

SPOKES ADAPTIVE CYCLING RIDE SCHEDULE

with SpokesFightingStrokes.org

Tuesdays at Tempe Town Lake

(meets at Tempe Center for the Arts, 700 W Rio Salado Parkway, Tempe, AZ 85281)

10:00 AM (RSVP by Monday prior)

**Meet in the parking lot as close to the trailside as possible.
Look for our big Chevy truck and trailer full of trikes!**

Wednesdays at Curtis Park in Tucson

(next to Sporting Chance, 2110 West Curtis Road, Tucson, AZ 85705)

11:00 AM (RSVP by Tuesday prior)

**Meet under the parking shade structure or as close to the restrooms as possible.
Look for our big Chevy truck and trailer full of trikes!**

Please bring sunglasses & sunscreen, and wear comfortable shoes and clothing you can easily move in—but not too loose. We will be riding on the Rillito River portion of the Loop Trail (which encompasses the city of Tucson). Sessions last about 1.5 hours with coaching and fitting the appropriate trike to each rider.

Helmets must be worn. If you don't own one, we have loaners.

PLEASE RSVP

**602-558-0820 or Dan@SpokesFightingStrokes.org
if you plan to attend, so we can accommodate all riders.**

**See you out there!
Dan and Lise, SpokesFightingStrokes.org**