

The Silver Spokes Cycling Club offers a safe and supportive environment for cyclists to build friendships and increase overall fitness. We offer a variety of rides tailored to different abilities – and primarily ride out of locations throughout Norfolk County. Our focus is road riding, but there are also some mixed surface rides on the schedule.

Our Mission includes developing new riders, so we are pleased to partner with the Ontario Cycling Association for this Women's Day event. We welcome anyone with a road, hybrid or touring bicycle to join us. Great chance to try something new and/or connect with other female riders from the community.

Date: Sunday, May 20th

Time: Rides will start at 10 a.m. so plan to come at least 15 minutes early. There will be a short time of introductions and instructions before we head out. Expected ride finish time is noon.

Location: Ramblin' Road Brewery Farm
2970 Swimming Pool Rd., La Salette

Ride Coordinator: Carla Aitken carla_aitken@yahoo.ca
519-410-3080

Distance/ Ride Type: 35 – 40 km/ Social speed

Note: Thanks to our host Ramblin' Road who will provide parking and washroom facilities before and after the ride. We hope participants will plan to join us in their restaurant for lunch following the ride. Check out their website for more details - www.ramblinroad.ca.