



*Photo (L-R): Concord City Councilmember Laura Hoffmeister, BART Boardmember Gail Murray, and EBRPD Boardmember Beverly Lane along the Iron Horse Trail.*

**Saturday, September 18**

**10 AM to 2 PM**

**Noon** - Presentation at Danville Farmers Market

**Get Healthy. Stay Fit.** Ride the Iron Horse Trail from Dublin BART to Pleasant Hill BART

- Energy Stations along the trail
- Bike checks by Performance Bicycle
- Massage and Skin care products available

**East Bay**   
 Regional Park District  
[www.ebparks.org](http://www.ebparks.org)



# TRACKS TO TRAILS

IRON HORSE REGIONAL TRAIL EVENT

## Iron Horse Trail Energy Stations

September 18, 2010 • 10 AM – 2 PM

