Bike Shop Group Ride
Campus Recreation Center, Lowell, MA

DESCRIPTION: Rides are open to riders of all skill levels and go at a fun pace that leaves no one out. Rides meet at 5:15 p.m. and begin and end at the Rec Center patio. 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 for UMass Lowell Students/Faculty/Staff

INCLUDED:
- Smart Cycling Quick Guide
- Freewheelers Bicycle and Helmet Rental if needed
- Instruction

PHYSICAL EXERTION LEVEL & PREREQUISITES
- Low to Medium: course includes approximately 1-2 hours of light biking (3-5 miles)

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

TENTATIVE ITINERARY: Due to the nature of classes and workshops, itineraries are subject to change. Destination and Route will be decided upon by participants and ride leader the day of the ride.

- 5:15 p.m. Meet in the Atrium of the Campus Recreation Center, collect paperwork, bikes situated
- 5:30 p.m. Group Ride
- 7 p.m. Return to CRC

PACKING LIST: The items on this list are HIGHLY recommended. Current temperatures and personal preference should be considered. 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 for you at no additional charge.

- □ A Reliable, Functioning Bicycle*
- □ Helmet* REQUIRED
- □ Biking Shoes: Athletic closed toe shoes
- □ Appropriate clothing including Rain Jacket – check weather for conditions
- □ Paperwork – Campus Recreation waiver, Freewheelers Waiver and Registration (UML Only)
- □ Day Bag – Fits snacks, water, extra clothes etc.
- □ Snacks – bring plenty of snacks to stay fueled!
- □ Personal medications: inhaler, epinephrine, etc. Major medications should be noted on your Health Statement
- □ *1 water bottle

For further questions or information, please contact us:
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