

Adaptive Cycling Summer Ride Schedule - 2022

Thursdays at 6 p.m.

Check-in at 6 p.m., discuss route. We ride at 6:15 p.m.

All riders MUST BE REGISTERED with [participation forms](#) on file prior to their first ride.

Helmets: All riders must provide their own helmet, which must be worn at all times during the rides.

What to bring: Bring a water bottle, sunglasses, helmet, wear athletic clothing and closed toes shoes.

Weather policy: In case of inclement weather, a message will be left on voicemail (612-775-2283) on Thursdays by 4 p.m. Emails will also go out for any cancellation.

May	Bike fittings, Courage Kenny Rehabilitation Institute - Golden Valley
June 9	Elm Creek Park Preserve, Maple Grove
June 16	Dakota Rail Trail, Wayzata
June 23	Mississippi Gateway Regional Park, Brooklyn Park
June 30	Luce Line/Medicine Lake, Plymouth
July 7	NO RIDE
July 14	9 Mile Creek Regional Trail, Hopkins
July 21	Gateway State Trail, Pine Springs
July 28	Dakota Rail Trail, Wayzata
August 4	Luce Line/Medicine Lake, Plymouth
August 11	Mississippi Gateway Regional Park, Brooklyn Park
August 18	Gateway State Trail, Pine Springs, MN
August 25	9 Mile Creek Regional Trail, Hopkins
September 1	Pot Luck, BBQ – Location TBD

We are actively seeking new trails! If you have a trail that would be good let us know!

Cancellations, questions or to try an adaptive bike:
 Ryan Trench, Senior Sports and Recreation Specialist
 612-775-2283 | Ryan.Trench@allina.com

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