

ADAPTIVE CYCLING FOR VETERANS

on the
Blackstone River Bikeway
at the
Blackstone River Valley Heritage Center
3 Paul Clancy Way, Worcester, MA

Tuesdays:
April 13, April 27
May 11, June 1
11 a.m. to 3 p.m., by reservation only

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



**EXERCISE, SOCIALIZE,
AND HAVE FUN!**



If you have asked the question, "How can I get exercise despite my injury or disability?" then this program is for you. Try out a recumbent trike and ride around the Blackstone River Valley Heritage Center or go for a longer ride on the adjacent Worcester-to-Millbury segment (2.5 miles) of the Blackstone River Bikeway. 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.

FREE OF CHARGE FOR VETERANS AND THEIR LOVED ONES

For more information, visit AllOutAdventures.org or email info@alloutadventures.org. All social distancing guidelines will be followed. No public restrooms will be available. Face masks must be worn.

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.

