

New to Cycling?

Experienced cyclists looking for a cycle club to join?

Join Lake Country Cyclists for our Leisure Rides!

**Mondays @ 6:00 pm, May through September
6:00 pm, Ankeny Market Pavilion**

Rides leave from Ankeny Market & Pavilion (AMP) on W 1st St.
Please plan to Arrive 10-15 minutes early to check-in.



What is a Leisure Ride?

- **Beginner friendly pace**
(Approx. 10-12 mph).
- **Shorter riding distances.**
- **Mostly on trails.**
(No highway riding)
- **Rides are no-drop-no one is left behind!**

A full description of all LCC rides, ride rules, and a liability waiver
(required for non-LCC member guests)
are available at www.LakeCountryCyclists.com/Rides.

Non-Members are welcome to participate in up to 2 rides as a guest.

Cycling helmet is required.

Lake Country Cyclists is a cycling club dedicated to the
safety, recreation, and education of all types of cycling and skill levels.

www.lakecountrycyclists.com