



HOMETOWN TWIN CITIES TRAIL RIDE

Join us as we explore the Mississippi River bluffs, raise funds to cure Friedreich's Ataxia (FA) and create memories together. FA is a rare, progressive, genetic, neuromuscular disease. People with FA experience issues with balance and coordination of movement that leads to life-altering loss of mobility.

**10-mile ride or
2-mile ride/walk**

**NEW
TRAIL!**

**Sunday
September 21, 2025
Hastings, MN**



Event Schedule

- | | |
|-----------------------------------|-------------|
| • Registration & Bike Check | 09.00 |
| • Long Ride Start (10-mile) | 09.30 |
| • Short Ride/Walk (2-mile) | 10.00 |
| • Celebration & Speeches | 11.00 |
| • Seated Yoga & Post Ride Stretch | 11.30 |
| • Snacks, Music & Games | 12.00 -1.00 |



REGISTER OR DONATE HERE! [RIDEATAXIA.ORG/TWINCITIES](https://rideataxia.org/twincities) ☎ 651-329-1892