

## Buffalo Tour de Farms

The Buffalo Tour de Farms Ride is a community bicycle ride in celebration of WNY local food system, visiting local farms and experiencing Western New York's beautiful landscape and local bounty.

Proceeds from this event will benefit the Massachusetts Avenue Project and our work to support local farms, local people and the local economy.

This year's ride is approximately 40 miles and riders will travel from Buffalo's Westside north through Kenmore, Tonawanda, Clarence, and Amherst ending at the Oles Farm in Alden, NY located at 2112 County Line Rd. 14004.

After the ride a Local Food Celebration will follow, for local food supporters, rider families and friends. Featuring lip smacking BBQ, local goodies and live music. This year's musical guests will be DJ Flip of the Fractal Project, and the Outer Circle Orchestra.

This Year's Title Sponsor

*edible* BUFFALO

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

other sponsors and community partners include

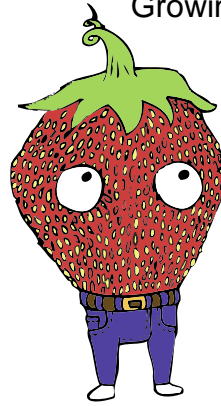
Amy's Place  
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Green Options Buffalo  
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## MAP Mission

MAP mission is to nurture the growth of a diverse and equitable community food system to promote local economic opportunities, access to affordable and nutritious food, and social-change education.



## Growing Green



Growing Green is a program of MAP

Growing Green is an urban, organic agricultural training program that develops life-skills and provides meaningful work to low-income youth in Buffalo. Started in 2003, the program has been working with local youth on our urban farm, teaching them about growing food organically, cooking and nutrition, environmental stewardship, social entrepreneurship, and building community through food. The **Growing Green Urban Youth Farm** features a strawbale greenhouse and aquaponics system as well as a 1000 gallon rain water catchment system. 50 teenagers are employed each year.

for more information about MAP  
visit [www.mass-ave.org](http://www.mass-ave.org)

A benefit for the  
Massachusetts Avenue Project



A bicycle ride in celebration  
of our local food system

Sept 26th  
followed by the  
**Local Food Celebration**  
at the Oles Family Farm

featuring music by  
**The Outer Circle Orchestra**  
& DJ FLIP  
the fractal project

sponsored by

*edible* BUFFALO

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

## Buffalo Tour de Farms Details

The Buffalo Tour de Farms Ride is not a race. Riders are asked to stay between the lead and trail bikers and practice bicycle safety like wearing a bike helmet. The ride is approximately 40 miles and mostly on bike paths.

The Tour de Farms Ride will begin at the TOPs at 345 Amherst Street. Riders will have the option of a bus ride back for themselves and their bicycle. Please indicate on your registration form if you will need transportation back to Buffalo.

A Preride Bike Tune Up and Social will be hosted by Green Options Buffalo and Buffalo Blue Bicycle at 98 Colvin Ave on Sept 25th for interested riders.

### Day of Schedule

8:00-9:30AM	Check-In, Light Breakfast
8:30-9:30AM	MAP Farm Tour for Riders
9:30AM	Welcome Message to Rider
10:00AM	Rider Send-Off
1:30-2:00PM	Riders Arrive at Ole's Farm
2:00-2:30PM	Welcome & Local Food Event
2:30-4:00PM	Barbecue Lunch & Music
4:00-4:15PM	MAP Presentation
4:15-4:45PM	Music and Farm Tour
5:00PM	Program Close Bus Return to TOPS

## Registration Instructions

Send complete forms to:



MAP  
Attn: Tour de Farms  
271 Grant St.  
Buffal, NY 14213



*One registration per rider please!*

The Ride Registration fee includes a light breakfast and refreshments throughout the ride, a Buffalo Tour De Farms tshirt and other goodies, a ride map and ride support stations along the route, as well as admission to the Local Food Celebration at the Ole's Farm.

## Buffalo Tour de Farms Waiver

**All Registrants of Buffalo Tour De Farms must sign waiver!**

I acknowledge that there is inherent risk of bodily harm in participation in any bicycle event and agree to assume all risk. I hereby release and hold harmless the Massachusetts Avenue Project and the Oles Family and their officers, organizers, ride leaders, sponsors and individuals for all claims, causes of action, or liabilities arising out of my participation in the "Tour de Farms" event. I am at least 18 years old, and will assume all responsibility for members of my family. I agree to obey traffic laws and rules of the road. I agree to wear a bike helmet.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone (     ) \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_  
(name and number)  
\_\_\_\_\_

Individual Rider Rate            \$45

Couples Rate                        \$80

Buffalo Blue Bicycle  
Members Rate                        \$35

Tickets for the Local Food Celebration

Individual Ticket                    \$25

Kids Ticket (under 12)            \$10

Additional Donation \_\_\_\_\_

Amount Enclosed \_\_\_\_\_

Yes, I need transportation from the  
Local Food Celebration back to TOPs.

*Please make checks payable to  
Mass Ave Project.*

*Registration by credit card is available  
at- [www.mass-ave.org/tdfreg.htm](http://www.mass-ave.org/tdfreg.htm)*