

UMass Lowell Bike Shop Earth Day Group Bike Ride

Start and End at 5 Lawrence Drive, Lowell, MA



DESCRIPTION: Celebrate Earth Day a bike ride around Lowell and stopping at many locations that make Lowell unique and contribute to its sustainability!

This ride is open to adult riders 18+ of all skill levels and will go at a fun pace that leaves no one out. The ride will include many on road segments so please be prepared to ride in the road. Please register prior to the ride so we know to expect you. Please arrive with a reliable bike or visit the bike shop before coming. All riders are required to wear a helmet. Participants will be expected to practice responsible riding techniques that will be demonstrated and modeled by ride leaders.

COST: Free, open to Public with own bicycle, public may rent a bicycle for \$10

INCLUDED:

- Smart Cycling Quick Guide
- Freewheelers Bicycle and Helmet Rental if needed (UML FREE, Public \$10)
- Basic Instruction and Ride Prep

PHYSICAL EXERTION LEVEL & PREREQUISITES

- Low to Medium: course includes approximately 2 hours of biking (5-7 miles).

INSTRUCTORS: Kevin Soleil – Kevin_Soleil@uml.edu
Others Instructors TBA

TENTATIVE ITINERARY: Due to the nature of the event, itineraries are subject to change. *Destination and Route to be determined, may include Lowell Parks and Conservation Trust Sites, Lowell National Parks Sites, current and future bike paths and greenways and other sites of interest.*

- 12:30 p.m. Meet up at the UMass Lowell Bike Shop 5-2 Lawrence Drive, collect paperwork, rent bikes as needed, get bikes situated air, basic adjustments, etc...
- 1:15 p.m. Group Ride Begins
- Approximately 4:00 p.m. Return to UMass Lowell Bike Shop

PACKING LIST: The items on this list are HIGHLY recommended. Please contact us if you have any questions or have trouble acquiring any of the items on the list. A (*) denotes items that can be provided, purchased at the bike shop or rented.

- A Reliable, Functioning Bicycle* UML ID rent a freewheeler, Public \$10/adult rent a bike.
- Helmet* REQUIRED
- Biking Shoes: Athletic closed toe shoes
- Appropriate clothing: bright clothes, Rain Jacket – check weather for conditions
- Paperwork – Campus Recreation waiver, Freewheelers Waiver and Registration
- Small backpack – Fits snacks, water, extra clothes etc.
- Snacks – *bring plenty of snacks to stay fueled!*
- Personal medications: inhaler, epinephrine, etc.
- *1 water bottle

For further questions or information, please contact us:
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