



Group  
Mountain Bike  
Ride April 16<sup>th</sup>!

## *Come ride bikes with us!*

Open Group Mountain Bike Rides and clinics for all rider levels to commence in April! Brought to you by **AOA**

We are Appalachia Outdoor Adventures (AOA)

<http://www.joinomba.org/aoa>

and we love to ride mountain bikes. As part of our efforts to promote the sport, we want to help you to develop your interest in mountain biking.

We are offering a low pressure environment with plenty of support and advice, on trails that we have built.

**When:** First date is Saturday, April 16<sup>th</sup> (rain date April 23<sup>rd</sup>, please rsvp so that you can be contacted if the ride is postponed), 10:00 (clinic)/ 10:45 ride- to around noon.

**Where:** Hosted by *Muskingum Valley Park District* at **McGraw Mountain Bike Trail**, Located 200 yards past 6355 Park Lane, Zanesville- go down the hill, right turn through the green gate into the park and follow signs to the parking lot.

**What:** A **bike maintenance clinic** sponsored by HWB Outside Products will be held from 10:00-10:30. The ride will begin promptly at 10:45. Based on participation, the ride will be divided in up to 2-4 groups (ie. novice, women, intermediate)

### **What to bring:**

- A functioning bicycle (contact your local bike shop in advance if needed!)
- A helmet is required
- Hydration (water bottle holder or back pack water system)
- We also recommend padded bike shorts

Email RSVP and questions to Rae at [raegandolf@yahoo.com](mailto:raegandolf@yahoo.com) (please include skill level and whether or not you will attend the clinic)

Disclaimer: Ride at your own risk.

