



THE MIND, BODY & SPIRIT FAIR

**APRIL 30-MAY 1, 2011**

**OMAHA CIVIC AUDITORIUM  
17TH ST. & CAPITOL AVE**

[www.OmahaHealthandWellness.com](http://www.OmahaHealthandWellness.com)

## The Omaha Health Expo Bike Ride

The 2011 Omaha Health Expo Bike Ride is scheduled for Sunday, May 1st in conjunction with the 4th Annual Omaha Health, Wellness & Fitness Expo.

There will also be a Walk Event on Saturday with proceeds going to the MS Society. The Omaha Health Expo bike ride has 2 entry categories. The Club (Corporate, Company, Group, or High School) level and the Open (Individual) level. The Company/School can pay all, some, or pass on the cost to the bike rider for entry.

For the CLUB category, enclosed is the Club Captain's Roster Form. Each individual rider should complete the Registration Form (the waiver form) and give that form to the Club Captain to mail in with the roster and all of the individual Registration Forms. Photo as many Registration Forms as needed. See the Individual Brochure for more information.

The Packet Pick-up for the Club Captain (or a representative) is scheduled for Friday, April 22nd at The Sports Authority on 72<sup>nd</sup> Street (885 S. 72nd St.) from 11 a.m. - 6 p.m. After that, the Club Captain can call or stop by our office at 7015 Spring Street from 9 a.m. - 5 p.m. (M-F). See the web site for more information.

Proceeds from the 2011 Omaha Health Expo Bike Ride will be donated to ENTN and used for trail development in Greater Omaha & Eastern Nebraska.

We look forward to adding your Club (Corporate, Company, Group, or High School) to the list of 2011 participants! For questions and additional event information, please visit our web site at [www.omahahealthandwellness.com](http://www.omahahealthandwellness.com) or call our office at 402-346-8003.

Sincerely,

Bob Mancuso, Jr.  
Event Director

### **About Eastern Nebraska Trails Network**

Eastern Nebraska Trails Network (ENTN), in cooperation with the Nebraska Trails Foundation, (a 501(c)3 tax deductible corporation), was formed in April 1992.

ENTN advocates and supports the development of multi-use trails throughout the Omaha and surrounding areas.

ENTN's ongoing activities include assisting in the acquisition of land for trails, monitoring state legislative bills that impact the future of trails, and promoting public awareness.

These activities enable ENTN to work toward long term goals which the proceeds from this event will help fund:

- development of trails on land held by Douglas County and the Papio NRD that await funding.
- trail connection to the Nebraska Game & Parks facilities on the Platte River trans-Missouri River connection to Iowa's trails.
- trail accessing Heron Haven
- trail connection between Omaha and Lincoln

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