

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 the Lake Metroparks Registration Department at 440-358-7275 or 800-669-9226.



Bike Patrol Volunteers 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 Manager Merle Walker at 440-585-3041 x6418.



Lighthouse Triathlon/ Paddle Triathlon

Sunday, July 16

Race starts 8 am Ages 16 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. Ride starts and finishes at Fairport Harbor Lakefront Park. There will be no same-day or on-site registration.

**To register, visit
lakemetroparks.com for the link**



LAKE METROPARKS 2017 Bike Ride Schedule



LAKEMETROPARKS.COM

Pre-season Bike Clinic

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

Kick off the 2017 bike season with a hands-on maintenance clinic with bike staff and volunteers on hand to give us the latest information. Please bring your bike.

Sat., April 8, 9 am to noon, Painesville Township Park

Thursday Evening Social Bike Rides

Ages 18 and older, Fee: \$5 per session

This is social riding and fun for everyone. It's a great way to start your bike riding season. Rides are ten miles each. Mainly road surface riding.

Thur., April 13, 6 to 7:30 pm, Veterans Park

Thur., May 18, 6 to 7:30 pm, Lake Erie Bluffs—Lane Rd.

Season Opener Mexican Ride

Ages 18 and older, Fee: \$15

This 25-mile ride on paved roads starts and ends at the Los Compadres restaurant in Madison. We'll enjoy Mexican food at the end of the ride. In case of inclement weather, meet at noon for lunch. Fee includes lunch, map and support van.

Sun., May 7, 10 am to 1 pm, Los Compadres

Memorial Sunset Bike Ride

Ages 18 and older, Fee: \$15

Kick off Memorial Day weekend with a 12- or 20-mile, flat terrain sunset bike ride along the northcoast shoreline of Lake County. Wear red, white and blue! Start and finish at Veterans Park in Mentor to view the sunset and enjoy all-American food! Fee includes food, map and support van.

Fri., May 26, 6 to 8:30 pm, Veterans Park

Big Boy Burger Ride



Ages 18 and older, Fee: \$15

Join us for this 25-mile flat ride from Fairport beach out east. When we return, we will build our own Big Boy Burgers with all the fixings. We will also offer riders kayak and stand-up paddleboard demos.

Sat., June 10, 9 am to 2 pm, Fairport Harbor Lakefront Park

Brown Bag Bike Ride

Ages 50 and older, Fee: \$5

Bring your bike and ride five miles with us on a fun bike ride on flat terrain. Afterward, enjoy your favorite brown bag lunch. Beverages provided.

Thur., June 15, 10 to 11:30 am, Veterans Park

Erie Morning Harbor Ride

Ages 18 and older, Fee: \$15

Travel along Lake Erie for 30 miles on flat, paved roads. We'll venture to historic Ashtabula Harbor, stop for a sandwich and then head back. When we return we'll enjoy refreshments. Ride starts and ends at Arcola Creek Park. Fee includes sandwich, refreshments, map and support van.

Sat., June 24, 9 am to 1 pm, Arcola Creek Park

Middlefield Country Ride



Ages 18 and older, Fee: \$20

This is a NEW 20 to 25-mile ride through the flat rural areas of Middlefield's country roads and surrounding areas. Stop at the local Amish stores and markets. We'll have lunch at the well-known Mary Yoder's Amish Kitchen.

Sat., July 8, 9 am to 1:30 pm, Maple Highlands Trail at Headwaters Park—Geauga Park District

East to West Bike Ride

Ages 18 and older, Fee: \$15

This popular 30 to 35-mile urban ride is flat, mainly on the streets of Cleveland. Come check out the new and improved downtown. We'll check out the bike lanes and new bike trails added in the city. Lunch is included.

Sun., July 23, 9 am to 2 pm, Euclid Beach Park

French Toast Ride

Ages 18 and older, Fee: \$15

This 16-mile ride will be on all flat paved surface. This is a great ride for beginners or those not wishing to ride the roads. After the ride, we will meet back for French toast! Fee includes breakfast.

Sat., Aug. 5, 9 to 11:30 am, Maple Highlands Trail Mountain Run Station—Geauga Park District

Southwestern Country Ride

Ages 18 and older, Fee: \$15

This bike ride will lead us through the scenic southwestern part of Lake County. The ride will include flat to rolling hills and will be between 20 and 25 miles. A support van and picnic lunch will be provided.

Sat., Aug. 26, 9 am to 1 pm, Pete's Pond Preserve

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 Chalet Debonne in Madison. Fee includes lunch, map and support van.

Sun., Sept. 10, 9 am to 2 pm, Chalet Debonne

Towpath Potluck Ride

Ages 18 and older, Fee: \$10 with dish to share, \$15 without dish

Come join us for the last bike ride of the season. We'll start with a train ride and finish with a bike ride on the Cuyahoga Valley Towpath. At the end of the ride we'll meet for lunch. Fee includes map and a surprise dish to share.

Sun., Sept. 24, 10 am to 1 pm, Cuyahoga Valley National Park



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 Leigh Garam.

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 Leigh Garam at 440-256-2118 x4800 or lgaram@lakemetroparks.com.

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 Leigh Garam at 440-256-2118 x4800 or lgaram@lakemetroparks.com.