

JEWEL CITY

FUN & FITNESS RIDE

Sunday May 18th 2014
2nd Annual

Helmets are **required** on all rides

7:00 AM

Gear Grinder:

Advanced 45 mile ride for those who like to sprint & climb \$50

9:00 AM

Fun & Fitness Ride:

Moderate 25 mile ride for those who prefer a well rounded route \$35

10:30 AM

Ride and Glide:

7 miles (relaxed family ride through Glendale) \$25

8 AM to 12 PM

Bicycle Skills & Safety Course

Free

http://www.active.com/framed/event_detail.cfm?event_id=2121792

Sponsored by:

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Proceeds from the 2014 event will benefit Glendale Youth Alliance, Homenetmen, and the Glendale YMCA.