

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.



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 21

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. Race starts and finishes at Fairport Harbor Lakefront Park.

No same-day or on-site registration.

To register, visit lakemetroparks.com.



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

LAKE METROPARKS 2019 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 2019 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 13, 9 am to noon, Chapin Forest Reservation Pine Lodge

Season Opener Mexican 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 5, 10 am to 2 pm, Los Compadres in 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.

Thu., May 16, 6 to 7:30 pm, Lakeshore Reservation—West

Memorial Sunset Bike Ride

Ages 18 and older, Fee: \$15

Kick off Memorial Day weekend with a sunset bike ride through central Lake County. Wear red, white and blue! Start and finish at Veterans Park to view the sunset and enjoy all-American food.

Fri., May 24, 6 to 8:30 pm, Veterans Park

Burger Ride

Ages 18 and older, Fee: \$20

Join us for this 25-mile flat ride from Fairport beach out east. We will also offer riders kayak and paddleboard demonstrations. Burgers will be provided.

Sat., June 8, 9 am to 2 pm, Fairport Harbor Lakefront Park

Thursday Evening Social Bike Rides

Ages 18 and older, Fee: \$5

Our expanded Thursday evening social 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.

Thu., May 30, 6:30 to 8 pm, Arcola Creek Park

Thu., June 13, 6:30 to 8 pm, Chagrin River Park—West

Thu., June 27, 6:30 to 8 pm, Hogback Ridge Park

Thu., July 11, 6:30 to 8 pm, Environmental Learning Center

Thu., July 25, 6:30 to 8 pm, Painesville Township Park

Thu., Aug. 8, 6:30 to 8 pm, Pete's Pond Preserve

Thu., Aug. 22, 6:30 to 8 pm, Veterans 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 29, 9 am to 2 pm, Arcola Creek Park

Middlefield Country Ride

Ages 18 and older, Fee: \$20

This is a 30-mile ride on trails and 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 13, 9 am to 2 pm, Geauga Park District's Maple Highlands Trail—Mountain Run Station

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 28, 9 am to 2 pm, Euclid Beach Park

Pedal for Ice Cream

Ages 18 and older, Fee: \$15

Pedal your bike through three different cities. At our final destination, we will meet for ice cream. The ride is 25 miles on flat rural roads and great for the first-time rider.

Sun., Aug. 11, 9 am to 1 pm, Lakeshore Reservation—West

North Chagrin Bike Ride

Ages 18 and older, Fee: \$20

This ride starts at North Chagrin Reservation. We'll explore eastern Cuyahoga County and western Lake County on this 25+ mile bike ride through trails, roads and parks. Fee includes lunch.

Sun., Aug. 25, 9 am to 1 pm, Cleveland Metroparks' North Chagrin Reservation

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. 8, 9 am to 2 pm, Debonné Vineyards in Madison

Towpath Bike 'n Train

Ages 18 and older, Fee: \$15

We'll start with a train ride and finish with a bike ride on the Cuyahoga Valley Towpath. Fee includes map and refreshment.

Sun., Sept. 22, 8 am to 2 pm, Rockside Road, Cuyahoga Valley National Park

Costume Ride

Ages 18 and older, Fee: \$20

Celebrate fall and dress up in your favorite Halloween costume for a trick-or-treat ride. Fee includes food, map and support van.

Sun., Oct. 20, noon to 3 pm, Chagrin River Park—East



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.