

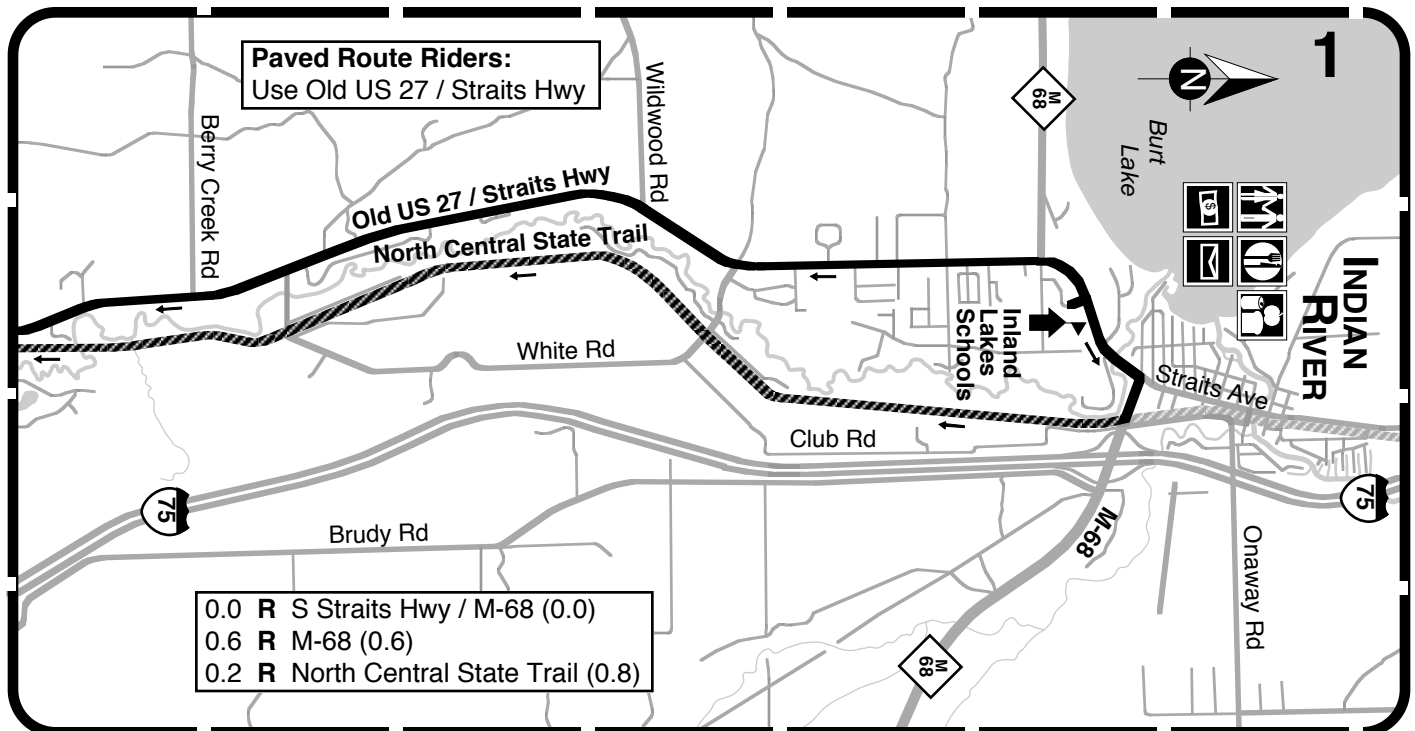
**DAY 1 SUNDAY, JULY 18, 2010 NORTH CENTRAL STATE TRAIL
INDIAN RIVER TO GAYLORD, MICHIGAN 28.7 MILES**

The first day of the 19th annual Michigander is a leisurely ride up the North Central State Trail. Those of you who rode this trail when we were last here in 2007 will immediately notice the improved crushed limestone surface that has been installed. You road riders may even want to try riding a section to avoid some of the hills on the paved route. There are two villages in which to pick up a snack on today's route. The first one we encounter is Wolverine and the other is Vanderbilt. The section between Wolverine and Vanderbilt is considered by many to be the most scenic section of the trail. Try to spot some beavers behind their dam. If the day starts off hot and you would like to cool off there is canoeing and tubing available in Wolverine. Today is pretty short at less than thirty miles so there are several activities available in Gaylord. If you'd like to get a little more seat time you can compete for prizes in the bike rodeo. You can also head over to Aspen Park to spot elk and ride paved and single track dirt trails. If you brought your GPS pick up geocaching sheets nightly at the information table. Jim Conboy will present a PowerPoint program of his bicycle tour across the USA. The first of our nightly rider meetings will begin at 6:30pm. This optional meeting gives riders the opportunity to ask questions, share experiences and preview the next day's route.

NORTH CENTRAL STATE TRAIL info: Top of Michigan Trails Council: www.trailsCouncil.org
445 E Mitchell St Petoskey MI 49770 (231) 348-8280 info@trailsCouncil.org

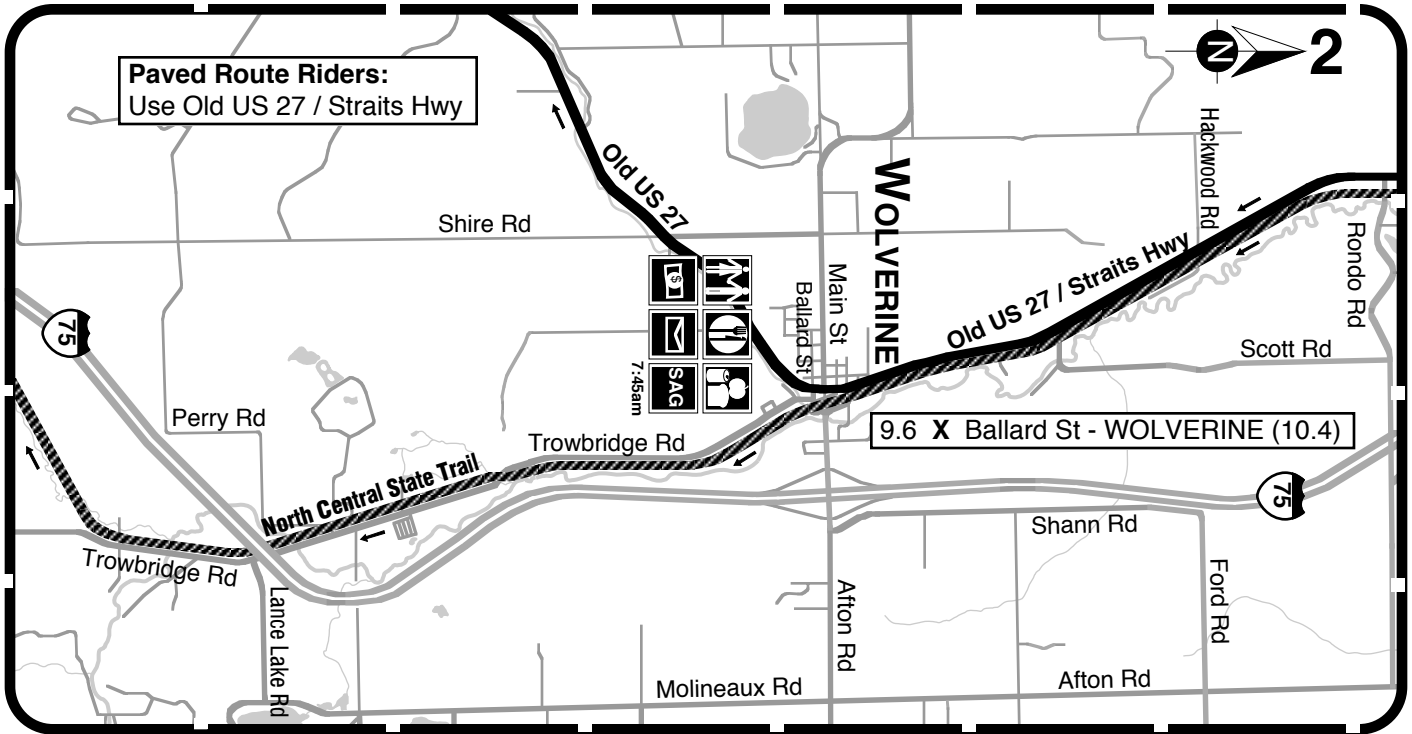
Day 1 Sunday, July 18, 2010

Rider Assistance Number 937-689-6894



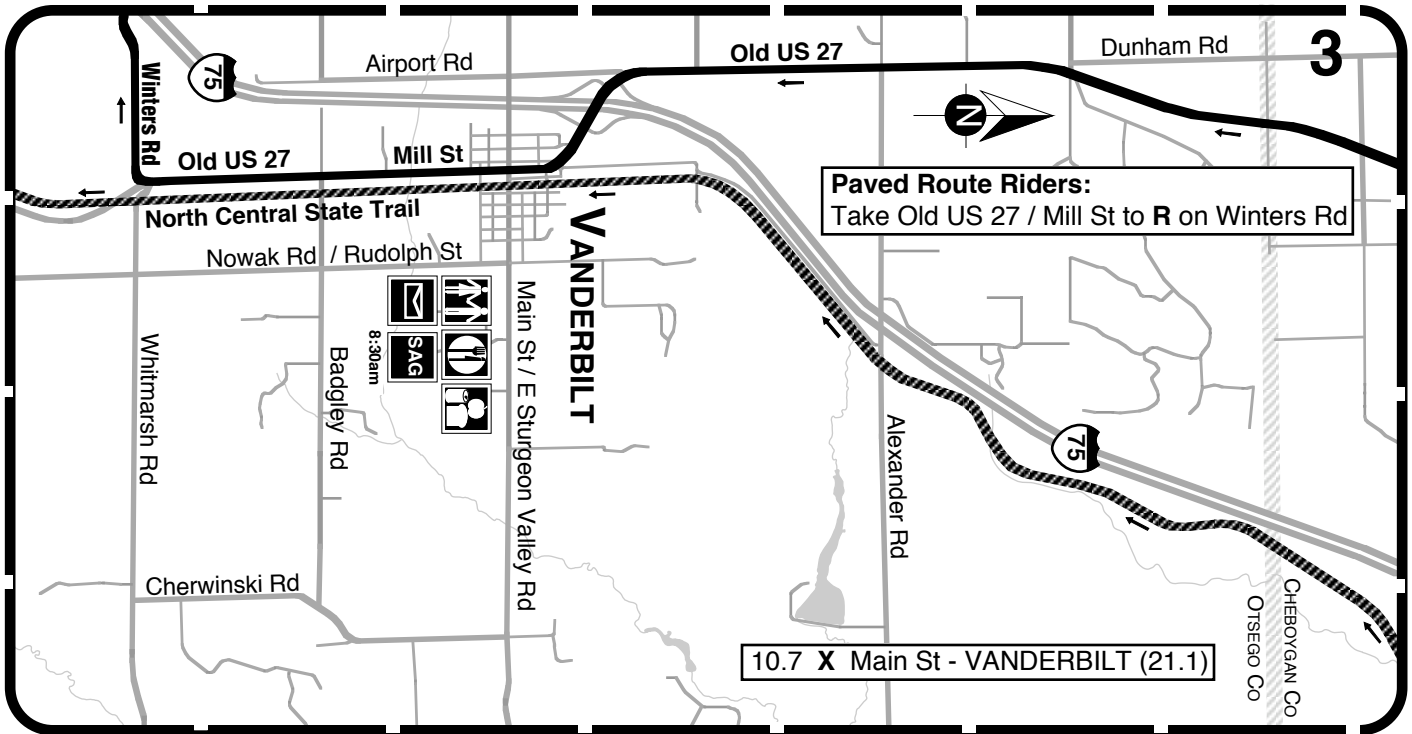
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