## SA Family 10K/5K Bike Ride 10/18/20 3 pm

Join The Pedal Factory on a fun bike ride just for SA families! We will start and finish at the Spark Center, taking a casual neighborhood ride towards the greenway with an option for both longer (6 miles) and shorter (3 miles) routes. Enjoy some active social time with fellow Jags - all necessary social distancing protocols will be followed. Free to all SA families, donations to The Pedal Factory welcome. Helmets required for all riders under 16. Bikes available for rent. Please contact <a href="info@thepedalfactory.org">info@thepedalfactory.org</a> for rentals or any questions!

SA Family Bike Ride - TRAIL EDITION! 11/15/20 2 PM

Let's hit the trails! Find out how much fun it is to ride through the woods - The Pedal Factory will lead SA families on an introductory off road ride at Salisbury Community Park. The park has options for all levels - from a paved path around the lake to jump lines through the trees, and all kinds of single track in between! Riders will learn basics of off road riding, handling skills and positioning. Meet at the Workstand/picnic table area below main gravel parking lot. Helmets required for all riders. Contact <a href="mailto:info@thepedalfactory.org">info@thepedalfactory.org</a> with any questions.