

If you're new to cycling or you want to experience the fun of biking on the open road, these training rides are for you! You don't need to be a Wheeler to ride. Over the course of these FREE rides we'll help you increase your skills and endurance, and you'll have fun too!



Put your training experience to good use and join us for our annual Spring Metric on Saturday, June 16, 2018. This ride offers three courses of about 20 miles each. Each one begins and ends at a well-stocked rest stop at McLean County's Comlara Park, home of beautiful Evergreen Lake. Riders can decide whether to ride 20, 40, 60 miles, or the 10 mile Family Route. Register for the ride at:

<http://www.mcleancountywheelers.com>.

# 2018 Training Ride Schedule

## Tuesday Evening

These rides meet at 5:45 p.m. at Tipton Park, located on Constitution Trail at GE Road and Airport Road\*

May 1	4 miles
May 8	6 miles
May 15	10 miles
May 22	12 miles
May 29	15 miles
June 5 & 12	20 miles

## Thursday Rides

These rides meet at 5:45 p.m. on Constitution Trail at Rosa Parks Commons (Raab Road)\*

May 3	4 miles
May 10	6 miles
May 17	10 miles
May 24	12 miles
May 31	15 miles
June 7 & 14	20 miles

## Sunday Afternoon

These rides meet at 1:30 p.m. at Tipton Park, located on Constitution Trail at GE Road and Airport Road\*

May 6	10 miles
May 13	15 miles
May 20	20 miles
May 27	25 miles
June 3	30 miles
June 10	30 miles

**\*NOTE: Helmet Required**

