



There are still some club t-shirts available:

Ladies – Med (1), L (2) and XL (8)

Men's – Med (3), L (1), XL (4)

Weekly rides:

Wednesday: 5:30pm, meet at the Silos Restaurant.

Everyone rides together for the first 5 miles and then the group splits for either a 10+ or 20 mile ride. The longer ride usually pedals at a 17+mph pace bringing all riders back to the Silos within a few minutes of each other.

Saturday: 8:30am, meet at Lou Mac Park.

This is a very relaxed 10 mile ride out to Whittaker Pointe Marina and back. At about mile 7 there is an optional 10+ mile loop available for those who wish to put on more miles at a quicker pace. Either way the coffee at the Bean is hot (or iced) when we all return.

The Saturday ride consistently attracts 12 or more riders of all ages and skill levels. If you know someone who would like to start riding or return to riding invite them along (don't forget a helmet).

CHANGE FOR SUNDAY - August 24, 8:30am, we will meet at Village Health & Fitness on Broad Street. In preparation for the upcoming OEBC century ride (TBD either Oct. 11 or 12) and for the Pamilco Around the Sound Ride (mid-October) we will meet at the Village Health & Fitness for a ride of at least 40 miles. Remember to double up on water bottles and bring some snack items.