

Enjoy Riding Your Bike?

Want to learn to ride it *farther*?

The Spring City Cycling Club will kick off its 14th annual **Ride A Metric** (RAM) training series on **April 29, 2017**. This training series will help participants progress from neighborhood or casual riders to cyclists who are confident about riding on the road. This program is intended to prepare riders for the SCCC All You Can Eat Metric Century (100 kilometers) on September 16, but is also an excellent development program for those who wish to ride shorter distances on the road.

The RAM series is a collection of weekly rides that help cyclists advance their skills and ride longer distances as the weeks go by. The initial rides in April and May will be held on Saturday evenings, but starting in June the rides will be part of the SCCC Saturday morning rides calendar. Supplemental weekday ride opportunities will be available to the participants.

Participants need to possess a serviceable bike and a moderate level of fitness. The series will teach riders to be more confident and more efficient. Pointers will be provided on how to prepare for longer rides and the necessary equipment. Learning to cycle in a group will provide both social and physical benefits.

Two

Organizational Meetings:

Monday April 24, 6:00 p.m.

Madison Cycles

181 Hughes Road Suite 6,

Madison, AL 35758

(256-461-9963)

Wednesday April 19, 6:00 p.m.

Bicycles Etc.

611- A Meridian Street

Huntsville, AL 35801

(256) 519-9233



Spring City Cycling Club

Huntsville, Alabama - Founded 1892

For additional information contact

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http://www.springcity.org/content.aspx?page_id=22&club_id=515233&module_id=155601

or www.springcity.org/ram/