



This ride is designed and appropriate for intermediate/advanced riders with a minimum of one year road ride experience and a firm knowledge of the rules of the road. Participants will ride 20-30 miles at an average rate of 13-17 miles per hour.

**WEDNESDAYS | 9:00 AM - 11:00 AM**

**FIRST SATURDAY OF THE MONTH | 7:45 AM - 10:00 AM**

**Equipment Needed:**

Road Bike | Helmet (mandatory) | Water  
Repair Kit (tire irons, spare tube, pump) | Cycling Pants

Meet at the YMCA bike racks 15 minutes before the hour for a fun, two-hour outdoor bike riding adventure with your fellow YMCA members.

**FREE to members!**

Non-members can purchase a day pass for \$10 at the Courtesy Counter in the main lobby.

**Each participant will sign a waiver prior to riding.**

Led by **Robin Missailidis**, Mad Dog Athlete Certified since 2001, Reebok Certified since 1997, experienced 21-year cyclist.

# LITE ROAD RIDING FOR THE BEGINNER

Participants will be riding 15-20 miles at an average rate of 8-12 miles per hour. This ride is designed and appropriate for beginning riders or people who are comfortable riding at the above distance and pace.

## Mondays, 9:00 am–11:00 am

### Equipment Needed:

Road Bike | Helmet (mandatory) | Water  
Repair Kit (tire irons, spare tube, pump) | Cycling Pants

Meet at the YMCA bike racks 15 minutes before the hour for a fun, two-hour outdoor bike riding adventure with your fellow YMCA members.

**Each participant will sign a waiver prior to riding.**

### FREE to members!

Non-members can purchase a day pass for \$10 at the Courtesy Counter in the main lobby.

This group ride is led by Chris Byatt, an experienced cyclist who will nurture newcomers to outdoor road riding. Chris also instructs Studio Cycling and is Mad Dog certified.



For more information contact Shannon Hughes  
at (760) 942-9622, ext. 1419 or [shughes@ymca.org](mailto:shughes@ymca.org)

MAGDALENA ECKE FAMILY YMCA  
**IT'S FOR EVERYBODY**  
*We build strong kids, strong families, strong communities.*