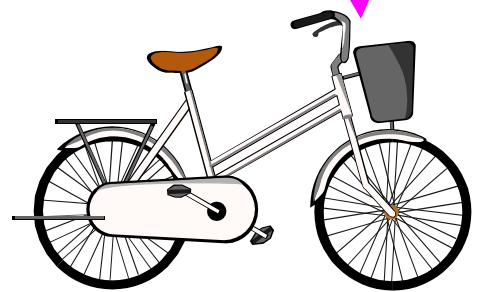


# Ride Like A Girl!

**It's a girl thing!**



**A Morning ride with all the girls!**

**Leave from Spin City Cycles Parking lot at 10:00 a.m.**

**Saturday, September 29**

**10 miles . Slow and easy pace .  
Water and rest stop at Rock Springs**

**Kyle will air up your tires before the ride,  
and serve coffee after the ride.**

**Learn cycle etiquette for street and bike trail riding**

**Nice easy pace (10-12 mph)**

**Don't be intimidated riding with the guys  
ride with us!!**

**It's a girl thing!**

Bring a water bottle!

Helmets recommended

Questions?

Call Spin City Cycles at  
429-SPIN(7746)  
or Diane at 422-4113

