

100 word media release

The 16th Annual Mt. Adams Country Bicycle Tour on June 30th will have you cycling on quiet country roads around the Trout Lake area with Mt. Adams right over your shoulder.

Four ride options include an 11½-mile Family Friendly ride, a 51-mile Trout Lake - BZ Corner - Glenwood Loop, a 54-mile Forest Route and a 105-mile Infinity Ride.

All rides feature well-marked routes, well-stocked rest stops, lunch and dinner options, plus sag wagons, repair support and emergency coverage.

It's a carefree ride through some of the most spectacular scenery in the Pacific Northwest.

More information and online registration on

<http://troutlakewashington.com/mt-adams-bicycle-tour/>