

Healthy Aging & Cycling in Cambridge

# On-Bike Skills Clinic and Group Ride Series

Wednesdays between August 16 - October 18, 2023

8:00 - 9:00 AM (clinic)

9:00 - 11:00 AM (group ride)

Danehy Park - Basketball Courts near St. Peter's Field

Ages 60+

## On-Bike Skills Clinic

There is more to learn about bicycling than just pedaling! This skills clinic will help you brush up your bicycling skills as an older adult. Instructors will work with small groups to focus on building the skills, stability, and confidence to bicycle. All skill and ability levels welcome!

## Group Ride

This slow roll group ride series caters to older adults. Rides will gradually increase in mileage, while maintaining a relaxing pace. Beginning on off-street paths, rides will focus on improving on-bicycle comfort as well as navigating the city by bike.

Helmets and a limited number of bicycles will be provided.

To Register:

[Click Here](#)

OR

[Scan Below](#)



Questions?

email [tchoephel@cambridgema.gov](mailto:tchoephel@cambridgema.gov)