

The 2008 Bike, Walk, or Run for Habitat is being held on the Missisquoi Valley Rail Trail, a scenic trail that winds its way through 26 miles of beautiful farmlands and forest. The following is a description of the Rail Trail segments:

**St. Albans to Sheldon Junction**

Open, quiet farmland from St. Albans to Green's Corners. Beautiful wetlands and pines with some residential areas from Green's Corners to Sheldon Springs. Few road crossings, and where there are crossings, it is mostly across gravel roads.

**Sheldon Junction to Enosburg Falls**

The trail parallels the Missisquoi River, offering wonderfully scenic views of river rapids, quiet pools, working farms, and Jay Peak. Look for fox, deer, and other wildlife. Three crossings of VT 105.

**Enosburg Falls to Richford**

The trail parallels the Missisquoi River with several outstanding views. The landscape offers a nice mix of rolling hills, farmland, shaded forests, and quiet wetlands. Good segment for bird watchers. Multiple crossings of VT 105.

**Date:** Saturday, September 13, 2008

**Time:** 9:00am – Registration begins  
9:45am - Launch bikers  
10:00am - Launch runners  
10:15am - Launch walkers

**Location:** American Legion  
100 Parah Drive  
St. Albans, VT

**Goal:** To raise \$15,000

**Entry Fee:** No minimum pledge required.

**Route:** 14, 32 & 52 mile routes for bikers  
4 mile route for runners/walkers

Bikers • Runners • Walkers that pre-register by Sept. 1st with a minimum pledge of \$50 will get a t-shirt. After Sept. 1st t-shirts will be distributed while supplies last. Bikers • Runners • Walkers are welcome to register and submit additional pledges on the day of the event. There will be prizes awarded to the top fund raisers.

**About Franklin Grand Isle  
Habitat for Humanity**

The Franklin Grand Isle Chapter of Green Mt. Habitat for Humanity (FGIHFH) was organized in 2000 for the purpose of providing safe, affordable housing for people in need of a decent place to live, without regard for race, religion, gender, age, marital status or national origin.

Habitat for Humanity uses volunteer labor and donations of money and materials to build a house at the lowest possible cost, ranging from \$90,000 to \$120,000. The house is then sold at cost to a family unable to afford a conventional mortgage, who has completed 500 hours of sweat equity, and who are able to afford the no-interest loan for purchase of the house. No profit or interest is charged on the loan, which typically runs twenty to twenty-five years.

Our third home was completed in July of this year. We plan to start construction on a single-family home in Alburgh this fall.

Printing provided by:



**Saturday, September 13, 2008**

**New routes along  
Missisquoi Valley Rail Trail**



**Franklin/Grand Isle Habitat for Humanity**

**PO Box 1375, St. Albans, VT 05478**

**fghabitat@gmail.com**

**www.franklingrandislehfh.com**

## REGISTRATION FORM

Pre-registration helps Franklin/Grand Isle Habitat for Humanity plan for the big day. Please fill out the form and mail to the address below, by September 1, 2008. Registration can also be completed online at the Franklin/Grand Isle Habitat for Humanity website. Participants with at least \$50.00 worth of sponsors will receive a free t-shirt.

I'll be participating as a: Walker Runner Biker

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Email \_\_\_\_\_

Team Name \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Sex: M F

My goal for this event: \$ \_\_\_\_\_

T-shirt size: Adult/Child \_\_\_\_\_

My company has a matching gift program.

My matching gift application is enclosed.

I can't join the event this year, but I'd like to make a donation. My check is enclosed.

Franklin/Grand Isle Habitat for Humanity  
PO Box 1375  
St. Albans, VT 05478

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

For more information email  
[fgghabitat@gmail.com](mailto:fgghabitat@gmail.com)

## SPONSOR FORM *Bring this form with you on the day of the event.*

Name \_\_\_\_\_

All participants are required to collect sponsor donations in advance, and bring them with this form the day of the event. Please make any checks payable to Franklin/Grand Isle Habitat for Humanity.

Note to Sponsors: Thank you for your contribution to Franklin/Grand Isle Habitat for Humanity! Your gift will help us with the building of our upcoming homes. Your gift is 100% tax deductible. Your contribution may be doubled if you are employed by a company with a Matching Gifts Program; please include your company's matching gift form with your check.

Sponsor's Name	Sponsor's Address	Amount Pledged	Amount Collected	Matching Gift Form Enclosed
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Don't stop at 25 sponsors! This pledge form may be photocopied or may be printed from our website <a href="http://www.franklingrandislehfh.com">www.franklingrandislehfh.com</a> .		Total Matching Gifts		
		Totals		