



**Hometown Bicycles** | 10595 Grand River Rd. | Brighton | (810) 225-2441

## 2019 Spring/Summer Shop Rides

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*Monday*

### **BEGINNER ROAD RIDE**

**5:30PM**, Beginning in April

This ride is for the true beginner, who has basic road riding skills, but wants to increase mileage and speed. We'll provide the encouragement! NO DROP. 12-15 miles

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*Tuesday*

### **LADIES BEGINNER MOUNTAIN BIKE RIDE**

**5:30PM**, Beginning in April



\*\*\* This Ride brought to you by your Rehab and Bike Fit pros at Pro-Motion Physical Therapy! \*\*\*

Ladies, learn the skills of riding a mountain bike! We'll tackle the trails in manageable bites, with the empowering support of skilled and supportive Hometown women! NO DROP.

### **HAMMERFEST**

**6PM**, Every other week, beginning in April

This advanced, road warrior training is led by our Team racers. Plan to ride draft (pace) lines, hill repeats, and intervals at an average 20-23mph pace. Come ready to work hard, and bring a cadence sensor, speed sensor, and heart rate monitor. NO DROP.

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*Wednesday*

### **GRAVEL GRINDING 101** (already running!)

**6PM**, Leaves from shop

Bring your gravel bikes for dirt road adventuring. Beginners welcome! NO DROP. 12-16 miles

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*Thursday*

### **LADIES BEGINNER ROAD RIDE**

**5:15PM**, Beginning in April

Ladies, here's a chance to enjoy a comfortably-paced, fitness road ride with your fellow Hometown women! This ride is about skill-building and socializing, not speed. NO DROP.

### **LADIES INTERMEDIATE MOUNTAIN BIKE**

**5:15PM**, Beginning in April

Ladies, develop your mountain bike skills further on a variety of trails with the continuing support and training of your Hometown women. NO DROP.

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*Friday*

### **FRIDAY NIGHT LIGHTS** (Advanced)

**DUSK**, After Spring thaw

Bring your bike lights and mountain bike for a thrilling, nighttime trail adventure. Advanced riders only please. NO DROP.

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*Saturday*

### **GRAVEL ENDURANCE TRAINING RIDE**

**9AM**, Beginning 3/23



\*\*\* This Ride brought to you by your Rehab and Bike Fit pros at Pro-Motion Physical Therapy! \*\*\*

Lots of hills (but beautiful scenery!) on this alternating intermediate and advanced gravel ride. Location will vary. NO DROP. 25-40 miles at 15mph average pace

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*Sunday*

### **INTRODUCTORY MOUNTAIN BIKE RIDE**

**5:15PM**, Beginning in April



\*\*\* This Ride brought to you by your family financial planning pros at Michigan Financial Planning! \*\*\*

Not certain what skill level you are, new to trail riding, or just haven't ridden with Hometown before? This ride will help you find your place, as our Hometown experts teach you critical group riding skills and bike care basics! NO DROP.

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**\*\*Always check Facebook for ride confirmations/updates, PLUS Weekend Pop-Up Advanced Mountain Bike Rides!\*\*\***