

ACCESSIBLE *Cycling* FOR VETERANS

along the Blackstone River Bikeway/Greenway

**Thursdays on the Blackstone River Greenway
Blackstone, MA: April 28, May 12, May 26, June 9**

**Thursdays on the Blackstone River Bikeway
Lincoln, RI: April 21, May 5, May 19, June 2**



**Register
today!**

All Out Adventures, in partnership with the Blackstone River Valley National Heritage Corridor, is pleased to offer accessible cycling for Veterans and disabled members of the Armed Forces and their loved ones. This program is free of charge and is funded by a federal Veterans Adaptive Sports Grant. All ages and abilities are welcome!

If you have asked the question, "How can I get exercise despite my injury or disability?" then this program is for you. Recumbent trikes, tandems, and handcycles are comfortable and easy to ride. Three wheels take the balance out of the equation so you can relax and enjoy exercise.

**11 AM
to
2 PM**

For more information, visit AllOutAdventures.org or email info@alloutadventures.org.

All equipment is provided, but you must pre-register for a time slot by calling All Out Adventures at 413-584-2052 or emailing info@alloutadventures.org.

