, which includes four registrations and t-shirts. The family discount is a \$15 savings off the early registration and \$35 off the regular registration fee. Finally, children (age 9 and under) pay only \$10, when accompanied by a paid adult registration.

Pre-registered riders will receive a free “Ride for Unity” t-shirt. Unfortunately, t-shirts can not be guaranteed for participants registering after April 30, but will be distributed on a first come, first-served basis.

Registration forms are available at various locations including St. Gabriel’s Hospital Auxiliary Gift Shop, Little Falls Convention & Visitor’s Bureau, Pap’s Sport Shop, West Side Recreation, and online at the St. Gabriel’s Hospital website, [www.stgabriels.com](http://www.stgabriels.com) (click on the Ride for Unity logo at the bottom of the page)..

St. Gabriel’s Hospital Auxiliary appreciates all the community support for this fund-raiser. People unable to participate as riders are asked to please consider supporting the event by providing a monetary gift to the St. Gabriel’s Hospital Auxiliary or by letting family and friends know about the 2011 Ride for Unity. Support is most appreciated.