

Saint Andrew's
13th Annual Root River Bike Trip
Friday-Monday, Sept. 3-6

Registration due: Sunday, August 1, 2010

YES! It is time for the "Root River Bike Trip". This year's trip will be the greatest adventure of your summer!! Ok, some people say that summer ends Labor Day so it is your last chance! So let's get on with the fun. Our trip this year is Sept. 3-6(Labor Day weekend). Like last year, we will be at Eagle Cliff Campground and Lodge, **section D (this is a new camping area)**, located in Lanesboro on the Root River State Trail in southeastern Minnesota.

This weekend is guaranteed to be filled with great fellowship, fancy 5 star meals, outdoor worship, and lots of laughter. You can pitch a tent or park an RV, stay at the campground's motel, or relax at a bed and breakfast or hotel in the area. Whatever you choose is fine with us.

Lanesboro is about 180 miles from Iowa City and is in the heart of the Root River valley. The trail is located in the historic Bluff County area of southern Minnesota. Beautiful stone bluffs surround the river's tributaries. The paved trail runs parallel to the main channel of the river. The pavement and lack of grade is perfect for children and adults. Along the way, the trail crosses over 50 bridges that traverse the various creeks and streams entering Root River. It also passes through many quaint and historic towns (and a terrific pie shop).

This weekend is more about adventure and relaxation than bicycling or camping (and it's definitely not about intense planning sessions), so there are plenty of options for people of all ages, mindsets and fitness levels! Some people sleep in a tent and ride bikes for most of the day, but others head into town for shopping, canoe down the river, fish, golf, walk, or just stay at the campground and read a book or play. Mornings and evenings are fellowship time, when everyone pitches in to prepare, serve, eat and clean up the meals. Highlights include evening campfires with singing and fun, as well as an outdoor worship service on Sunday. A number of families have joined Saint Andrew after being introduced to us at the annual bike trip. Everyone is welcome to join us—you don't have to be a member to participate, so spread the news to your laid-back friends, neighbors and relatives.

Because we are going on Labor Day weekend, the campground's holiday rates are in effect and we have to book for three days for campsites and the campground's motel. Most people will arrive between 4 and 8 p.m. Friday. Our "big" ride will be Saturday morning, as usual, and we will have a campfire program Saturday evening. Sunday morning will feature our outdoor worship service. Families can choose their own fellowship and fun later Sunday and Monday.

Bike trails aren't just for bicycles. The flat, paved trails also are great for tricycles, roller blades, walkers and joggers. Eagle Cliff Campground rents bicycles, canoes, kayaks and inner tubes. The camp also has a game room, horseshoes, volleyball, croquet and playground. Want to see the sights? Get out of camp and check out the nearby caves, apple orchards, shops, golf courses or fishing spots.

Time for food

All that effort (or lack thereof) will work up an appetite. No one has ever starved on a Root River weekend trip. The group breakfasts and dinner at the campground, prepared by all in our group, are feast-like. Lunches are on your own and all Root River veterans have their favorite restaurant. The most popular spots include a pie shop (with a scoop of ice cream, please) that is within walking distance of the campground and a German restaurant with live polka music and home-made root beer, sausage and mustard. Check with a veteran to learn about their favorite spots.

Pay attention to this part, because it's important: Once again we will be purchasing the food for the meals. If you would like to bring your favorite snack to share please feel free to do that. I know that Saint Andrew campers enjoy goodies!! Again, one or two people from the planning team will summon all their energy and go buy all the food. One trip to the store and we're done. (We kind of liked the sound of that.) In exchange, we are charging a food fee, on top of the camping fee. But, hey, isn't it easier to write a check than fight the crowd and wait in line at Super Wal-Mart? Really, now!

We're providing the food, but YOU still have to help prepare, serve and clean-up the meals. Just like home, right? You will be responsible for your own meal Friday night. You can eat before you get to camp, plan a picnic after you arrive, or head into town. We will gather at the common site for cooking and eating on Saturday morning and evening, and Sunday morning. We'll count heads and see who's around later Sunday and Monday, and figure out meals then. Options include leftovers, a supper prepared over the campfire, or eating out at a restaurant. Go with the flow, we say. Yes, will be looking for a team leader to help with this.

Showers have a charge- This is important-for some people☺
There is now a charge for shower usage: \$.25 for 4 minutes

Theme

Our theme this year will be "A Baker's Dozen, 12+1 " Come and find out more about this secret formula.

T-shirts

This year, we're going with a do-it-yourself, generic, no-theme shirt. You can order a plain brightly colored shirt (no printing), and then decorate it yourself. We'll provide the fabric markers when we get to camp, or you can get creative before you arrive. The shirt- In the past, we have spent hours and hours and hours to design a clever T-shirt to commemorate our trip. (OK, not really, but it did take SOME effort) T-shirt wearers will match because all the shirts will be the same color, but you can express your individuality by decorating your own shirt. Whatever you want is fine with us.

Overnight plans - Motel Rooms reserve by Aug. 1

The Eagle Cliff Campground and Resort is just outside of Lanesboro and close to the bike trail. We have reserved all 5 motel rooms at the campground for our group. If you want a motel room, it is up to you to call the campground and reserve one. **Do it soon--any rooms not reserved by Aug. 1 will be released so they are available to others outside our group.**

Other accommodations are available at nearby motels or bed and breakfasts. Regardless of where you stay at night, you are encouraged to participate in meals and group activities at the campground during the day and evening.

All hands on deck

We need everyone to help make this trip happen. We need people who will help coordinate the transportation of bicycles, tow a trailer with supplies or bicycles, help present the campfire program Saturday night, lead music around the campfire or during the outdoor worship service on Sunday, and be a "crew chief" for each of the meals. Please indicate on the registration form how you will help. We'll also need folks to help transport food and supplies from the church to the campground. If you have a little extra space in your vehicle, we have a box or bag for you to take with you.

How you can help 😊

Helping to lead the Sunday morning service- Be part of worship committee

2 Vehicles for Pulling Trailers: Bike trailer, Utility trailer (this is the one with the food)

Packing the bins at the church – This will happen on a Wednesday evening before the trip.

Campfire /Song leader- If you can read you can do this.

Crew Chief for a meal (Fri. night snack, Sat Breakfast, Sat Dinner, Sat night snack, Sun Breakfast)

Making coffee- This individual (s) will make the coffee and start it so it is ready before breakfast. It will make or break many people's moods if the coffee is ready. 😊

A note to bicyclists

Those who choose to bike along the trail usually leave the campground en masse or in small groups on Saturday after breakfast. You can reserve bikes at the campground (See campground website for details; please call ahead!). **We strongly encourage families to transport their own bikes; we have in the past transported bicycles. The trailer is available but we will then need an individual to pull the trailer. If you have a vehicle that is able to pull the trailer, please let us know AS SOON AS POSSIBLE. Thanks.**

For more information:

Kathy Duys

319-626-8973

duysfamily@southslope.net

Campground:

www.eaglecliff-campground.com

507-467-2598

Map of Campsites can be found here

Niagara Cave:

www.niagaracave.com

Regional information:

www.historicbluffcountryscenicbyway.com

Laura Ingalls Wilder Park and Museum:

www.lauraingallswilder.us

Lanesboro, Minnesota, visitor information:

www.Lanesboro.com

Harmony, Minnesota, visitor information:

www.harmony.mn.us/

Trail information:

www.rootrivertrail.org