

Complete and return this registration form prior to August 14, 2010 along with a check made payable to:
Androscoggin Valley SWCD, 254 Goddard Road, Lewiston, ME 04240

Entrant's Name: _____
Address: _____

E-Mail: _____
Phone: _____

Cost: ___ **Individual / \$10.00**

___ **Family Rate / \$20.00 max.**

All proceeds go to support local agriculture, conservation and health.



Tear Here

SPONSORS and PARTNERS

As the Androscoggin Farm Bike Tour grows in size and scope, there are numerous opportunities for community citizens, organizations, agencies, local businesses and even corporations to join together to help sponsor and support this family oriented , educational and fun event.

By supporting this event you will help to ensure its success, and ultimately will be a rewarding experience for your business, your community, the environment, and your family.

Please consider sponsoring this event. Call the Androscoggin Valley SWCD at (207) 753-9400 ext 400 to request a sponsorship package.



An Equal Opportunity
Employer and Provider



Androscoggin County Farm Bike Tour

August 28, 2010
8:00 a.m. Long Ride
9:00 a.m. Family Ride

Ride will
begin and end at the Sabattus Community
School in Sabattus, ME

Please Pre-Register by August 14th



YOUR PARTICIPATION SUPPORTS

- ❑ **Local Agriculture and Ag Producers**
- ❑ **Conservation Education**
- ❑ **Alternative Transportation**
- ❑ **Saving Energy**
- ❑ **Reducing Your Carbon Footprint**
- ❑ **Healthy Eating and Physical Fitness**

Pedal your way through some of Androscoggin County's most beautiful farmland. Get to know the diversity of agricultural production. You can shop for local produce as you ride and we will pick up your purchases and deliver them back to the starting point for you!

Ride options include around 10 and 50 mile routes. Both routes highlight some of the working farms and ecologically important areas of the region.



PLEASE NOTE

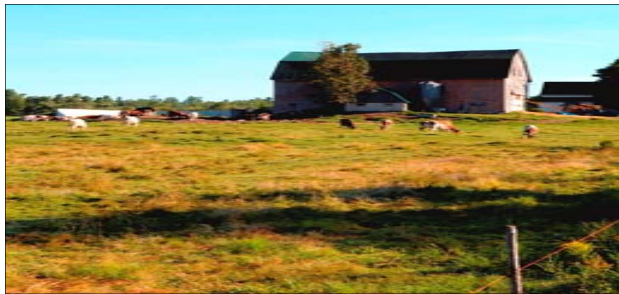
- ❑ **Cyclists must wear a helmet.**
- ❑ **Cyclists must be age 12 or older, or accompanied by an adult.**
- ❑ **Ride is limited to first 500 registrants.**
- ❑ **Entrants should bring water bottles.**
- ❑ **All entrants will be required to sign a release upon check-in.**

- ❑ **Rain date is August 29th.**

If severe weather is forecast, contact the Andy Valley SWCD at 753-9400 ext 400 on August 27th after 3:00 PM to see if ride is postponed.

AGENDA

- ◆ 8:00 AM Registration for the 50 mile loop
- ◆ 9:00 AM Registration for the 10 mile loop
- ◆ Registration will remain open up to 10:30 AM.
- ◆ Refreshments will be provided by local farms and food distributors...think globally /eat locally
...support your local farms!



DIRECTIONS

Starting Point – Sabattus Central School
40 Ball Park Road
Sabattus, Maine

From Lewiston - Head out Sabattus Street (Rte 126) towards Sabattus and Gardiner. Turn right onto Middle Road (Rte 9). Turn right in 0.1 mile onto Ball Park Road. School is on the left 0.15 mile.

From Brunswick - Head out on Route 197 towards Lewiston. Rte 9 joins Rte 197 in Lisbon Falls. Turn right near the Lisbon HS and continue on Rte 9 only to Sabattus. Go 1.33 miles beyond the Turnpike overpass and turn left onto Ball Park Road. School is on the left 0.15 mile.

.From Augusta - Take Maine Turnpike-South to Sabattus, Mile Exit 86. Turn right onto Rte 9. Go 1.29 miles and turn left onto Ball Park Road. School is on the left 0.15 mile

From Portland - Take Maine Turnpike-North to Sabattus, Mile Exit 86. Turn left onto Rte 9. Go 1.39 miles and turn left onto Ball Park Road. School is on the left 0.15 mile

Androscoggin County Agriculture

Androscoggin County's agricultural future is inextricably linked to its ability to continue to build strong, long lasting connections between farmers and the communities they serve.

Statewide, farming has a unique connection to the history of Maine. Farmers are stewards of the land; well managed farmland protects natural resources and creates beautiful open space. Many of Maine's first settlers were farmers whose fields, farmhouses and barns shaped Maine's historic landscape. Today, Maine's agricultural producers and processors annually contribute over 1.2 *billion* dollars to Maine's economy and employ 65,000 Maine people!

In the U.S., every minute of every day, we lose an acre of agricultural land to development. Why? Farmland is desirable for building because it tends to be flat, well drained and affordable. And the rapid rate of agricultural land converted to development is unnecessary—over the past 20 years, the average acreage per person for new housing almost doubled—with our best agricultural soils being developed the fastest.

Farms closest to our cities, and directly in the path of development, produce much of our fresh food—an astounding 91% of our fruit and 78% of our vegetables.

For many Americans, saving farmland is focused on protecting the quality of life in their communities—scenic and cultural landscapes, farmers' markets, recreational opportunities, local jobs and community businesses.

Information shared by American Farmland Trust