



VALLEY Adaptive Cycling Club



Third Thursday of the Month

Monthly integrated group rides will help beginning and intermediate cyclists learn skills, gain knowledge of equipment and improve technique while interacting with peers.

Advanced riders can thrive while improving physical fitness.

Family and friends welcome!

Available equipment on a rotational basis:

5 hand and 2 foot pedaled cycles, 2 tandem cycles

Rides will be determined by the level and desire of the group and will rotate throughout different areas of the Valley. Each ride will lead up to sunset.

September 21

Mesa High School Drivers Education
Corner of 8th Ave. and Harris

October 19

Arizona Canal
Granada Park
6505 N. 20th St. in Phoenix (Missouri and 20th)

November 16

The Greenbelt
Eldorado Park
2311 N. Miller in Scottsdale

Location To Be Determined:

December 21

January 18

February 15

March 15

April 20-22 Desert Challenge Games

Community Road Races if desired



**DOING BUSINESS AS
ARIZONA DISABLED SPORTS**

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