BIKE FOR THE HEALTH OF IT

Five Rivers MetroParks invites you and your family to participate in Bike for the Health of It, a series of guided bicycle rides on our region’s more than 300 miles of paved trails. Bicycle rides take place every Saturday morning starting at 9 AM from April through October. We ride rain or shine, but may cancel due to storms or trail flooding. Rides vary in distance from 9 to 20 miles and take 2 to 3 hours to complete.

Biking is a great way to relieve stress, increase your cardiovascular strength and enjoy nature. Participants also will have the opportunity to learn basic bicycle maintenance tips.

By completing 125 miles, riders will earn a Bike for the Health of It T-shirt, which will be worn on Achievement Rides. Those participants who complete a total of 250 miles or more will receive an additional award! Please use the form inside this brochure to track your mileage.

Parents/guardians must remain with their children during the program. Wearing a helmet is strongly recommended for all participants.

Note: Due to the City of Dayton’s helmet ordinance, all children younger than 13 must wear a helmet when riding in the city.

FOR MORE INFORMATION
Call (937) 275-PARK or email Randy Ryberg at randy.ryberg@metroparks.org

FIVE RIVERS METROPARKS
409 E. Monument Ave., Third Floor
Dayton, Ohio 45402
(937) 275-PARK (7275)

METROPARKS.ORG

2017 CYCLING SERIES
Visit miamivalleytrails.org to see and download a full bikeway map.

**Cycling Schedule**

*Achievement Ride: Wear Your 125-Mile Achievement T-Shirt  **Bring Bike Lock*

**April**

1. Wolf Creek Trail
   - 11 miles, 2 hours (riding toward Verona)
2. Wolf Creek Trail
   - 14 miles, 3 hours (riding toward Trotwood)
3. Creekside Trail
   - 12 miles, 2 hours (riding to Fifth Third Gateway Park)
4. Mad River Trail
   - 9 miles, 2 hours (riding to Wright Brothers Memorial Park)
5. Great Miami River Trail (North)
   - 16 miles, 3 hours (riding to Kyle Park)

**May**

6. Stillwater River Trail (South)
   - 16 miles, 2 hours (riding to Fifth Third Gateway Park)
7. Wolf Creek Trail
   - 11 miles, 2 hours (riding toward Verona)
8. Great Miami River Trail (North)
   - 16 miles, 3 hours (riding to Island MetroPark)
9. Great Miami River Trail (South)
   - 9 miles, 2 hours (riding to Riverfront Park)

**June**

10. Creekside Trail
    - 12 miles, 2 hours (riding to Fifth Third Gateway Park)
11. Stillwater River Trail (North)
    - 9 miles, 2 hours (riding to Jake Grossnickle Park)
12. Great Miami River Trail (South)
    - 20 miles, 3 hours (riding to Island MetroPark)
13. Mad River Trail
    - 20 miles, 3 hours (riding to Crains Run Nature Park)
14. Creekside Trail
    - 9 miles, 2 hours (riding to Wright Brothers Memorial Park)

**July**

15. Great Miami River Trail (North)
    - 14 miles, 3 hours (riding to Carillon Historical Park)
16. Creekside Trail
    - 14 miles, 3 hours (riding to Fifth Third Gateway Park)
17. Great Miami River Trail (South)
    - 16 miles, 3 hours (riding to Kyle Park)
18. Mad River Trail
    - 9 miles, 2 hours (riding to Wright Brothers Memorial Park)
19. Wolf Creek Trail
    - 11 miles, 2 hours (riding toward Verona)
20. Great Miami River Trail (South)
    - 20 miles, 3 hours (riding to Crains Run Nature Park)

**August**

21. Creekside Trail
    - 12 miles, 2 hours (riding to Fifth Third Gateway Park)
22. Great Miami River Trail (South)
    - 20 miles, 3 hours (riding to Crains Run Nature Park)
23. Great Miami River Trail (South)
    - 14 miles, 3 hours (riding to Carillon Historical Park)
24. Creekside Trail
    - 12 miles, 2 hours (riding to Fifth Third Gateway Park)

**September**

25. Stillwater River Trail (South)
    - 16 miles, 3 hours (riding to Radvansky Lane Bridge)
26. Great Miami River Trail (South)
    - 20 miles, 3 hours (riding to Crains Run Nature Park)
27. Wolf Creek Trail
    - 11 miles, 2 hours (riding toward Verona)
28. Great Miami River Trail (South)
    - 14 miles, 3 hours (riding to Crains Run Nature Park)
29. Creekside Trail
    - 12 miles, 2 hours (riding to Fifth Third Gateway Park)

**October**

30. Great Miami River Trail (North)
    - 16 miles, 3 hours (riding to Island MetroPark)
31. Great Miami River Trail (South)
    - 14 miles, 3 hours (riding to Carillon Historical Park)
32. Wolf Creek Trail
    - 11 miles, 2 hours (riding toward Trotwood)
33. Wolf Creek Trail
    - 14 miles, 3 hours (riding toward Trotwood)

**Meeting Locations**

- **Wolf Creek Trail**
  - Meet at Eastwood Metropark
    - Use entrance at 1385 Harshman Rd. at traffic light. Meet in last parking lot.

- **Great Miami River Trail (North)**
  - Meet at Rip Rap Park
    - This park is at the intersections of Little York, Rip Rap and Taylorsville roads. Meet in parking lot near soccer fields.

- **Great Miami River Trail (South)**
  - Meet at West Carrollton Low Dam
    - Take North Alex Road to Hydraulic Road; use the entrance on right.

- **Creekside Trail**
  - Meet at Eastwood Metropark
    - Use entrance at 1385 Harshman Rd. at traffic light. Meet in last parking lot.
  - Meet at Englewood Metropark
    - Use entrance at 100 E. National Rd. (US 40 and State Route 48 in Englewood, north of dam). Meet in parking lot.
  - Meet at Weigel’s Garden Metropark
    - 1301 E. Siebenthaler Ave.

- **Mad River Trail**
  - Meet at Eastwood Metropark
    - Use entrance at 1385 Harshman Rd. at traffic light. Meet in last parking lot.
  - Meet at West Carrollton Low Dam
    - Take North Alex Road to Hydraulic Road; use the entrance on right.

- **Stillwater River Trail (South)**
  - Meet at Weigel’s Garden Metropark
    - 1301 E. Siebenthaler Ave.