

AN UNFORGETTABLE RIDE. AN UNBEATABLE DESTINATION.
BIKE TO CREATE A WORLD FREE OF MS.

TEAM VITAMIN SHOPPE TRAINING RIDES - 2011



<u>Date</u>	<u>Start Location</u>	<u>Date</u>	<u>Start Location</u>
Saturday, Mar 26	Pompton	Sunday, Mar 27	Pompton
Saturday, Apr 02	Pompton	Sunday, Apr 03	Fort Lee
Saturday, Apr 09	Fort Lee	Sunday, Apr 10	Loantaka
Saturday, Apr 16	Pompton	Sunday, Apr 17	Fort Lee
Saturday, Apr 23	Pompton	Sunday, Apr 24	NO RIDE
Saturday, Apr 30	Pompton	Sunday, May 01	Loantaka
Saturday, May 07	Loantaka	Sunday, May 08	NO RIDE
Saturday, May 14	Fort Lee	Sunday, May 15	Loantaka
Saturday, May 21 & Sunday May 22	Bike MS Coast-the-Coast		

**EIGHT WEEKS
TO GET IN SHAPE**

NO EXCUSES

**TRAINING GIVES YOU
THE EDGE**

ALL LEVELS WELCOME

**RIDE WITH
FRIENDS AND COLLEGUES**

HAVE FUN

BE SAFE

*All rides are rain or shine, but due safety concerns, may be cancelled without notice if starting temperatures are below freezing.

*All rides are wheels spinning at 7:30am, so get there a little early.

*We will start easy in the very flat Pompton Lakes area and gradually increase distance and intensity over the subsequent weeks.

Pompton = Starbucks located at 55 Wanaque Avenue, Pompton Lakes, NJ

Fort Lee = Fort Lee Historic Park located on Hudson Terrace, Fort Lee, NJ

Loantaka = Loantaka Brook Park located on South Street, Morris, NJ.

