

ANSI/SNELL APPROVED BICYCLE HELMETS ARE REQUIRED ON ALL RIDES. If you need a helmet, please reserve one when you register.

To register for any of these programs, visit lakemetroparks.com or call 440-358-7275 or 800-669-9226.



Lake Metroparks offers great biking opportunities throughout the park system.

Chapin Forest Reservation and **Girdled Road Reservation** both have more than five miles of fine gravel trails, great for mountain and hybrid bikes.

The **Lake Metroparks Greenway Corridor** is 4.5 miles of paved bike trail that connects with Geauga Park District's Maple Highlands Trail.

For a true single track experience, visit **Hogback Ridge Park—North** in Madison and mountain bike on some very technical narrow trails. Visit lakemetroparks.com for maps of each location or contact Marie Kozan at 440-488-8107.

Volunteer Trail Ambassadors Needed

We are looking for experienced cyclists to assist in park patrols and traffic control at park-sponsored special events and to present a variety of educational programs to the public.

To volunteer, contact Lake Metroparks' Volunteer Program Manager Merle Walker at 440-585-3041 x6418.



PIRATE Triathlon/Paddle Triathlon Sunday, July 19

Race starts 8 am Ages 14 and older

500-meter swim, 25K bike ride and 5K run or a 3K kayak followed by bike and run for the non-swimmer.

Fun and safe for the first-time triathlete. Race starts and finishes at Fairport Harbor Lakefront Park.

No same-day or on-site registration.

To register, visit lakemetroparks.com.



ROGER LOKAR

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LAKE METROPARKS 2020 Bike Ride Schedule



LAKEMETROPARKS.COM



Pre-season Bike Clinic & Demo Day

Ages 18 and older, Fee: \$10 for first person, \$5 each additional family member

Kick off the 2020 season with a hands-on bike clinic, and you can also demo a new bike to see what's out there. You'll learn how to change a tire, adjust your saddle, lube a chain and much more!

Sat., April 11, 9 am to noon, Chapin Forest Reservation Pine Lodge

Season Opener Fiesta Ride

Ages 18 and older, Fee: \$20

This popular ride is on 25 miles of paved roads. At the end of the ride, we'll enjoy Mexican food at Los Compadres restaurant in Madison. In case of inclement weather, meet at noon for lunch.

Sun., May 3, 10 am to 2 pm, Los Compadres, Madison

Thursday Night East Coastal Ride

Ages 18 and older, Fee: \$5

This Thursday night ride will take us to two Lake Metroparks. It will be on flat roads with little traffic. This is a shorter ride perfect for anyone wanting to get into cycling.

Thur., May 14, 6 to 7:30 pm, Lake Erie Bluffs—Lane Rd.

Covered Bridges Bike Ride

Ages 18 and older, Fee: \$20

Some of the best riding is on country roads! Explore the rural roads, scenic countryside and historical covered bridges in Northeast Ohio on this new bike ride. Route is approximately 30 miles and primarily flat. Lunch after the ride is included.

Sat., June 6, 9 am to 2 pm, Western Reserve Greenway, Lampson Road Staging Area, Austinburg

Thursday Evening Social Bike Rides

Ages 18 and older, Fee: \$5

Our social Thursday evening bike rides start at different parks so you can explore them! We regroup often, so nobody is left behind. Rides are 10 to 20+ miles. Bring a light for safety.

Thur., June 18, 6:30 to 8 pm, Lakeshore Reservation

Thur., July 9, 6:30 to 8 pm, Mountain Run Station, Geauga Park District

Thur., Aug. 13, 6:30 to 8 pm, Hogback Ridge Park

Erie Morning Harbor Bike Ride

Ages 18 and older, Fee: \$20

Travel along Lake Erie for 30 miles on flat paved roads. We'll venture to the historic Ashtabula Harbor, stop for lunch, then head back.

Sat., June 27, 9 am to 2 pm, Arcola Creek Park

East-West Bike Ride

Ages 18 and older, Fee: \$20

This popular urban ride is flat, mainly on the streets of Cleveland. We'll check out the new improved downtown and the new bike lanes and trails added in the city. Fee includes lunch.

Sun., July 26, 9 am to 2 pm, Euclid Beach Park

Breakfast Bike Ride

Ages 18 and older, Fee: \$20

Pedal your bike through three different cities. We will stop for breakfast halfway through and enjoy a maritime view while sitting outside. The ride is 25 miles on flat rural roads.

Sun., Aug. 9, 8 am to 1 pm, Lakeshore Reservation

Towpath Bike 'n Train

Ages 18 and older, Fee: \$15

We'll start with a train ride (additional \$5 fee) and finish with a bike ride on the Cuyahoga Valley Towpath. Fee includes map and refreshment.

Sun., Aug. 23, 8 am to 2 pm, Rockside Road, Cuyahoga Valley National Park

Countryside Grape Ride

Ages 21 and older, Fee: \$20

Spend a late summer morning riding your bicycle through Ohio's wine country. At the end of the ride, we'll meet for lunch at the winery. Choose either a 25-mile (approx.) or 30- to 40-mile route on flat to hilly terrain. Ride starts and ends at Debonné Vineyards in Madison. Fee includes lunch, map and support van.

Sun., Sept. 13, 9 am to 2 pm, Debonné Vineyards, Madison

BBQ & Potluck Bike Ride

Ages 18 and older, FREE

This is a 20- to 30-mile bike ride on the bike paths in Geauga County. Explore the newly-paved and expanded trails, then we'll gather for a potluck after to celebrate the end of the biking season.

Sun., Sept. 20, 9 am to 2 pm, Headwaters Park, Geauga Park District



Free Rides!

Earn a free ride by acting as a support driver on another ride or by providing a friend or spouse to do so! If you have any questions or would like to volunteer as a ride assistant or leader, contact Marie Kozan at 440-488-8107.

Le Tour De Parks

Complete as many Lake Metroparks cycling programs as you can to earn a free t-shirt! Choose from shorter rides (20 miles) or longer rides (25+ miles). Complete 100 miles of venturing for the season to earn your shirt. For more information, contact Marie Kozan at 440-488-8107.