



outdoor  
fun!

# Road Rides

*it's your ticket to ride!*

OCT 4th-OCT 27th



Do you have a road bike but just don't know where to go outside your neighborhood? OR just need an excuse to get back on your bike again? Let Jodie show you the ropes while teaching group riding skills. This 4 week class series will introduce you to routes around Castle Hill and new buddies to ride with! Each week will progress to a more challenging route with terrain ranging from flat to endurance building to the finale, hills. Each Tuesday and Thursday, we ROLL OUT at 6pm: bring 2 bottles, electrolyte or fuel snack, and rear light for safety. We meet outside Castle Hill Fitness. Minimum distance pre-req is 20 miles, MUST bring clipless shoes and helmet.



**Tues/Thurs at 6pm**

rides will last 1.5-2hrs

\$120 member

\$160 non-member

**your ride leader Jodie Eldridge**

Jodie started cycling in high school as a means to condition for sports. She has traveled the country with her mountain bike in tow entering races or exploring epic rides. Today she loves to alternate between road and mountain biking previously leading rides from local bike shops.

